



Family Enrichment Network, Inc.

News & Views

January/February 2013 Edition

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From the Desk of the Executive Director

We have made it through another challenging year at Family Enrichment Network. Continued state and federal budget cuts and increased competition mean that there are less funds available to help us serve those in need. We must remain vigilant in seeking funding for all of our valuable programs, while we continue to provide quality services and maintain our existing programs.

We are grateful for the community's continued support of Family Enrichment Network and all those we serve. We plan to weather the political winds and move forward with caution as the economy settles.

The child care field faces a daunting economic dilemma. After years of making some inroads in paying a living wage, it appears this year we will be taking a step backward. In childcare the hours are long, the work physically and mentally demanding, and resources are scarce. There is a growing sense that there must be a better way to involve a new and substantial investment in services to young children. We must advocate for the development of a compensation initiative that encourages wage increases and fringe benefits to include health insurance.

The most important job in the world, caring for our young children, should not be the lowest paid. Low wages for child care workers can often produce poor quality care, high staff turnover, and fewer people wanting to work in child care.

The long-term answer should be a cooperative effort among government, not for profits, and the business community. All interested parties must work together to find a solution to the problems facing the child care field in our community and nationwide. In the coming year, we will reach out to parents, businesses, and government officials to brainstorm new solutions.

We could not do what we do without the support of the staff, the Governing Board and the entire community. We thank you for your past support of our agency and look forward to future partnership opportunities.

*Darrell R. Newvine,
Executive Director*



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Johnson City, NY 13790
www.familyenrichment.cc
(607) 723-8313

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Growing Tomorrow's Leaders ... Today.

Enriching the Community.

Talking During Mealtime

by Anthony B DeFeo, Ph.D.; Diann D. Grimm, MA, C.C.C., Ed.S.; and Patricia A. Paige, MS., C.C.C.

In many households, the most social event of the day is mealtime. With family members talking together, your child is given a fun opportunity to learn and use language. At mealtime, your child can practice listening to others, describing events, and sharing feelings and information. Here are some tips to make the most out of "table talk"!

What's special about mealtime?

The verbal give-and-take that occurs at the table is an ideal setting for a child to learn the rules of conversation. These rules involve what to say, how to say it, and when to say it. Other language skills develop at mealtime. "Gimme potatoes" gradually becomes "Please pass the potatoes." The use of polite language forms can be practiced while your child learns table manners. This is a first step toward the later ability to use appropriate language in different social situations. You can make the most of the daily mealtime routines to stimulate language development.

Mealtime Concepts

Language is based on ideas and experiences. Through interaction with their world, children learn meaning. Here are some ideas or concepts that are a natural part of the mealtime routine. Help your child learn these concepts by talking about them at mealtime.

Nouns: Names of food and food groups, dishes, utensils, furniture, napkin, placemat, tablecloth, etc.

Actions: Eat, drink, taste, chew, swallow, cut, pour.

Opposites: Hot/cold, sweet/sour, more/less, empty/full, all/none, half/whole, a little/a lot, yummy/yucky, raw/cooked, liquid/solid, etc.

Adjectives: Colors and shapes of foods; crunchy, mushy, soupy, baked, fried, mashed, salty, messy, hungry, thirsty, full, all gone, more, etc.

Location: On the table, next to the plate, in the bowl, out of your chair, under the table, behind, away from, etc.

Sample statements to use at mealtime: Mealtime concepts can be practiced in unlimited ways. Here are some examples of statements that are tailored to children in: (1) the early stages, and (2) the later stages of language development. Use statements like these to encourage language development at mealtime.

Purpose	Examples	Concepts
Naming	(1) " <u>Mmmmm</u> , jello." (2) "This is called Crunchy Casserole."	Nouns
Describing	(1) "This looks <i>good</i> ." (2) "The peas are green and round."	Adjectives
Explaining	(1) "You dropped your cookie. it broke!" (2) "First eat the chicken and potatoes. Then you can have dessert."	Action
Comparing	1) "Juice is cold. Soup is hot." 2) "Oranges are much sweeter than grapefruit."	Adjectives
Requesting	(1) "More milk?" (2) "Would you like me to cut your meat for you?"	Vocabulary Actions
Giving Directions	(1) "Stay in your chair." (2) "Please put your dirty glass on the counter."	Location
Predicting	(1) "You're going to like this apple."	Nouns

With a little practice, mealtime can become a rewarding learning experience for your child.



Asking Questions

by Diann D. Grimm, M.A., C.C.C., Ed.S.

Why should I ask my child questions? As a parent, you play an important role in your child's language development. By asking the right kinds of questions, you can encourage language "interaction." "Interaction" is the "give and take" of information and ideas. In addition to stimulating language development, good question-asking can improve your child's thinking skills. Good questioning will require your child to organize information and solve problems.

When should I ask my child questions? Any time! Ask your child questions during everyday situations including:

- Getting dressed in the morning
- Mealtime
- Riding in the car
- Going shopping
- Watching TV
- Playtime
- Bathtime
- Reading a story

What are good questions parents can use to stimulate conversation?

"Good" questions keep a conversation going between you and your child. Your child will be encouraged to use phrases or sentences instead of one-word responses. There are four types of good questions:

1. "Choice" questions

Choice questions give your child something to think about. You can follow-up the child's answer by asking the reason for the child's choice:

Parent

"Do you want to play soccer or baseball?"

"Do you like cartoons or the Bill Cosby show?"

Child

"Soccer. You be goalie."

"Bill Cosby 'cause he's funny?"

2. "Open-ended" questions

This type of question can have many different answers. Your child has to think about what to say and how to say it:

Parent

"What's happening here?" (Looking at book)

"What do you think will happen next?" (Watching TV)

"What happened?" (Playtime)

Child

"The dog chased the kitty?"

"Cookie Monster eat cookies. All gone."

"Blocks fall down?"

Open-ended questions can be used to stimulate your child to think about time. The first question deals with the present, the second with the future, and the last with the past. Learning how to express past, present, and future is an important part of language development.

3. "Thinking" questions

These are the "how" and "why" questions. They require your child to think about past experiences to make an appropriate answer:

Parent

"Why is the girl crying?"

"How do you know that's a fire truck?" (Riding in car)

Child

"Because her Mommy is mad?"

"Cause it's big and red. And the loud sound?"

4. "Cause-effect" questions

These questions have an "if-then" relationship. Your child must relate past experiences to the present situation.

Parent

"What would happen if you fell down?" (Playtime)

Child

"I'd hurt myself?"

What should I do if my child does not understand a question I ask?

Try to ask questions you think your child can answer. If your child is unable to answer, you can answer your own question.

Parent

"What happened to the milk?"

"I spilled it. It went all over?"

Child

No answer

Or, you can ask your question again, more simply.



Heat and Eat You Don't Have to Choose!



**Are high fuel costs leaving you with less money to put food on the table?
No one should have to choose between staying warm or feeding their family.
This is why SNAP (Supplemental Nutrition Assistance Program), the new name for the
Food Stamp Program, is here to help!**

**SNAP will help you stretch your monthly budget and give you more buying power at the
grocery store.**

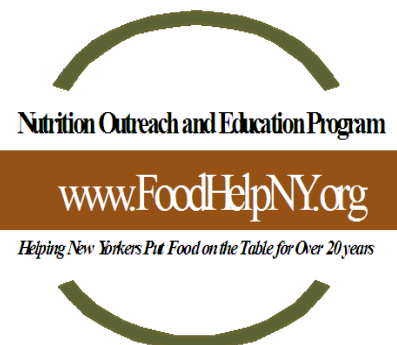
This means more food for your family and more \$\$\$ for heating bills!

**The Nutrition Outreach and Education Program (NOEP) helps families and individuals
apply for SNAP.**

**To find out if you may be eligible for SNAP, or for help with the application process,
please contact your local NOEP at:**

**Family Enrichment Network
(607) 723-8313 Ext. 827**

This institution is an equal opportunity provider. Prepared by a project of Hunger Solutions New York, USDA/FNS, NYSOTDA.



Are You Raising Someone Else's Child?

Are you an aunt, uncle, grandparent, other relative or family friend raising someone's child in your home?



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- We can help you navigate the Family Court system

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Kinship Advocate
Family Enrichment Network's
KINSHIP HELP LINE (607) 352-1729



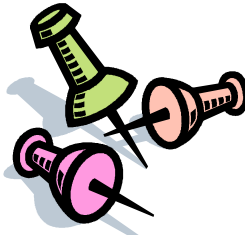
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Advertisements

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 Shaloam at (607) 723-8313 Ext. 815.



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Employee Spotlight



Elaine Johnson

Elaine Johnson has worked for Family Enrichment Network as the Legally Exempt Enrollment Specialist since May 2012. She is responsible for reviewing, processing and approving enrollment applications of legally exempt child care providers who care for subsidized children. She enjoys working with the staff in the CCR&R Department and getting to know the rest of the Family Enrichment Network staff.

Elaine grew up in the Binghamton area and is a 1980 graduate of Binghamton North High School. She is the mother of three adult children and grandmother to six grandchildren whom she adores.

Prior to coming to FEN, Elaine gained valuable experience from her employment with the Chenango Valley School District, Broome County Catholic Charities, and The SOS Shelter, Inc.

Child Care Resource and Referral



Child Care Resource and Referral undergoing National Accreditation Process

Family Enrichment Network and the CCR&R just completed our part of the national accreditation process called Quality Assurance through Child Care Aware of America (formerly the National Association of Child Care Resource and Referral Agencies).

Child Care Aware of America's Quality Assurance is a voluntary, national certification program for the field of Child Care Resource and Referral. The Quality Assurance process guides CCR&Rs and State Networks towards continuous quality assurance and excellence in service delivery.

Quality Assurance is a 2 ½ year, intensive process for the agency and staff of the CCR&R department. Every program within CCR&R will be reviewed and evaluated. This includes our parent referrals and education, child care provider trainings, technical assistance, and the agency administrative functions. Final documents for the accreditation process were submitted in December 2012, and now the waiting begins. It will take between 6 and 8 months to hear whether we have passed the validation panel. Regardless of the outcome, the process has improved our program quality. We follow best practice criteria for our parent referrals, provider training, and provider technical assistance. It helps ensure that all families, providers, and community members receive outstanding child care resource and referral services.

For questions about the process of Quality Assurance, please contact

CCR&R Director **Jennifer Perney** at

723-8313 Ext. 872.



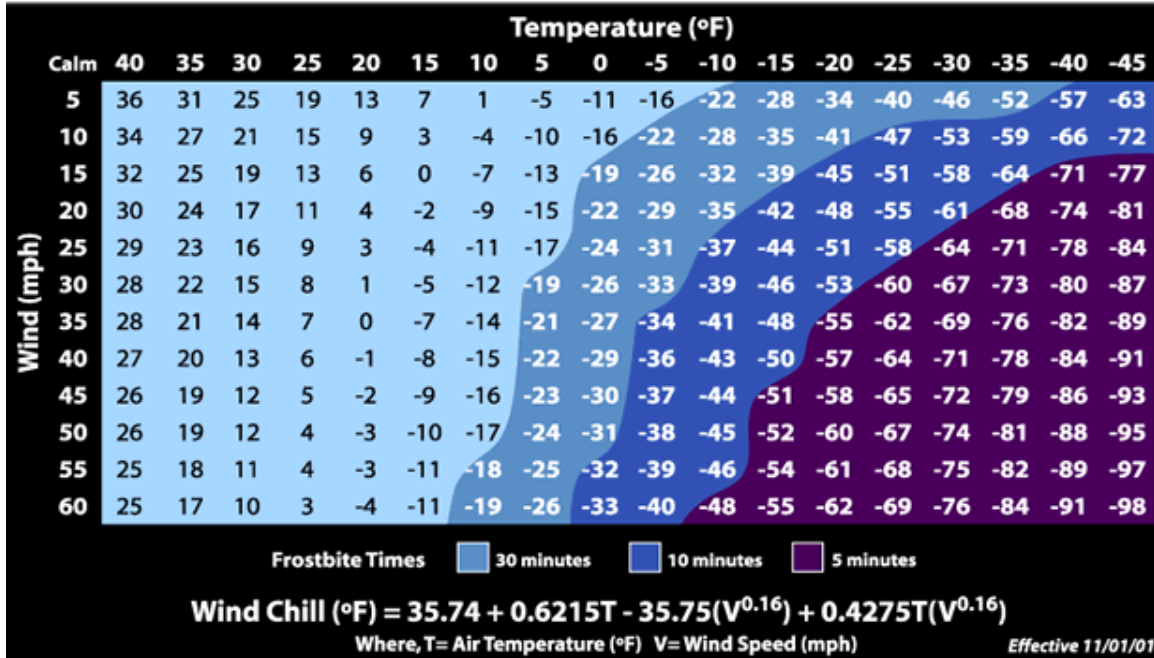
Child Care Resource and Referral

Understand the Weather and Windchills

Sometimes the temperature might be nice outside, but it's a little windy. What does that mean? Here is a chart from the National Weather Service that shows the real-feel temperature when it is windy and compares to frostbite times.



NWS Windchill Chart



Wind-Chill

- 30 is **chilly** and generally uncomfortable
- 15 to 30 is **cold**
- 0 to 15 is **very cold**
- -20 to 0 is **bitter cold** with significant risk of **frostbite**
- -20 to -60 is **extreme cold** and **frostbite** is likely
- -60 is **frigid** and exposed **skin will freeze** in 1 minute

NEW PROVIDERS

Broome
Family Child Care
Providers:
Paula Buemi

Little Bear Cub
Care:
Colleen Nowetner

Chenango Family
Child Care
Providers:
Kimberly Jones
Toni Kandora
Lila Harris
Danielle Edwards

Tator Tots Family
Day Care:
Tahitian Tefft

Chenango Group
Family Child Care
Provider:
Little Miracles
Childcare:
Melanye Rockwell

Tioga Family Child
Care Providers:
Danielle Newman
Karen Dornblaser



Do you care about children, the quality of care they receive, and want to help make a difference?

If yes, then join the Early Care and Learning Council's Parent Network: New York's Action Network.

Parent Network is a hub of information and advocacy activity. Become informed about the need for better child care policies and make your voice heard. Help raise the bar on quality child care by getting involved and letting local and national leaders know quality child care is important to you and your community. Every voice counts. Join today!

Visit: www.earlycareandlearning.org.



Head Start



Head Start/Early Head Start 2013 Policy Council Membership

Federal Program Performance Standards require that Head Start and Early Head Start programs recruit and elect members annually to serve as representatives. At November's Parent Committee Meeting, a new Policy Council was elected for 2013, and they began serving their one year term at the December 11th Policy Council Meeting. At that meeting, a new Policy Council Executive Committee was elected. Executive Committee includes Chairperson, Vice Chairperson, Treasurer, Secretary, and Corresponding Secretary. Executive Committee Elections were conducted by the Nominating Committee. The Nominating Committee consists of three out-going Policy Council Members, and this year's Nominating Committee is Chris Polson, Theresa Walsh, and Elizabeth Conklin.

2013 Policy Council Parent Members (by center):

Cherry Street:

Samantha Sheridan	Joan Oritiz-Mercado	Mark Zduniak	Michelle Annesi
Carmen Colvin	Ebony Montgomery	Angeline Rohde	Judy Parks
Dawn Rose	Yvette Barron	Christy Taylor	Nancy Sulzynski
Karen Lincoln	Sean Wenzinger	Khamphasong Vannavongsa	Ann Alton

Woodrow Wilson:

Nancy Simonds	Marie Soto
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Saratoga:

Jeremy Purdom	Salka Valerio	Connie Purdom	Gigi Williams
April Midyette	Helena LaDue	Widmy Leveille-Orion	

Carlisle:

Deseray Slater	Abeeku Richards
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Congratulations to our new Policy Council. The Head Start and Early Head Start programs wish them the best as they begin their work.



NO COST

Tax preparation is available for all families participating in programs at Family Enrichment Network on the following dates:

February 1st: 8:00am-4:30pm
February 4th: 9:00am-8:00pm
February 5th: 9:00am-5:00pm
February 6th: 10:00am-8:00pm
February 7th: 8:00am-2:00pm
February 8th: 9:00am-3:00pm
February 22nd: 9:00am-3:00pm

You can schedule an appointment by calling (607) 723-8313, Ext. 642 after January 1st.

You will need the following information to complete your taxes:

- Photo identification card for you ***and*** your spouse, if filing jointly.
- Social Security Cards for you ***and*** your spouse, if filing jointly.
- Social Security Cards for ***each*** of your dependent children ***and each*** child's individual birth certificate.
- Form W-2's (Wage and Tax Statement) for you and your spouse from ***every*** employer during the 2012 year.
- Unemployment Compensation (Form 1099 G).
- Interest or Dividend Income (Form 1099 INT/Form 1099 DIV).
- Total payment made for child care expenses. Bring the name, address, tax identification number or social security number for whom child care expenses were paid.
- Previous year's Tax Return.
- Checking account routing and account number, if requesting direct deposit of your refund.

Please note we cannot prepare your taxes if you have investments/stocks, own a small business, or are self-employed.



Calendar of Events

Key
Head Start
CCR&R
CACFP
Other

January Events

7	6:30 pm-9:00 pm	Helping Providers Understand Temperament	Cherry St., JC	15	6:00 pm-8:00 pm	Mom's Group	Cherry St., JC
8	6:00 pm-7:00 pm	Policy Council	Cherry St., JC	22	6:30 pm-9:00 pm	Cooped Up? Stay Active	Cherry St., JC
9	6:30 pm-9:00 pm	Relationship-Based Child Care	Cherry St., JC	23	6:30 pm-7:30 pm	Small Talk: Staying Healthy	Cherry St., JC
10	6:30 pm-9:00 pm	What's New and Planning Ahead	Taylor Rd, Owego	23	6:30 pm-9:00 pm	Relationship-Based Child Care	S. Broad St, Norwich
Wednesday		LoveU2	Cherry St., JC	Monday, Wednesday Thursday		GED	Cherry St., JC



February Events

5	6:30 pm-9:00 pm	Challenging Behaviors for Infants and Toddlers	Cherry St., JC	12	6:30 pm-9:00 pm	Making Books Come Alive	Cherry St., JC
6	6:30 pm-9:00 pm	Building Healthy Brains	Cherry St., JC	19	6:00 pm-8:00 pm	Mom's Group	Cherry St., JC
7	6:30 pm-9:00 pm	Update on Recordkeeping, Taxes, and Insurance	Taylor Rd, Owego	20	6:30 pm-9:00 pm	Building Healthy Brains	S. Broad St, Norwich
12	6:00 pm-7:00 pm	Policy Council	Cherry St., JC	20	6:30 pm-8:30 pm	Personal Health	Taylor Rd, Owego
1-8	Call for Appt.	Tax Returns	Cherry St., JC	27	6:30 pm-7:30 pm	Small Talk: Creating Language-Rich Environment	Cherry St., JC
Monday, Wednesday, Thursday		GED	Cherry St., JC	Tuesday, Wednesday, Thursday		Love U2	Cherry St., JC

To Register for GED Classes contact the Literacy Specialist, Call 723-8313 Ext. 875



To Register for Child Care Provider Trainings, Call 723-8313 Ext. 825

Education Incentive Program Applications, Call 723-8313 Ext. 825





Family Enrichment Network
24 Cherry Street
Johnson City, NY 13790

DID YOU KNOW ...

- FEN, along with CDPDH, WBNG and Raymour & Flanigan, held a coat drive to provide warm coats to community adults and children for the cold winter ahead. This is an annual event.
- FEN is offering support groups for Broome Kinship families and counseling to Tioga Kinship families.
- There are 76 people enrolled and participating in our current GED program.
- We are on facebook! Please "like" us and check our page daily for events, happenings, and general information about Family Enrichment Network.

That's how we're Growing Tomorrow's Leaders... Today