

Network News

Child Care Resource Center Newsletter



A MESSAGE FROM FAMILY & COMMUNITY SERVICES DIRECTOR

By Jenn Perney

It's been a busy few months at Family Enrichment Network and I want to share the changes you will notice. We have merged the three smaller departments of the Child Care Resource Center, Family Support Services, and Community Services into one larger department. I am now the Family & Community Services Director and oversee many more programs than just the Child Care Resource Center. To help with the work, there are three coordinators splitting the different programs. Rachel Dowd is the new Provider Services Coordinator.

Rachel supervises the following positions:

- Infant Toddler Specialist - Cortney Nornhold
- Business Specialist - Isabelle Gorham
- Training & Coaching Specialist - Allie Drake
- Child Care Referral Specialist - Crystal Rozelle
- Chenango Child Care Specialist - Lori Graham
- Tioga Child Care Specialist - Brandy Reynolds
- Legally Exempt Supervisor - Lisa Rosa

Craig Cerverizzo is the new Health and Wellness Coordinator. He supervises:

- Health and Wellness Supervisor - Cathy Lee
- Child Care Specialist/CACFP Monitor - Andree Bartle
- Infant & Early Childhood Mental Health Specialist - Traci Decker
- Early Childhood Mental Health Specialist - Barbara Bedford
- Health Care Consultant - Ellie Higley

Kami Paiz has moved into the new Community Services Coordinator position. She is no longer in the Child Care Resource Center.

Newsletter Highlights

CCAP Applications

CACFP Recipe

1000 Hours Outside

Infants and Toddlers

Provider Appreciation Day

Years of Service

Separation Anxiety

Family Child Care Network

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CHILD CARE ASSISTANCE PROGRAM APPLICATIONS

Do you have the parent Child Care Assistance Program applications that you give to parents to complete to help them with applying for child care assistance?

If yes - throw them out!

Please do not have the application on hand to give to parents. If the application changes, which it does often, then you are giving parents an old application and DSS can not accept it. This could delay the parent's case opening and receiving the child care assistance payments.

The best way to assist parents is to provide the OCFS website for the online application.

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

CHENANGO COUNTY VOICE/CSEA

There's an in-person VOICE/CSEA meeting coming up in the spring!

It's open to members & non-members.

There's also free training on contracts & policies along with light refreshments. Please bring you current contracts/policies.

It will take place on Thursday, April 10th, from 6:30-8:30pm @ Fox Care,

1 Fox Care Dr, Oneonta, NY 13820

Providers should receive an announcement in the mail closer to that date to register.

If you have any questions, please feel free to reach out to your Chapter 15 Representative, Lisa Zimmerman.

time2growdaycare@gmail.com



CARING SPACES ENDORSEMENT

Caring Spaces is a four-tiered approach to measuring quality in infant, toddler, and preschool environments evaluating the child care provider's ability to provide a free exploratory environment, responsive caregiving, age appropriate materials and experiences, and the ability to engage in brave conversations with families about child development and challenging behaviors. The goal of Caring Spaces is to increase the quality in these environments and reduce the prevalence of expulsion and suspension in early childhood.

The following program has recently received their endorsement.

- The Academy For Young Scholars

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

Vroom

Brain building moments



VROOM

By Rachel Dowd, Provider Services
Coordinator

Check out this Vroom tip to try out this
Spring!

Name That Sound

When you're outside, pause and ask your child to "Name That Sound." Take turns guessing. Are you hearing children playing or a dog barking? The squeak of a swing or the chirp of a bird? Point out that some things, like ants, don't make sounds.

Brainy Background: When playing "Name That Sound," you're inviting your child to focus on the differences between sounds and figuring out what they are. This is an important skill for enjoying and learning language that will help them communicate with others.

Interested in more Vroom tips like this? Visit vroom.org or download their app for daily brain-building tips!



Spring Pasta Salad

INGREDIENTS:

- 2 cups rotini pasta
- 1 cup cherry tomatoes, halved
- 1 cup green peas, fresh or frozen
- 1/4 cup olive oil
- 2 tbsp lemon juice
- 1 tsp garlic powder
- salt and pepper, to taste
- fresh parsley, chopped, optional

DIRECTIONS:

1. Cook pasta according to package directions until al dente. Drain and rinse under cold water.
2. In a large bowl, mix cooled pasta, cherry tomatoes, and peas.
3. In a small bowl, whisk together olive oil, lemon juice, garlic powder, salt & pepper.
4. Pour the dressing over the pasta salad and toss to combine thoroughly.
5. Garnish with parsley if desired. Enjoy right away or chill in the fridge for later.



1000 HOURS OUTSIDE CHALLENGE

By: Lori Graham, Chenango Child Care Specialist

The 1000 Hours Outside Challenge is a movement encouraging individuals, childcare providers, and families to spend 1000 hours outdoors in a year. It was inspired by research showing the benefits of outdoor play and nature exposure for physical, mental, and emotional well-being. The challenge aims to counteract excessive screen time and promote a more active, nature-connected lifestyle. Participants track their outdoor hours through journals, apps, or printable trackers, engaging in activities like hiking, biking, gardening, or simply playing outside. While the goal is ambitious, the challenge is flexible, emphasizing progress over perfection.

Activities for Different Age Groups

Infants:

- Tummy time on a blanket in the shade.
- Exploring natural textures like soft grass, leaves, or pinecones.
- Watching and listening to birds or the rustling of trees.

Toddlers:

- Collecting sticks, leaves, or rocks for sensory bins.
- Splashing in puddles or playing with water in buckets.
- Following a simple trail marked with ribbons or small flags.

Preschoolers:

- Building structures with sticks, rocks, and mud.
- Observing insects and documenting findings with drawings.
- Engaging in dramatic play, such as pretending to be forest rangers or wildlife explorers.

Safety First: Regularly inspect outdoor spaces for hazards and establish clear safety rules.

To learn more visit

<https://www.1000hoursoutside.com/>

BREASTFEEDING FRIENDLY PROGRAMS

Congratulations to the following for recently obtaining the Breastfeeding Friendly Designee:

Melanie Shauger

Emilee Komarisky

Rose DeAngelis

The Academy for Young Scholars - Anna Raheem





CARING FOR INFANTS AND TODDLERS

As a child care provider, have you ever thought, “they are just babies, so there’s not much I can do with them”?

Or have you ever planned an art activity for the toddlers you care for, but it was really meant for an older child so didn’t go well?

Caring for infants and toddlers really is different than caring for preschoolers or school age children. You need to make sure you understand the unique development of these ages.

Not sure what to do or run out of your own ideas? Don’t worry, we can help. Our Training Calendar has many opportunities for caregivers of infants and toddlers. Check out what is coming up the next few months.

Promoting Infant and Toddler Physical Activity
Join Cortney on April 29th from 6pm-8pm in Johnson City to learn more about movement and how you can promote their development.

Curriculum Modification for Infants and Toddlers
Join Cortney on April 17th from 6pm-8pm in Owego to create a responsive, developmentally appropriate learning environment for this age.

Keeping Infants Safe: Safe Sleep Practices & Prevention of Shaken Baby Syndrome
Get your OCFS category 9 and learn more about promoting infant safety on May 8th from 6pm-8pm in Johnson City with Cortney.

Active Play for Infants and Toddlers
Join Cathy on May 27th from 6pm-8pm at Fayette Street, Binghamton and learn how you can encourage development for these young learners.

Foundations of Health Sexual Development: Infants and Toddlers
June 17th from 5:30pm-8:30pm in Johnson City, join Cortney to learn about healthy relationships and secure attachment with infants and toddlers.

D.A.P. for Infants and Toddlers
June 5th from 6pm-8pm in Owego, join Cortney to learn what is developmentally appropriate practices for infants and toddlers.

Sensory Play with Infants and Toddlers
Join Cortney from the comfort of your own home on June 10th from 6pm-8pm to learn more about appropriate sensory play for little ones.

National Provider Appreciation Day Friday, May 9, 2025

Provider Appreciation Day® is celebrated the Friday before Mother's Day every year to recognize child care providers, teachers and other educators of young children everywhere.

Thank you for your commitment to children and families and for your hard work every day!



FAMILY CHILD CARE PROVIDERS YEARS OF SERVICE

CELEBRATING YEARS OF SERVICE

Congratulations to the following providers who are celebrating years of service in the months of April, May, and June.

Broome County

Lisa Beylo – 8 years

Annette Chalker – 21 years

Kylie Piech _ 1 Year

Wendy Poyer – 17 years

Gabrielle Vega – 6 years

Candace Vandermark – 7 years

Fathima Rizna Assan Farook – 3 years

Latoya Foster – 11 years

Mona Ingraham – 23 years

Lisa Knapp- 22 years

Lizette Olivares – 18 years

Chenango County

Samantha Bennett – 7 years

Beverly Christie – 34 years

Peggy Marango – 25 Years

Stacey Mowett – 24 years

Brandy Pasanen – 6 years

Lisa Wright – 13 years

Tioga County

Rochelle Pursell – 1 year

Rose Deangelis – 30 years

Shannon Wheeler – 23 years

SEPARATION ANXIETY

By: Allie Drake, Training & Coaching Specialist

What Is Normal Separation Anxiety?

Separation anxiety is a typical phase for many infants and toddlers. Young children often have a period when they get anxious or distressed when they must separate from their parent or main caregivers.

How To Help Separation Anxiety As An Educator:

1. Team Up With Families For A Successful Drop-Off Routine: Create a routine with the families whether it be dropping off at the door or inside the program. Determine what works best for the child and family. Families may find success in some of these goodbye rituals; waving out the window, blowing a kiss, a phrase, giving a high five or special handshake.

2. Use Comfort Items: Ask for an object that may bring the child comfort after the family leaves such as; their favorite stuffed animal, a picture of the family a child can reference through the day, or a special bracelet the child can wear while at program.

3. Use A Visual Schedule: Many children worry about when their family will be back, visual schedules help them see when to expect their return.

4. Use Social Stories/Books At Home And In Program: Social stories are specific stories that show descriptions of normal, everyday things with pictures. They give a child a framework, so they know what to do when confronted with certain situations. Using these to demonstrate drop-off time is a helpful tool for preparing children.

5. Provide A Safe Space: Provide a space in your program for the child to go to after drop off if they want. A cozy area that provides them with space away from the other children until they are ready to join the group.

When Can Separation Anxiety Become Concerning?

Separation anxiety disorder is diagnosed when symptoms are much worse than expected for someone's developmental age and cause major distress or problems doing daily activities.

Symptoms Of Separation Anxiety Disorder Include:

- Lots of worries when parted from home or family
- Too much worry about the safety of a family member
- Too much worry about getting lost from family
- Refusing to go to daycare
- Fearful and reluctant to be alone
- Frequent stomachaches, headaches, or other physical complaints
- Muscle aches or tension
- Too much worry about safety of self
- Difficult time sleeping at nap



STAFFED FAMILY CHILD CARE NETWORK

Our Staffed Family Child Care Network, the Next Level Provider Collaborative, is changing and expanding!

OCFS is incorporating operating a Staffed Family Child Care Network into our Child Care Resource Center funding starting July 1st.

What does this mean for you?

If you are already part of this network of family child care providers, you will get more opportunities in the near future. We will be expanding the services you receive from us. We will continue to pay for your program management software, Brightwheel.

If you are not part of this network, you will be hearing more about it soon. We will be recruiting a new staff person to coordinate the network and offer you expanded services, including assistance with paperwork and recordkeeping.

Why should you be interested in this?

Joining a network is more than just an opportunity to develop a relationship with other family child care providers.

Participation in a network can help reduce stress and increase income!



FIND YOUR PULSE?

By Cathy Lee, Health and Wellness Supervisor

Did you find your Pulse today? No, not the one that shows your heart is beating, the one that is a plant based protein.

Pulses are a versatile and low cost source of plant based proteins, fiber and many essential nutrients. Pulses are the edible seeds of legumes, which are generally harvested dry (unlike green beans and snap peas) and are not one of the top 8 food allergens like peanuts. To be more specific, Pulses are Dry Beans, Dry Peas, Chickpeas and Lentils. Unlike fresh produce, dry and canned Pulses can be stored for a long time with minimal nutrient loss. They can also be reheated without losing flavor or nutritional value. Depending on how you prepare Pulses, they can be served for breakfast, lunch, dinner or snacks!

So give peas a chance and try some Pulses!

For more facts, tips and recipes visit:

www.pulses.org



Information Sessions

If **you serve** children ages birth to 5, QUALITYstarsNY is here to **serve you!**

Learn how QUALITYstarsNY provides individualized support and resources to New York's early childhood programs in all regulated settings – at **no cost** to participating programs. Join us for an upcoming virtual Information Session!

Benefits of Participating in QUALITYstarsNY:

- One-on-one support from a Quality Improvement Specialist
- Professional development & scholarships for early childhood coursework and credentials for you and your staff
- Access to high-quality materials and furnishings for your learning environment
- And much more!

Register to attend an Information Session

QUALITYstarsNY hosts virtual Information Sessions each month open to all providers & program administrators across the state.

Visit our website for the full schedule and to register for an upcoming session in English or Spanish.



qualitystarsny.org/events

APRIL 2025

DON'T WORRY, SLEEP HAPPY

By Cathy Lee, Health and Wellness
Supervisor

Happiness is something we all desire, but did you know that your evening habits can lead to a happier day?

Here are a few ideas to help you have a happier tomorrow:

1. Unplug from screens before bed.
2. Reflect on good moments of the day.
3. Stick to a scheduled sleep routine.
4. Do something relaxing before bed like reading or listening to music.
5. Plan something to look forward to in the morning such as a tasty breakfast or a new art project with children.
6. Embrace boredom- we don't have to busy all of the time, quiet moments are good.
7. Express gratitude.
8. Don't go to bed holding onto negativity!

Sweet Dreams!

MANDATED REPORTER TRAINING

Don't forget:

The updated Mandated Reporter Training must be completed by April 1, 2025 to be in compliance with N.Y. Soc. Serv. Law 413(5).

For more information and to access the training, visit the OCFS website:

<https://ocfs.ny.gov/programs/cps/mandated-reporter-training.php> .



**MANDATED REPORTER
RESOURCE CENTER**

CONGRATULATIONS NEW CHILD CARE PROGRAMS!

Tioga Family Child Care

Little Wonders Daycare - Hannah O'Conner

Little Sprouts Daycare - Morgan Spencer

Broome Group Family Child Care

Growing Angels, Yvette Barron

Broome Child Care Center

Family Enrichment Network, 249 Washington St, Binghamton

