

# Network News

Child Care Resource Center Newsletter



## A MESSAGE FROM FAMILY & COMMUNITY SERVICES DIRECTOR

By Jenn Perney

It's summer, which is a great time to take care of yourself.

As a child care provider, you take care of children, but often times can ignore yourself. With such a demanding job, it could negatively impact your physical and emotional health and well-being. We want to make sure you are providing the best possible care for children and that means taking care of yourself!

Our Infant and Early Childhood Mental Health Consultant is available to come to your program for support. Sometimes just another set of eyes to offer suggestions is helpful, especially if you care for children with challenging behaviors. Call or email Traci to learn more about her services.

Our Child Care Specialists are also available to come onsite to observe, bring activity ideas, or just be there to support you. Chenango County programs can email/call Lori, Tioga Counties programs can call the new Specialist who will be starting the end of July (an email will come when she is ready to visit!), and Broome County providers can call Rachel, Allie (she will be back from maternity leave in September), or Isabelle. They would be happy to help get you to the right person for you.

Remember to enjoy the summer months, soak up that vitamin D by spending time outside and take the opportunity to breathe some fresh air.

Family Enrichment Network CCRC is a proud member of:



## Newsletter Highlights

Broome Health  
Department Updates

CACFP Recipe

Family Child Care Network

S-E Development

Years of Service

Little Known Food Facts

Keep Your Cool

Don't Shed a Tear

Self-Care



## IMMUNIZATIONS

Child care providers are required to exclude children without documented immunity (like vaccine records) in accordance with the [NYS immunization requirements](#). These requirements apply to child care providers-- not just K-12 schools!-- which means child care providers are also subject to audit by New York State.

Broome County Health Department is happy to meet with you to go over immunization requirements, how to determine if a child is up to date on immunizations, and offer tips on keeping track of upcoming doses. They are also available to consult on individual records and answer any questions providers may have about vaccines! Call them at 607-778-2839.

## LEAD POISONING ASSISTANCE

All child care providers are supposed to document if a child in their care has had a blood lead test and refer them to their primary care provider if they have not. The most common source of lead poisoning in our area is paint in homes built before 1978.

Broome County Health Department can perform free lead risk assessments for any home in Broome County built before 1978 to identify and help get people on track to fix lead hazards. Call them at 607-778-2847.

## CHENANGO CHILD CARE ASSISTANCE PROGRAM UPDATES

Chenango County DSS is not accepting new cases for the Child Care Assistance Program and is closing cases that come up for renewal currently.

Why? Their allocation from the state is not enough to cover the increase in cases that have occurred due to all the changes in the CCAP system, including increased parent eligibility, 12-month eligibility for parents, increase in market rate payments for providers, and the addition of absence/sick day payments.

All of these are good, positive changes in the system, but there isn't enough money to pay for them in many counties across the state, including Chenango County.

The state budget did have additional money for counties, but the criteria to apply for that funding makes it impossible for small counties to actually be eligible.

What can you do?

As a Chenango County provider, contact your state elected official. Ask the parents in your program to also call.

Ask them to look into the requirements for counties to use the additional allocation for The Child Care Assistance Program!

Senator Oberacker - 607-432-5524

Assemblyman Angelino -607-648-6080



PLAY GIVES  
CHILDREN  
A CHANCE  
TO PRACTICE WHAT  
THEY ARE  
LEARNING.  
-MR. ROGERS

## VROOM

By Rachel Dowd, Provider Services  
Coordinator

Check out this Vroom tip to try out this  
summer!

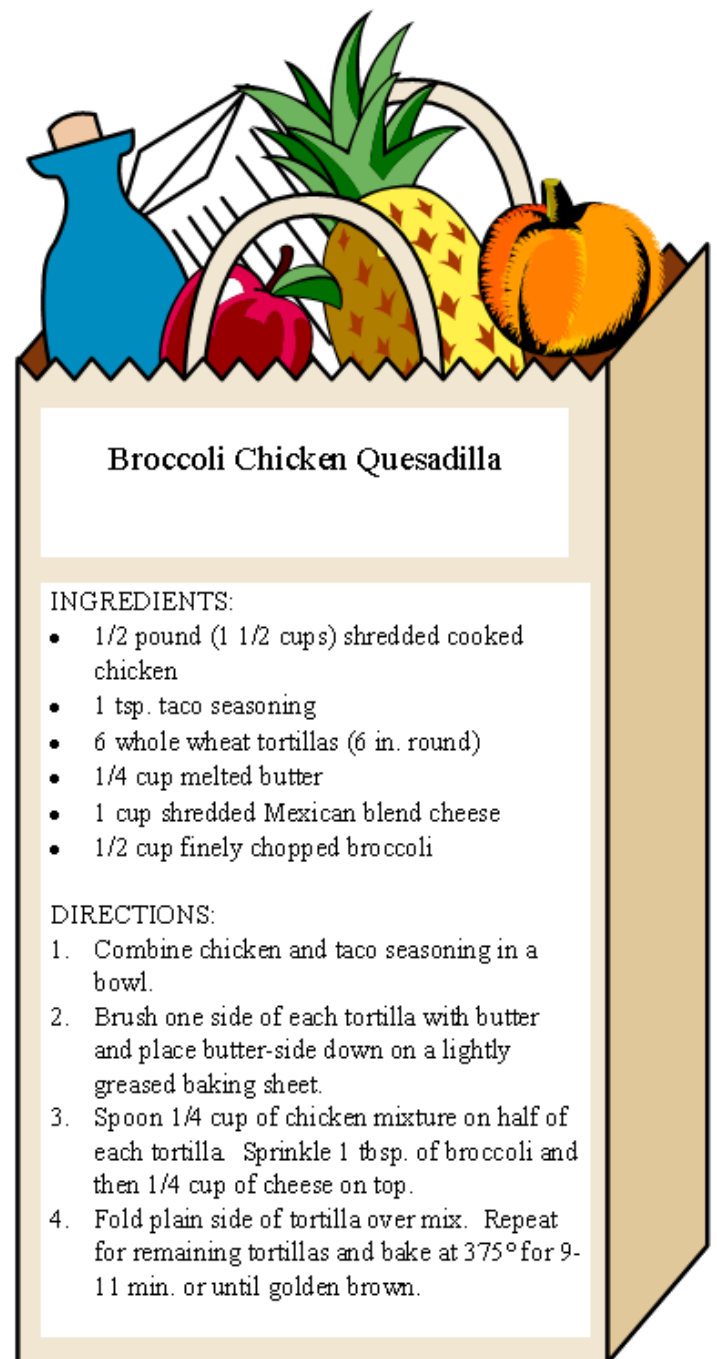
### Air Race

Invite your child to collect rocks, sticks, or  
leaves of different weights. Ask them to  
predict what will happen if they drop two  
different things at the same time and then  
test it out. Do some things fall faster than  
others? Talk back and forth about what  
you notice and what might be happening.

### Brainy Background

When you and your child play Air Race,  
you're encouraging them to think like a  
scientist. You're designing an experiment  
to test how different objects fall.

Interested in more Vroom tips like this?  
Visit [vroom.org](https://vroom.org) or download their app for  
daily brain-building tips!



## NEW FAMILY CHILD CARE NETWORK

Our Family Child Care Network is growing and changing. We are currently recruiting new members.

What is a “Staffed Family Child Care Network?”

Family child care is a critical part of the child care system. A Family Child Care Network is a formal way to support family child care providers with their business. As a member of the Family Child Care Network, you will have access to business software, which can do a variety of functions, but all aimed at reducing the amount of time you spend on paperwork, tracking information, and all those business functions.

During the pilot project of our Family Child Care Network in 2023, programs saw an increase in monthly revenues of \$2000!

Providers were able to better invoice parents and collect fees for child care. By automating many processes, such as billing and expense documentation, providers were able to spend less time on these business tasks and still gather all the needed information for tax purposes.

The new Family Child Care Network project will be limited to 20 providers this first year. So come learn more about it and complete your application to join this project.

Upcoming Information Sessions:

Tuesday, July 29 at 1pm

Tuesday, July 29 at 6pm

To Register: please complete the form here:  
<https://forms.gle/vsjCzFgXbc8SaAw5A>

## INFORMATION UPDATE REMINDERS

Please remember to let Crystal know when you have openings or any changes to your program. We need to keep our database up-to-date so need to know when things change, such as your rates or program hours. You can email [referrals@familyenrichment.org](mailto:referrals@familyenrichment.org) or call 607-723-8313 ext. 829.

## Fall Conference

Save the Date for the Third Annual Fall Conference on Monday, October 14, 2025.

The conference is aimed at early childhood educators in center-based care, but there are sessions that would be relevant to any modality of care. Registration information will be out soon.

# PROMOTING SOCIAL EMOTIONAL DEVELOPMENT WITH YOUNG CHILDREN



The Pyramid Model has many strategies that can help young children learn how to calm themselves.

One of the strategies is teaching the Turtle Technique with Tucker the Turtle.

This fingerplay can reinforce teaching the Turtle Technique to children. Sung to the tune of “Where is Thumbkin?”

Verse 1	Action
Tucker Turtle, Tucker Turtle, He’s our friend. He’s our friend.	Hold hand fisted with thumb on top. Cup other hand over the fisted hand to form a turtle shell. Pop thumb out of shell.
When he gets angry or frustrated,	Make an angry face.
He tucks in. He tucks in.	Tuck thumb into the turtle shell. Pop thumb out of shell. Tuck thumb into the turtle shell.
Verse 2	Action
Tucker Turtle, Tucker Turtle, He tucks in. He tucks in.	Pop thumb out of shell. Tuck thumb into the turtle shell. Pop thumb out of shell. Tuck thumb into the turtle shell.
Then takes 3 breaths, Then takes 3 breaths,	Pause and take 3 deep breaths with children, taking the time to breath in through your nose and out through your mouth.
To think, think, think. Think, think, think.	Tap forehead with pointer finger to indicate thinking. Make turtle with hands again. Pop thumb out of shell.
Verse 3	Action
Tucker Turtle, Tucker Turtle, Think, think, thinks. Think, think, thinks.	Tap forehead with pointer finger to indicate thinking.
He knows a better way, He knows a better way,	Open hand and tap fingers to side of forehead to indicate “knows”.
That Tucker can play and what to say.	Make turtle with hands again and then tap pointer finger to lips.



## **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 July, August, and September!

#### Broome County

Victoria Allen – 3 years  
Amy Arnold – 24 years  
Yvette Barron- 23 years  
Barbara Briggs – 14 years  
Heather Bryla – 12 years  
Sarah Franco – 5 years  
Debra Rickenbeck – 8 years  
Melanie Shauger – 7 years  
Tiffany Vandermark – 7 years  
Heather Vantassell – 13 years

#### Chenango County

Kimberly Beang – 4 years  
Ashley Bennett – 18 Years  
Sheila Bishop – 3 years  
Beatrice French – 27 Years  
Lila Harris – 20 years  
Heather Mierke – 2 years  
Chevee Wittig – 7 years

#### Tioga County

Hannah Lowe – 1 year  
Diane VanOrman – 30 years  
Amy White – 36 Years

## **CREATING HEALTH SCHOOLS AND COMMUNITIES GRANT**

Looking to add more physical activity and nutrition to your child care program?

The Creating Healthy Schools and Communities (CHSC) grant can help! Feel free to fill out this referral [form](#) or contact us at [CHSC@broomecountyny.gov](mailto:CHSC@broomecountyny.gov) to learn how we can support you in creating a more active, healthy environment for kids.

## LITTLE KNOWN FOOD FACTS

By Cathy Lee, Health and Wellness Supervisor

Do you want to impress your family, friends and children with your amazing knowledge of culinary trivia? Then this list has you covered! Food is more interesting than you probably imagined.

- A pound cake gets its name from the original recipe using one pound each of butter, eggs, sugar and flour.
- Peanuts are actually legumes, not nuts.
- Honey has been found in ancient tombs and is still edible, meaning it never spoils!
- Ketchup was once marketed as medicine.
- Bananas are botanically berries, while strawberries are not.

- Chocolate was once used as a form of currency. That's a good idea!
- Margherita pizza is named after Queen Margherita of Savoy, not the drink.
- An 11-year-old invented popsicles in the early 1900s.
- Grapes explode in the microwave (you probably should not try to prove this).
- If cows eat too many carrots, their milk can turn pink (I need to talk to my farmer friends about this!)
- Eggplants can be purple, orange, green or white.
- Even though the colors are different, all Froot Loops cereal loops taste the same.
- Oranges typically have 10 segments.
- An average ear of corn has an even number of rows, usually 16.

Now you can share your trivial knowledge and share the fun!

## CCRC STAFF CHANGES

We've had several changes within the CCRC we want to let you know about.

We need to say goodbye to Cortney Nornhold, the Infant Toddler Specialist. Cortney has a take a different role within Family Enrichment Network, so we'll still see her in the Early Childhood Education field, just not in this role.

We have added another Informal Child Care Specialist position to assist with the legally exempt enrollment process. Welcome to Amanda Schaeffer!

We are still currently recruiting for the Family Child Care Network Specialist and an Early Childhood Specialist for training and coaching.

If you are interested in learning more about these opportunities, please reach out to Rachel at [rdowd@familyenrichment.org](mailto:rdowd@familyenrichment.org).

## KEEP YOUR COOL

By Cathy Lee, Health and Wellness  
Supervisor

The heat is on so how do we keep our cool?  
Here are 5 ways to cool down when the  
temperature goes up.

1. Stay Hydrated: Drink plenty of fluids, especially water, to help regulate your body temperature and prevent dehydration.
2. Take Cool Showers or Baths: A cool shower or bath can quickly lower your body temperature and provide relief from the heat.
3. Find Shade: If you're outdoors, seek shade from the sun, especially during the hottest part of the day.
4. Wear Loose, Lightweight Clothing: Choose loose, breathable fabrics like cotton and light-colored clothing, which reflect the sun's heat.

5. Use Fans: Fans can create a cooling breeze and help to circulate air.

Monitor children and adults for heat exhaustion and heat stroke. Heat exhaustion symptoms include heavy sweating, weakness, dizziness, headache, nausea, vomiting, muscle cramps and fainting. If you suspect someone has heat exhaustion, move them to a shady area and hydrate. Signs of heat stroke include high body temperature (104°F higher), hot and dry skin (sweating may be absent), confusion, loss of consciousness, seizures, rapid and strong pulse, and shortness of breath. Heat Stroke can be fatal and immediate cooling should begin with whatever resources are available which can include hoses, sprinklings and ice packs. Emergency Medical Services (911) should be called.

Review the information below and keep your cool!





## DON'T SHED A TEAR

By Cathy Lee, Health and Wellness  
Supervisor

The term "onion tears" refers to the tears that people produce when cutting or handling onions. It has taken decades of research for scientists to pinpoint why. In 2002, Japanese researchers identified a unique enzyme that produces lachrymatory factor (LF), a volatile sulfuric compound that is part of an onion's natural defense mechanism. Once airborne, LF triggers a stinging reaction in the tear glands.

Some people suggest sticking your tongue out or holding a piece of bread in your mouth to dry the tears, but that will just make you look silly. The best way to keep from crying when cutting onions is to prevent LF from reaching your eyes in the first

place. Here are five hacks that actually help to keep your time in the kitchen tear-free.

1. Sharpen Your Knives: Cutting onions with a dull blade crushes the onion flesh before it cuts it, causing the cells to produce more LF.
2. The Big Chill: Refrigerate onions 30 Minutes before chopping them. Cold temperatures slow down onions' volatile sulfur compounds. However, don't store your onions in the fridge. Cold temperatures and moisture soften onions' flesh and make it more susceptible to mold.
3. Wear Goggles: If you're highly sensitive to onions' irritant properties, this is the route to go. A pair of swimming goggles works well and you will also be ready for a dip in the pool.
4. Ventilate Your Work Area: Turn on an exhaust fan, open a nearby window, or take the onions (and a cutting board) outside. The circulating air whisks away airborne irritants before they reach your tear ducts.
5. Keep the Roots: Keep the root end intact. The root of an onion contains the highest concentration of LF and other sulfur compounds, making it the most potent part of the onion to slice.

Now that you're confident in onion handling techniques, add some extra flavor to your meals and put the tissue box away!



## BREASTFEEDING FRIENDLY PROGRAMS

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

Fathima's Family Daycare

## SELF CARE FOR EDUCATORS

By: Courtney Nornhold, former Infant Toddler Specialist

When children engage in behaviors that challenge you it is important to be intentional about how you respond. We want to make a plan to remain calm, so we can respond to the child in a way that will support the child. Here are some suggestions from the National Center for Pyramid Model Innovations (NCPMI).

Before Your Hot Buttons are Pushed (Hot buttons are those behaviors that cause you to have very strong emotions.):

- Ask yourself
  - How can I respond when the child starts to push my buttons?
  - How can I take care of myself and still support the child?
  - Can I make changes in the environment to support the child and decrease the challenging behavior?
- You can reframe the hot button (challenging behavior) so it feels more manageable
  - For example: “Jalen is tired and needs a break.” or “John doesn’t understand the new routine and needs some help.”

While Your Buttons are Pushed:

- Try one or more of these:
  - Pause and take a deep breath
  - Step back (not away)
  - Count to 10
  - Focus on breathing. Notice your breath, try counting when you inhale and counting when you exhale.
  - Use positive self-talk: “I’ve got this!”
  - Tag in a colleague to help support the child if you need a break
- You can reframe the behavior- What might they be trying to tell me?
  - For example: “I don’t know what to do.”, “I don’t have the words to tell you how I feel.” or “I am frustrated and this is hard.”

After the Button-Pushing Behavior has Ended:

- Take time to breathe
- Reflect
  - Identify your emotions
  - What was the child trying to tell me?
- Find positive ways to reconnect with the child to strengthen your relationship.
- Reframe- What skills might I teach them?
  - Ways to calm down and regulate their emotions.
  - How to express emotions.
  - How to communicate their needs.

## CONGRATULATIONS NEW CHILD CARE PROGRAMS!

Broome Family Child Care

Kenzie’s Kiddos In-Home Daycare - McKenzie Lewis

Broome Group Family Child Care

Kelsey's Clobbers - Kelsey Chapman

