

Network News

Child Care Resource Center Newsletter



A MESSAGE FROM FAMILY & COMMUNITY SERVICES DIRECTOR

By Jenn Perney

Our Child Care Resource Center Team has grown! You'll see those new faces on page four. We still have the vacant Family Child Care Network Specialist position who will operate the new Empire State Family Child Care Collaborative. We hope to have that filled soon! If you are a family child care provider and want to learn more about or join the Collaborative, now's your chance! You don't want to miss out on the chance to improve the efficiency of your business, get free child care management software, and have tons of support and networking opportunities! Call or email me with any questions!

The annual child care program survey will be coming out soon. Please check your email for the link to participate in the survey. We hope to get 100% participation. We utilize the anonymous survey results for many things, including creating our 2026 training/professional development opportunities and information for our Agency annual Community Assessment. Your information is so important for us to provide accurate data for the landscape of child care in our community! Please complete the survey when you get it in your email.

Enjoy your fall!

Family Enrichment Network CCRC is a proud member of:



Newsletter Highlights

Licensing Violations

CACFP Recipe

New CCRC Staff

Years of Service

Early Intervention

Routines & Transitions

Flavors of Asia

Safe Sleep

The Wooly Bear



FAMILY CHILD CARE IS A BUSINESS

Operating a family child care program is also operating a business. You have to not only meet the needs of the children and families in your program, you have to meet all the business requirements, with operating on a budget, invoice and collecting payments, purchasing supplies, creating/implementing policies and procedures, ensuring you have all the required paperwork signed and organized, and marketing your program to ensure it's fully enrolled. It's a lot for one person!

So let us help you!
There are 2 options to help!

Join the new Empire State Family Child Care Collaborative. This Staffed Family Child Care Network is new to all of New York State. We can offer individualized program assistance to make

sure you are meeting all the regulations and operating a successful program. You will get free access to Child Care Management Software (either Brightwheel or Playground), as well as networking opportunities and other incentives specifically for you! Join today by completing **the application**.

Not ready to join the Collaborative just yet, then reach out to Isabelle. She can come onsite and help you with your paperwork, organization, ensuring you have policies and procedures and a budget. Reach out to her today!
607-723-8313 ext. 1616 or
email igorham@familyenrichment.org.

LICENSING VIOLATIONS AND CORRECTIVE ACTION PLANS

Did you have a licensing visit and received violations? It's ok. We can help you fix it! Give us a call and someone can come onsite to help you with whatever it is you need.

Do you need help with paperwork or policies? Call Isabelle.

Do you need help with an infant toddler behavior guidance or activities? Call Victoria

Do you need help with understanding the licensing regulations? Call Allie, Abbie, Mary, or Lori

Do you need help understanding when to report violations? Call Abbie, Mary, Lori, Isabelle, Allie

Did a child get outside of your line of sight or supervision and now you have a report for leaving a child unattended? Call Allie or Abbie for Active Supervision Training.

Whatever it is - we can help!

Vroom

Brain building moments

VROOM

By Rachel Dowd, Provider Services
Coordinator

Check out this Vroom tip to try out this fall.

Rock Sounds

While outside with your child, invite them to find rocks of different shapes and sizes. Collect a few together. Then, test the sounds they make when dropped on different surfaces. Can they hear a rock fall onto the grass? What about onto cement? What does it sound like if they drop several rocks at the same time?

Brainy Background

It takes focus for your child to pay attention to what is happening and listen to the different Rock Sounds. They're practicing thinking like a scientist too. You're helping them do this as you discover why rocks make different sounds together.

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



Find these corn recipes here: <https://go.usa.gov/xn6DP>
For more recipes go to: www.whatscooking.fns.usda.gov



NEW CCRC STAFF

We have some new faces on the CCRC team and wanted you to know who to reach out to!



Mary Fox, Tioga Child Care Specialist



Abbie Bennett, Training and Coaching Specialist



Victoria Allen, Infant Toddler Specialist

HALLOWEEN TRIVIA

Test your Halloween knowledge. Can you correctly answer the following trivia questions? Maybe the children in your care can give you the answers!

1. Pumpkins are not vegetables, but they are fruits. Botanically speaking which type of fruit are they?
a. Berry b. Legume c. Drupe d. Citrus
2. The original name of Candy Corn: a. Scary Corn b. Sweet Corn c. Chicken feed d. Scary Bits
3. Which of these is not a bone in the skeleton? a. Radius b. Humerus c. Serious d. Coccyx
4. What is the only mammal that can fly? a. Squirrel b. Chipmunk c. Bat d. Lemur
5. What is another name for a pumpkin seed? a. Pepita b. Chia c. Flax d. Endocarp

*Need a hint? Answer on another page in the newsletter!



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!

Tioga County

Michaela Leyburn – 1 year

Lora McCreary – 23 years

Broome County

Christina Hall-Weaver – 6 years

Nikkia Holmes – 3 years

Michelle Arlequin – 3 years

Marnita Johnson – 22 years

Wendy Ladd – 4 years

Anna Raheem – 11 years

Amber Ruff – 11 years

Christine Schell – 3 years

Hurija Selimovic – 2 years

Kristy Snow – 4 years

Jessica Teed – 6 years

Lori Turck- 28 years

Kayla Russell – 4 years

Melinda Wood – 12 years

Robin Wright - 13 years

Cheryl Yacovoni – 11 years

Chenango County

Dallas Beang – 4 years

Jamie Fleming – 12 years

Amy Prime - 15 years

Krystal Smith – 12 years

Jennifer Stewart – 16 years

Kathleen Turner- 26 years

FAMILY CHILD CARE PROVIDERS MEETING WITH OCFS

All family and group family child care programs are invited to join OCFS Syracuse Regional Office manager, Briane Tice, for a Question and Answer session on Wednesday, October 15th at 6pm.

Please RSVP to Jenn Perney at jperney@familyenrichment.org

You can also submit questions you want answered or topics you want addressed! Let Jenn know!

WHAT IS EARLY INTERVENTION

By Victoria Allen, Infant Toddler Specialist

What is Early Intervention?

Early Intervention (EI) is a system of services for infants and toddlers, birth to age three, who have developmental delays or disabilities, focusing on cognitive, physical, communication, social-emotional, and adaptive skills. The primary goal is to help young children develop these crucial skills and provide families with the support needed to nurture their child's growth.

Services, which can include speech, occupational, and physical therapy, are provided in a child's natural environment, such as their home or child care, to facilitate learning into their daily routine. Early Intervention services are provided at no cost to families, funded through programs like the Individuals with Disabilities Education Act (IDEA).

How Can Families Access Early Intervention?

A Pediatrician can refer an infant or toddler to the EI, or if a parent has a concern, they can contact EI directly and request a free evaluation. Specialists will then assess the child in areas like movement, speech, and social skills to determine eligibility.

If the child qualifies, a team including parents and service coordinators will develop an Individualized Family Service Plan (IFSP) to set goals and guide services. Early intervention supports families by empowering

them with knowledge and resources, ultimately promoting a child's long-term development and reducing future learning challenges.

EI county contacts can be found online at [the County Health Department](#). Families can also call the “Growing Up Healthy” 24-hour Hotline at 1-800-522-5006.

Why is it Important?

- **Rapid Brain Development:** A significant portion of a child's brain develops in the first few years of life, making this a critical window for intervention.
- **Lifelong Impact:** Early support helps children reach age-appropriate developmental milestones, improves their confidence, and can reduce the need for specialized educational support later in life.
- **Family Support:** EI empowers parents and caregivers, providing them with tools and knowledge to support their child's development effectively.

Signs a Child May Need Support:

Monitor the child for delays in areas like:

- **Gross Motor Skills:** Difficulty sitting by 9 months, crawling by 12 months, or walking by 15 months.
- **Fine Motor Skills:** Trouble with tasks like picking up small objects or using utensils.
- **Speech and Language:** Not babbling by 12 months, not using words by 18 months, or not forming short phrases by age two.
- **Social-Emotional Skills:** Lack of eye contact, difficulty playing with others, or not responding to social cues.

ROUTINES AND TRANSITIONS FOR TODDLERS AND PRESCHOOLERS IN FAMILY CHILD CARE

By Lori Graham, Chenango Child Care
Specialist

Routines and transitions are essential components of a stable and supportive family child care environment. For toddlers and preschoolers, consistent routines help build a sense of security, predictability, and independence. Children thrive when they know what to expect and can anticipate what comes next, which reduces stress and supports positive behavior.

Supporting Smooth Transitions

Transitions—the periods when children move from one activity to another—can be challenging for young children, especially toddlers who are just learning self-control.

Strategies for smooth transitions include:

- Giving Warnings: Let children know a transition is coming (“In five minutes, we will clean up for snack time”).
- Using Visual and Auditory Cues: Songs, timers, or picture schedules can help children anticipate the next activity.
- Offering Choices: Allowing children to choose the order of small tasks can give them a sense of control.
- Engaging in Routine Rituals: Simple rituals, such as a clean-up song or handwashing routine, signal that a transition is happening.

Tips for Family Child Care Providers

- Keep routines flexible but consistent; children benefit from predictability but also need opportunities to explore and adapt.
- Use positive reinforcement to support cooperative behavior during transitions.
- Observe children’s cues and adjust routines as needed to meet individual developmental needs.

CONGRATULATIONS NEW CHILD CARE PROGRAMS!



Broome Family Child Care

Melissa Pichura

Broome Group Family Child Care

Bright Thinkers Day Care, LLC -
Farha Mohammed Fawaz

Broome School-Age Child Care

KCE Champions - Brookside Elementary
School

Tioga School-Age Child Care

It Is Well Before & After School - Candor

Chenango Family Child Care

Carole Finch



THE FLAVORS OF ASIA

By Cathy Lee, Health and Wellness
Supervisor

I recently had a trip to Vietnam and Cambodia. Naturally, I was very interested in the variety of fruits that were available in local markets. Most of these fruits are also available in NY and can be found in Asian markets or larger grocery stores. The only fruit you might not find is the Durian and that is for a good reason. It smells so bad that it is not allowed in hotels! These fruits are both cultural and unique to our taste buds. You might even want to seek out a Durian and try it!

Mangos are a juicy stone fruit (drupe) from numerous species of tropical trees. They belong to the cashew family! They taste similar to a peach.

Mangosteen is a tropical evergreen tree with edible fruit native to Southeast Asia. The fruit is sweet, tangy, juicy and similar citrus fruit. It is also a very pretty purple color.

Papaya or Pawpaw is sweet, mild and smooth.

Dragon Fruit, also known as Pitaya, is the fruit of a cactus species. The dragon fruit is juicy and sweet. It can be red or white. And you can eat all those little seeds!

Jackfruit is a species of tree in the fig family and tastes a bit like a mango, pineapple and banana blend. It can be eaten as a fruit or cooked to resemble barbecued meat. They can grow up to 120 pounds!

Lychee is a small, round, tropical fruit with a hard, red, scaly skin that encases sweet, white,

translucent flesh and an inedible seed. The fruit has a pleasant, floral flavor, often described as a mix of watermelon and pear

Lady Finger Banana is a tiny banana that is much sweeter than many other varieties. It is about as big as a finger!

Coconut-The Coconut Tree is a member of the Palm Tree family. Not only can you eat the coconut “meat” you can drink the very sweet coconut milk!

Guava is sweet, with a musky aroma and flavors that vary from sweet to tangy depending on the variety. It makes very good jam or jelly.

Durian is known for its large size, spiky exterior, and distinct, strong aroma that some find repulsive, comparable to rotten onions, while others find it appealing. Its creamy, custard-like pulp is a delicacy, eaten raw or used in desserts and savory dishes like smoothies, cakes and sticky rice. I did not eat it! It could not get passed the aroma.

Sugar Apple, or Sweetsop, is sweet and custard like. It is nothing like the apples found in the US. I needed some instruction on how to eat it.

Longan is also known as the Dragon Eye. It is sweet with a rather slippery texture. It really looks like eyeball.

Rambutan is one of my favorites because it is cute. It is hairy on the outside while sweet and juicy on the inside. It looks like the hair on a Dr. Seuss character.

Cashew-The Cashew Tree is a tropical evergreen tree that produces the cashew seed and the cashew apple. Cashews are very popular in Vietnam with good reason, they are delicious.

Be adventurous and try a new fruit. If you eat a Durian, let me know!



SAFE SLEEP

By Allie Drake, Training & Coaching
Specialist

The ABCS Of Sleeping_

A - Alone: Baby should be sleeping alone

B - Back: Baby should be placed on back

C - Crib/cool: Baby should sleep on crib or with
tight fitted sheet, room should be cool at 68-72
degrees Fahrenheit

S - Smoking: Baby should be in a smoke free
environment

Regulations:

- Baby must be paced on back to sleep
 - If parent comes in to feed, they must place baby on back to sleep as well
- Room must be kept at least at 68 degrees Fahrenheit
- No wedges or positioners may be used
- Baby may not sleep in swing, car seat, stroller or bouncer
- Bedding may not be shared between children

Resting and napping areas must be:

- located in approved day care space;
- be located in safe areas of the home;
- be located in a draft-free area;
- be where children will not be stepped on;
- be in a location where safe egress is not blocked
- allow caregivers to move freely and safely within the napping area in order to check on or meet the needs of children.

The only time baby may be placed on stomach/side or a wedge may be used when sleeping is with a doctors note

BREASTFEEDING FRIENDLY PROGRAMS

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

Little Wonders Daycare- Hannah O'Connor
H&M Child Care - Hurija Selimovic





THE LEGEND OF THE WOOLLY BEAR

By: Cathy Lee, Health and Wellness Supervisor

Winter is coming and so is the Woolly Bear!

Does the stripe on the back of a woolly caterpillar really indicate the severity of the upcoming winter? The markings on a Woolly Bear caterpillar supposedly foretell the type of winter that can be expected, based on the size of the black stripe on its back. The legend states that longer black bands mean a more severe the winter. A mild winter is predicted if there are more brown bands in the middle stripe of the caterpillar. Unfortunately, there is nothing that proves the sizes of the stripes are an indicator of what the winter has in store. The sizes of the stripes depend partly on age, so the banding can be an indicator of a caterpillar's recent growth.

What exactly is a Woolly Bear? It is a caterpillar that does not feel much like wool. They are covered with short, stiff hair bristles.

In field guides, they're found among the "bristled" species and several species in the tiger moth family. Not all woolly caterpillars are Woolly Bears! If you find a black woolly caterpillar, don't worry, this doesn't mean we're in for an apocalyptic winter! It's just a caterpillar of a different species and is not used for forecasting. The same is true for white woolly caterpillars. Woolly Bears, like other caterpillars, hatch during warm weather from eggs laid by a female moth. Mature Woolly Bears search for overwintering sites under bark or inside cavities of rocks or logs. You will see them crossing the road in the fall.

Typically, the bands at the ends of the caterpillar are black, and the one in the middle is brown or orange. When spring arrives, Woolly Bears spin fuzzy cocoons and transform inside them into full-grown moths.

Do they really predict the winter weather? Observe some Woolly Bears, note the stripes and see if it compares to the actual winter weather. The Weather Channel is probably better at this prediction, but I am still hoping for short black bands!

HALLOWEEN TRIVIA HINT

Do you need some clues? The first letter of most words in the sentence below should help solve the mystery!

Do children sing, babble and play?