

## NETWORK NEWS - Enriching the Community

### A Message from the CCR&R Director

Happy New Year!

It's hard to believe it's already 2018. With the new year, we need to increase the efforts we make to bring attention to the early childhood field.

The Governor is busy working on his 2018-19 state budget and we need help getting out the message that child care funding needs to not only be restored from the \$7 million cut last year, but be increased for the future!

The Empire State Campaign for Child Care (ESCCC) has developed a comprehensive ask, including increasing subsidy money to help both families and child care programs and increase investments in the child care workforce to help programs increase staff wages to cover minimum wage increases.

As someone in the early childhood field, I urge you to get involved. Call the Governor's office, call Assemblywoman Lupardo's office or Assemblyman Crouch's office, call Senator Akshar's office. Let them know how the low wages impact you personally and how the state budget needs to increase funding for child care.

Plan to attend the state Early Childhood Advocacy Day on Tuesday, February 6th. Sign your name on to support the ESCCC efforts. You can find information on all these things at [www.empirestatechildcare.org](http://www.empirestatechildcare.org).

If we have a unified voice, we might be able to make a difference. But it takes us all! Please get involved.

*Jennifer Perney*



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Family Enrichment Network is a proud member of:



## Throwing in the Towel: Are You Experiencing Burn-Out?

Burn-out is when you find that you are emotionally and psychologically drained from doing a task or job. Usually burn-out occurs after doing this task or job for an extended period of time . It is more than having an isolated "bad day". If you are glad when Friday rolls around, you may simply need a restful weekend. If, on Friday, you are already dreading going back to work on Monday; you may be experiencing burn-out.

People in service and caring professions do seem to be more likely to burn out. These professions may include the health professions as well as teachers and daycare providers. These are jobs that often require a person to be involved emotionally and psychologically with the people they serve or care for. Also there is a greater likelihood that you may take work home with you emotionally if not physically. After-hours, daycare providers may find themselves wondering how they are going to handle an anticipated conflict with a new family. The preschool teacher may be worrying how they will handle an on-going behavioral problem in the classroom.

### How Can I Prevent or Cope With Burn-Out?

- ∴ There are some very specific things you can do before you reach the point of throwing in the towel:
- ∴ Seek out the support of others in similar situations. Join a professional organization or support group.
- ∴ Work on setting limits and learn how to say no.
- ∴ Step back and re-evaluate your goals and priorities.
- ∴ Cut back on any tasks or responsibilities that are of lower priority. Recognize and accept your limitations.
- ∴ Don't be afraid to ask for help. Learn how to delegate.
- ∴ Schedule time for yourself. Seek out diverse hobbies or pastimes. Take care of yourself. Be sure to eat right, exercise and get plenty of rest. Engage in stress relieving activities or relaxation exercises.

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### Child Care Resource and Referral Contact List

#### Broome Office: (607) 723-8313

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#### Tioga Office: (607) 687-6721

Ann Shear: Tioga Coordinator	Ext: 1186	ashear@familyenrichment.org
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#### Chenango Office: (607) 373-3555

Nicole Dillon: Chenango Coordinator	Ext: 1522	ndillon@familyenrichment.org
Melanie Manwarren: Legally Exempt Specialist	Ext: 1523	mmanwarren@familyenrichment.org

General questions: email: [jperney@familyenrichment.org](mailto:jperney@familyenrichment.org)

## Veggies, Yum!

Vegetables are among the most nutritious foods for young children. These colorful and curiously shaped foods provide essential nutrients, young children need for healthy growth and development. However, most children do not eat the recommended amount of vegetables for several reasons; one in particular focuses on taste.



Most young children have a natural liking for sweet and salty foods and reject those that taste bitter or sour. Although most vegetables naturally taste bitter, young children can grow to like and even love a variety of vegetables through regular opportunities of trying them.

### Tips for Serving Vegetables

Keep these tips in mind to help children experience happy and positive mealtimes while trying new vegetables.

- Purchase vegetables when in season, as they taste better and cost less.
- Allow children to help prepare vegetables, such as preparing their own salad or by making a sandwich wrap using leafy greens.
- Serve vegetables in different ways, such as raw or cooked.
- Serve one new vegetable at a time. Too many new foods at one time may cause children to resist the new foods.
- Continue to offer the new vegetable to children even if they refuse it. Many young children need at least 10-15 opportunities to try new foods before they develop a preference for them.

There are many opportunities to help children develop a preference for a variety of vegetables. The updated CACFP meal patterns separate the fruit and the vegetable component at lunch and supper for meals served to preschoolers. Consequently, childcare providers can serve a fruit and a vegetable at lunch and supper or two vegetables at lunch and supper, substituting the fruit component with a vegetable. This helps providers plan menus that feature more variety and provides young children with more opportunities to experience a variety of vegetables.

For more information on Child Adult Care Food Program contact the Family Enrichment Network at (607) 723-8313.  
Lisa at ext. 824 or Crystal at ext. 825

This CACFP institution is an equal opportunity provider.





## 2018 SUNY PDP Webcasts (Formerly Videoconferences)

The 2018 Webcast dates and topics have been announced so you can plan ahead!

April 12—Building Healthy Relationships with Effective Communication

June 7—Educating for Sustainability

October 25—Special Webcast: Town Hall Meeting—Business Case Studies

All webcasts are held on Thursday evenings from 6:45-9:15pm at the Family Enrichment Network offices in Broome, Chenango, and Tioga Counties.

To register for a videoconference, visit: [www.ecetp.pdp.albany.edu/](http://www.ecetp.pdp.albany.edu/)



### Congratulations!!

#### New child care programs:

##### Broome County Family Child Care

Mona Haynes

##### Chenango County School Age Child Care

Norwich YMCA in Greene

### Mini Chicken Pot Pies

**Ingredients:**

- Crescent dough – Store bought
- 1 c. chopped, cooked chicken
- 3/4 c. canned cream of chicken soup
- Thawed garden vegetables
- Chicken seasoning or salt and pepper

**Instructions:**

1. Preheat oven to 400 degrees.
2. In a bowl, mix chicken, cream of chicken and sprinkle a little chicken seasoning or salt and pepper. Set aside.
3. Using a glass or cookie cutter, carve out circles of crescent dough.
4. Grease a muffin tin with cooking spray and carefully place dough in each circle.
5. Add chicken mixture into each circle.
6. Using the leftover dough, cut strips and place it on top.
7. Bake for about 20 minutes, check at 15 minutes for desired brownness.



## Tantrums and Sensory Meltdowns: What's the Difference?

Many people think the words “tantrum” and “meltdown” mean the same thing. They can look very similar when you see a child in the middle of having one. But for kids who have sensory processing issues or who lack self-regulation skills, a meltdown is very different from a tantrum. Knowing the difference can help you learn how to respond in a way that better supports the child.



A tantrum is an outburst that happens when a child is trying to get something she wants or needs. Some kids with learning and attention issues are more prone to tantrums. They can be impulsive and have trouble keeping their emotions in check. They may get angry or frustrated quickly. However, yelling or lashing out isn't an appropriate way for her to express her feelings, but she's doing it for a reason. And she has some control over her behavior.

A meltdown is a reaction to feeling overwhelmed. For some kids, it happens when there's too much sensory information to process. For other kids, it can be a reaction to having too many things to think about. A child care program with a lot of commotion and no steady routine can be a difficult environment for a child with sensory issues to dwell in.

Here's one way to think about too much sensory input. Imagine filling a small water pitcher. Most of the time, you can control the flow of water and fill the pitcher a little at a time. But sometimes the water flow is too strong and the pitcher overflows before you can turn the water off.

That's how a sensory meltdown works. Once that happens, some experts think the child's “fight or flight” response kicks in. That excess input overflows in the form of yelling, crying, lashing out or running away.

### Different Strategies for Tantrums and Meltdowns

The causes of tantrums and meltdowns are different, and so are the strategies that can help stop them. It's important to remember that the key difference between the two types of outbursts is that tantrums usually have a purpose. Kids are looking for a certain response. Meltdowns are a reaction to something and are usually beyond a child's control.

A child can often stop a tantrum if he gets what he wants or if he's rewarded for using a more appropriate behavior. But a meltdown isn't likely to stop when a child gets what he wants. In fact, he may not even *know* what he wants. Meltdowns tend to end in one of two ways. One is fatigue—kids wear themselves out. The other way is with a change in the amount of sensory input. This can help kids feel less overwhelmed.

So how can you handle tantrums and meltdowns differently?

To tame tantrums, acknowledge what the child needs without giving in. Make it clear that you understand what she's after. “I see that you want my attention. When Samantha is done talking, it'll be your turn.” Then help her see there's a more appropriate behavior that will work. “When you're done yelling, tell me calmly that you're ready for my time.”

To manage a meltdown, help the child find a safe, quiet place to de-escalate. Then provide a calm, reassuring presence without talking too much to them. The goal is to reduce the input coming in and provide safe space.

Knowing the difference between tantrums and meltdowns is the key to helping a child through them.

# The Importance Of Oral Hygiene In Children

When making important decisions about your children's health and well-being, don't forget about their teeth and gums. Compared to kids with poor oral health, children who establish good oral hygiene habits at a young age are more likely to continue excellent brushing and flossing as adults, experience far fewer dental problems throughout life, maintain a positive self-image, and perform better in school. As a parent, you play a vital role in helping kids establish proper dental care — and smiles — that last a lifetime.



**Early dental care prevents dental diseases:** Developing good oral hygiene is also the first line of defense against many common dental issues, such as plaque, gum disease and cavities. Studies show that dental decay is the most common chronic childhood disease in the U.S., and left untreated, may lead to pain and infection that cause problems with speaking, eating and overall health.

**Teach children the importance of good oral hygiene:** The good news is that cavities are almost completely preventable with regular visits to the dentist and consistent dental care at home. Parents can help their children maintain healthy teeth and gums by encouraging the following habits:

- Begin good oral health habits as soon as your baby's teeth are visible. Start by using a washcloth to gently clean your children's teeth and gums.
- Teach your children to brush all surfaces of their teeth for two minutes, twice a day with fluoride toothpaste. Assist your children until they are able to brush by themselves.
- Floss between your children's teeth and along the gum line to remove trapped food and plaque that lead to gingivitis and decay.
- Make oral hygiene fun by letting your children choose their kid-friendly toothbrush and toothpaste in their favorite color, character, or flavor.
- Sing a song or play a video while brushing to make time pass quickly and to ensure your children are brushing for the full two minutes.
- Encourage your children to brush their teeth immediately after drinking juice or eating candy to prevent decay.
- Avoid giving children too many sugary foods and drinks, especially between meals, which promote decay and cause enamel damage.
- Increase water intake throughout the day to help neutralize the acids that cause cavities.

**Establish a healthy relationship with your child's dentist:** Finally, one of the most important ways to maintain a healthy smile for your children is to schedule regular checkups with their dentist. Choose a dentist who understands the unique development of children's smiles and specializes in dentistry for kids — from infancy through adolescence. Following a thorough cleaning and evaluation, your child's dentist can discuss cleaning techniques for keeping your kid's teeth cavity-free, as well as answer any questions concerning your child's oral health.

**Chenango County Providers:** Call Nicole to request information on the Cavity Free Kids Program! This FREE program will give you training credit and supplies for your program helping children in Chenango County improve their oral health! What could be better than helping kids!

# Winter Activities To Reduce Challenging Behavior

Children who are engaged in activities that are fun, challenging, and meaningful to them are less likely to misbehave. The majority of challenging behavior by children comes from boredom. These easy to set up games from [www.thespruce.com](http://www.thespruce.com) are perfect for engaging children's minds and bodies. For help to adapt them for different ages or abilities, contact us and we will be happy to come out and help you get started!

## Snowman Bowling

It is a great winter game that can be played inside or outdoors. To play in the actual snow, use a shovel to carve out a bowling lane. Indoors, place a white runner down on the floor. Draw 10 snowmen, penguins, reindeer, snowflakes or your kids' favorite seasonal thing on a piece of poster board.

Color them in and cut them out, then tape them to 10 empty, two-liter bottles. Set them up like bowling pins at the far end of the lane. Use a white ball as the bowling snowball. Stand at the other end of the lane and roll the ball down to knock over the pins. Keep score just like in a real bowling game.



## Snow Shovel Relay Race

To play this game, set up two buckets on a table. You can use beach buckets with snowflake cutouts taped on them or purchase some winter-themed buckets in the dollar store, party shop or craft supplier.

Fill another, larger bucket with fake snow. You can buy fake snow at craft stores or make your own out of confetti or cotton balls. Divide kids into two teams. Give each team a small shovel (the kind you use to make sand castles). Players must race, relay-style, to scoop the snow out of the large bucket and dump it into the smaller buckets.



## Marshmallow Straw Race

Have the kids sit around a table. Place a mug or paper coffee cup in front of each player. Scatter mini marshmallows all over the table. Give each kid a straw. Set a timer. Kids must use the straw to suck up marshmallows and drop them into their mugs. When time runs out, count the marshmallows. The player with the most marshmallows wins. When the game is over, fill the mugs with hot cocoa and let them enjoy those marshmallows.

## Storm the Igloo

To prepare for this game, you will need several shoe boxes, each one wrapped in white paper. These are the ice blocks. Separate kids into two teams and give each team an equal number of boxes. Each team must stack their ice blocks to build an igloo-style wall. Have the players gather behind their igloo walls. Give each team a basket full of snowballs (ideas for snowballs: rolled up pieces of white paper, plush white balls or rolled up white socks). Set a timer or play a snow-themed song. Have teams bombard each other with the snowballs, trying to knock down as many of their opponents ice blocks as they can.

While the snowballs are flying, some team members may choose to rebuild the ice blocks that have fallen or collect more snowballs for ammunition. Whatever strategy they use, once the song is over or the timer buzzes, play stops and the team with the most ice blocks still standing wins.



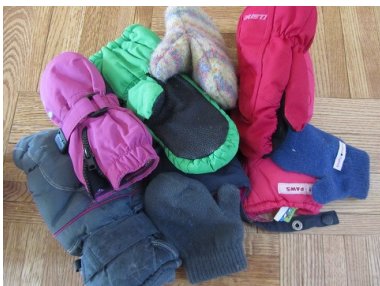
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### Snow in the Chimney

To play this game, kids can either take turns to compete one-on-one, or you can divide the group into two teams. Give each side a box that has a hole cut in the top. The boxes are the player's houses, and the hole is the chimney. Set a timer and have kids throw rolled up balls of white paper at each other as they try to land their snowballs in the chimneys of their opponent.

When time is up, empty the boxes and count the snowballs. The player who got the most snowballs into the other player's chimney wins the game.



### Mitten Hunt

For the mitten hunt game, you'll need several pairs of mittens; at least one pair per player and a few extras for fun. Also, you'll need a pile of trinket prizes; at least one per player. Before guests arrive, separate the pairs and hide the individual mittens all around the house. When the kids arrive, send them on a hunt to find themselves a matching pair. The first player back with a matching pair gets to pick first from the prize pile. The hunt continues until everyone has redeemed a prize with a matching pair of mittens.

### Snow Plow Races

It is a game that will require a little bit of room since players will be racing, side-by-side. To set up the game, you'll need to mark a starting line and a finish line.

You'll also need two snow shovels and two large snow boulders. To make the snow boulders, stuff white pillowcases, mold them into a round shape and then seal them closed.

To start the game, have two racers stand behind the finish line. Give them each a shovel. Drop a snow boulder in front of each player. Kids must "plow" the snow boulder to the finish line by pushing it with the shovel. The first snow boulder to cross the finish line wins.

### Snowsuit Relay

For this game, you'll need two pairs of snow pants, two coats, two pairs of mittens, two scarves, two hats and two pairs of snow boots. Make two complete sets of the items and pile each set at one end of the play space. Have two teams line up behind a starting line on the opposite end of the play space. Players must race to the clothing, put all of the items on and run back to their teams wearing the snowsuits. Once back to their teams, they must take the snow clothes off and hand them to the next runners. Those players must put them on and run to the other end and back and then hand them off to the next player. It continues until all members of one team have run the relay in the snowsuit. The first team to be done wins.



### Snowball Toss

Like the carnival game of beanbag toss, this game uses white, plush snowballs instead of beanbags. Paint a winter creature such as a snowman, penguin or polar bear on a large piece of poster board. Cut a hole in the animal's mouth or belly. Prop the poster board and have kids try to toss the snowballs through the hole.

### Musical Snowflakes

It is the old favorite party game of musical chairs with a snowflake theme. To play, simply tape large snowflake cutouts to the seats of the chairs. Instead of ordinary music, play a snow-themed song.



## Selling Your Child Care Program

Child care is in such high demand in this area, but you still have openings. You don't get it. Why? There could be many reasons. When talking to parents, some of the most common things we hear are:

- The program never called me back.
- I felt like I was bothering them when I called.
- They weren't friendly on the phone.
- They never sent me the information they said they would.
- I didn't like the look of the outside when I drove by.
- It's not the neighborhood I want.
- They don't take infants.
- They don't provide the food.
- They weren't open the hours I need.



Some of these things you have little control over; like where you are located.

But many of these you can improve.

- ALWAYS return calls when a parent leaves a message. And always follow through on what you said you would do. Email them or mail them the application or your parent policies if they asked.
- If it's not a good time to answer the phone and talk, then don't. Let them leave a message and call back at a good time to talk. Have your phone speech ready to go and have a parent tour as part of your introduction.
- Be friendly. Parents want someone loving and caring for their child, not someone rough and gruff on the phone. Try to connect with parents or share a laugh.
- Clean up the outside and make it inviting for both children and the parents. This is especially helpful if you are in a lesser desired neighborhood. Make it a place parents want to send their children.
- If you are not taking infants, please consider it! It's the care most high in demand! Parents who have an infant and a preschooler want their children together. If you are a family child care provider, consider expanding to a group family child care program. If you are a center, consider expanding your building or space to take more infants.
- Join the CACFP food program and provide food for all the children in care.
- Consider extending your hours. If a parent needs care until 6pm, but you close at 5pm, be flexible.

Marketing:

Improve your marketing strategies and plans.

- CCR&R does give out referrals to parents who call, but many parents look for childcare in other places as well. Get a website and a social media page. Start an Instagram account and a Facebook page. Join local mommy groups on Facebook.
- Do you take the kids on field trips? Get t-shirts made up in a bright color with your program name and logo. Have the kids wear them when you are out.
- Don't forget the sign in your yard!
- Have business cards to hand out and put in places throughout the community.
- Don't under-estimate word of mouth! Former parents will talk and share your name to other parents when they were satisfied with your care. And current parents will let other parents know how much they love you. But the opposite is true as well. Don't get a bad reputation in the community.
- Think about how you are better than other programs and advertise that unique quality. Do you video chat parents during the day so they can see their child? Do you offer specialized programming, like "Parent's Nights Out" or "Family Fun Nights"? Do you fundraise to offer scholarships for parents who need help? Let parents know!

In this day and age of technology, there are so many fun things you can do.

If you are family or group family child care provider, share your marketing tips on our Facebook group!

JANUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9 JC	10 JC Owego	11 JC	12	13
14	15	16	17 JC	18 Chen	19	20
21	22	23 Chen	24 JC Owego	25	26	27 JC
28	29	30 JC	31 JC			

FEBRUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 JC	2	3
4	5	6 JC	7 Owego	8	9	10
11	12	13	14	15	16	17
18	19	20	21 Owego	22	23	24 Chen
25	26	27	28 JC			

MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 Owego	8	9	10 JC
11	12	13 JC	14 JC Chen	15	16	17
18	19	20	21	22	23	24 Chen
25	26	27	28 JC	29 Owego	30	31

Upcoming Training Opportunities

Broome County (JC):

- Jan 9, 10, & 11, 9:00am-3:00pm—Health and Safety for FDC/GFDC
- Jan 17, 5:00-9:00pm—CPR/First Aid—Recertification Class
- Jan 24, 6:30-7:30pm—Small Talk
- Jan 27, 9:00am-3:00pm—CPR/First Aid—Full Class
- Jan 31, 6:30-8:30pm—CACFP: KidKare 101
- Jan 30, Feb 1 & Feb 6, 8:00am-1:00pm—Health and Safety for Directors
- Feb 28, 6:30-7:30pm—Small Talk
- March 10, 8:00am-2:00pm—Saturday Seminar
- March 13, 6:30-8:30pm—Competent Supervision
- March 14, 5:00-9:00pm—CPR/First Aid—Recertification Class
- March 28, 6:30-7:30pm—Small Talk

Chenango County (Chen):

- Jan 18, 6:00-8:00pm—Homemade Toys
- Jan 23, 5:30-8:30pm—CPR/First Aid—Recertification Class
- Feb 24, 9:00am-3:00pm—CPR/First Aid—Full Class
- March 14, 5:30-8:30pm—CPR/First Aid—Recertification Class
- March 24, 8:00am-2:00pm—Super Saturday

Tioga County (Owego):

- Jan 10, 6:30-8:30pm—What’s New & Planning Ahead
- Jan 24, 6:30-8:30pm—Planning for Retirement
- Feb 7, 6:30-8:30pm—Dealing with Street, Burn-out, & Cabin Fever
- Feb 21, 5:30-8:30pm—CPR/First Aid—Recertification Class
- March 7, 6:30-8:30pm—Using Screen Time Appropriately
- March 29, 6:30-8:30pm—CACFP: KidKare 101

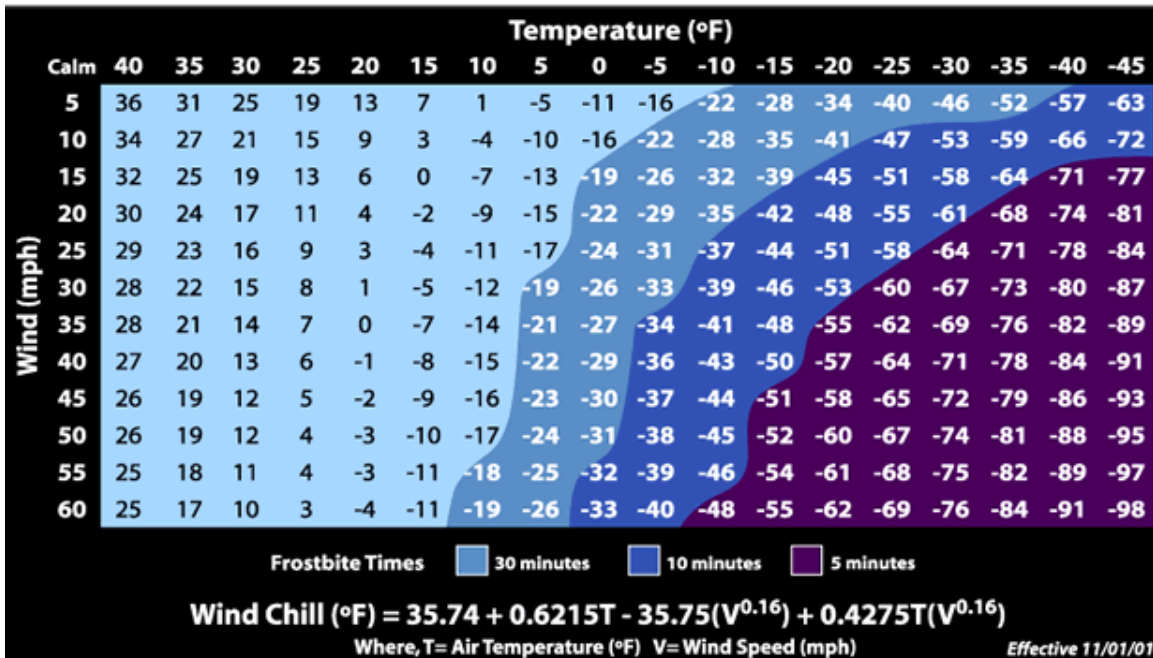
Please see the Jan—June Professional Development and Training Calendar for full workshop descriptions or visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).

## Understand the Weather and Wind chills

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

## Are You Throwing Money Away Every Month?



You are if you are not in CACFP!

You could be throwing away \$1000 or more each month you are not participating in the food program.

Call today to get information and request a visit.

Lisa Rosa, CACFP Coordinator, at (607) 723-8313 ext. 824.



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Through partnerships with families and community agencies, Family Enrichment Network provides supportive services and programs for the optimal development of children, adults and families.

To learn more about our mission, and share in our vision that all children and families have the opportunity to grow and develop to their full potential, please visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).