

# NETWORK NEWS

## Enriching the Community



### A Message from the CCR&R Director

If you are a registered/licensed child care program that has been open since before March 11, 2021, did you apply for your Stabilization Grant? If not, what are you waiting for!?!?

The Stabilization Grant portal opened on August 3rd. Within the first week, 80 programs from Broome, Chenango and Tioga Counties applied, totaling over \$3 million dedicated to those programs.

To date, 80% of all eligible programs have applied totaling almost \$5 1/2 million of funding to our local early childhood system!

This unprecedented investment is just amazing to think about. Though continued advocacy, we can keep child care in the forefront of issues that need to be addressed and funded.

If you need support in record keeping and documenting your Stabilization Grant spending, please reach out. We can come help you set up a system for your documentation. Just give us a call.

Enjoy your fall!

*Jennifer Penney*

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Family Enrichment Network  
is a proud member of:



Early Care &  
Learning Council  
United to Promote Quality

## Infant Toddler Endorsement

Congratulations to Cortney Nornhold who was awarded her Endorsement in Infant Toddler Mental Health as an Infant Family Associate through the New York State Infant Mental Health Association!

What does this endorsement mean? It means Cortney is recognized for her knowledge and ability to work with or on behalf of infants and young children up to age five and their families. The endorsement verifies she has the knowledge to promote the delivery of high quality, culturally sensitive, relationship-based services to infants, toddlers, families and other caregivers.

Do you care for infants and toddlers in your program? Reach out to Cortney today!

[cnornhold@familyenrichment.org](mailto:cnornhold@familyenrichment.org)

(607) 723-8313 ext. 826 or in the Tioga office at (607) 687-6721 ext. 1187

<https://www.nysaimh.org/>



### Child Care Resource and Referral Contact List

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

Jennifer Perney: Director	Ext: 872	<a href="mailto:jperney@familyenrichment.org">jperney@familyenrichment.org</a>
Leslie Vermaat: Child Care Specialist	Ext: 884	<a href="mailto:lvermaat@familyenrichment.org">lvermaat@familyenrichment.org</a>
Kami Paiz: CCR&R Specialist	Ext. 829	<a href="mailto:kpaiz@familyenrichment.org">kpaiz@familyenrichment.org</a>
Cathy Lipski: Health and Wellness Coordinator	Ext: 824	<a href="mailto:clipski@familyenrichment.org">clipski@familyenrichment.org</a>
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Lisa Rosa: Legally Exempt Specialist	Ext. 1619	<a href="mailto:lrosa@familyenrichment.org">lrosa@familyenrichment.org</a>

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

Ann Shear: Tioga CCR&R Coordinator	Ext: 1186	<a href="mailto:ashear@familyenrichment.org">ashear@familyenrichment.org</a>
Cortney Nornhold: Infant Toddler Specialist	Ext. 826/1187	<a href="mailto:cnornhold@familyenrichment.org">cnornhold@familyenrichment.org</a>

#### Chenango Office: (607) 373-3555

Courtney Kimble: Chenango CCR&R Specialist	Ext: 1522	<a href="mailto:ckimble@familyenrichment.org">ckimble@familyenrichment.org</a>
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General questions: email: [jperney@familyenrichment.org](mailto:jperney@familyenrichment.org)  
Program updates or referrals for parents: [referrals@familyenrichment.org](mailto:referrals@familyenrichment.org)

## CACFP Photo Contest Winners

During the month of June, family providers who participate in CACFP were eligible to enter the CACFP Food Photo Contest. We were looking for pictures showing CACFP approvable meals or snacks, being creative, colorful and fun. The top submissions were posted on the Family Enrichment Network Facebook page for a community vote. After a week of voting, the winners were announced. Congratulations to our winners!

#1-Gabrielle Vega (Broome)

#2 Teri Brogdale (Tioga)

#3 Megan Tucker (Chenango)



The winning picture received 177 “likes” to win the voting.

Our favorite comment from a Facebook user, *“This one for sure! Yummy! And from an occupational therapy perspective; picking up blueberries is a neat pincher grasp which is needed for pre-writing skills.”*

We want to thank our providers for their submissions, we enjoyed looking at the pictures.

To participate in the next CACFP contest, join CACFP today!

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

This CACFP institution is an equal opportunity provider.

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## Child Care Shortage

Our area continues to see a shortage in child care availability for parents. This has been an ongoing issue, but has been highlighted even more from the pandemic. Parents are having a hard time finding care specifically for infants and toddlers.

If you do not currently care for infants and/or toddlers, please consider it! Our Infant Toddler Specialist can come help you set up your space and program to care for children that age.

If you can expand your program to care for more infants and/or toddlers, please consider that too! There is possible funding available through the state to help programs expand—either through increasing your current capacity or opening a new program somewhere else. This “Desert Funding” grant should be available in the late fall, so more information will be coming.

For more information, call or email Jenn at [jperney@familyenrichment.org](mailto:jperney@familyenrichment.org) or (607) 723-8313 ext. 872.



## It's Flu Season

That means you need to post information about the flu in your program!

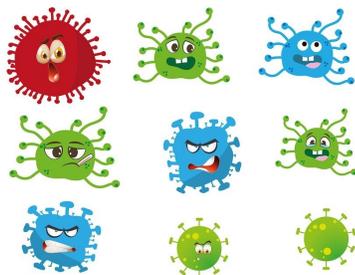
All registered and licensed child care programs are required to post influenza educational material, in plain view, within their facilities.

Information should be posted starting now. Influenza season begins in early fall and can last through May.

On the OCFS website, you can find several different options of flyers to post to meet this requirement, including the Department of Health handout, "The Flu: A Guide for Parents."

Visit: <https://www.health.ny.gov/publications/2423/>

If you need any help finding it, let us know!

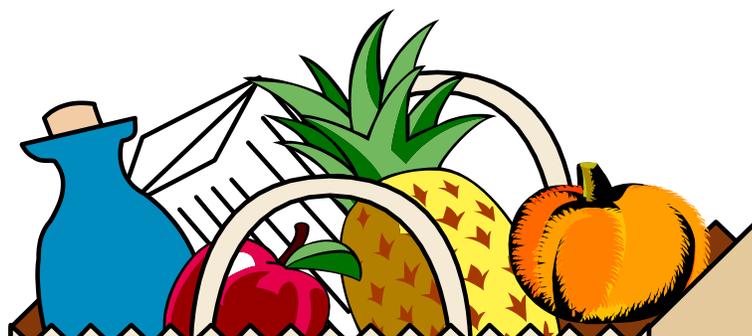


### **Congratulations New Child Care Programs!**

Chenango Family Child Care Provider  
Kim Beang

Broome Family Child Care Provider  
The Main Connection—Charity Davis

Broome Child Care Center  
Cub Care Children's Center  
Family Enrichment Network—Harpursville



### ***Pumpkin Oat Bars***

*Recipe from Cornell Cooperative Extension of Broome County*

**INGREDIENTS:**

- 2 cups oats
- 1/2 cup desired dried fruit
- 1/2 cup desired nuts and/or seeds
- 1 tsp. pumpkin pie spice blend (ground cinnamon, ginger, nutmeg, allspice and cloves)
- 1/4 canned 100% pumpkin puree
- 1/2 cup honey

**PREPARATION:**

1. Combine all ingredients in a large bowl, mix well.
2. Spread mixture on a foil lined sheet pan. Press down firmly with hands.
3. Cover and place sheet pan in freezer to firm. Anywhere from 1-2 hours.
4. Slice bars and serve.
5. Store in the fridge.

# EMPATHY AND COMPASSION:

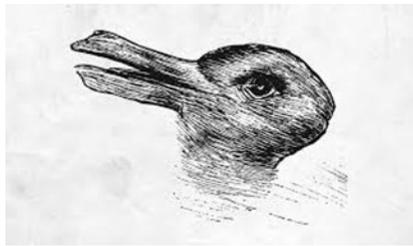
## The Learning Continues

Leslie Vermaat, MA

Our world challenges us to make decisions, express our viewpoints while respecting others', and show empathy and compassion for those different than ourselves. Child care programs are places that provide in vivo (real-life) opportunities to learn and practice these critical skills.

Here are some things you can do to help:

- Talk about *your* feelings with children- Teach the names, model the facial expressions, share! (We may need practice ourselves to feel comfortable!)
- Respect and validate *their* feelings-“It makes sense why you are sad”; “You have the right to feel angry, but not to hit.” Show empathy to *them*. They will then know what it feels like and how to do it to others.
- Cultivate perspective taking skills- As children develop, they learn that the world doesn't revolve around them. Others have needs and are entitled to their feelings, too. We need to help children cultivate this skill of perspective-taking. Which animal below do YOU see first? Which one is “right”? People see things differently!



- Help children self-regulate their emotions or distress- For some children, being empathic can take a lot of emotional energy and they may feel a lot of distress. Help them process their feelings, and understand that not everything is in their control. Focus on something simple they might be able to do or change, to help.
- Expose children to people/experiences different from their own- Child care can help immensely here, with lots of real-life opportunities to learn to put oneself in another's shoes. Take advantage of them!

Based on “How to Foster Empathy and Compassion in Children During the Pandemic”; July 20,2020, the thrivecenter.

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## Create a Calming Center

A Calming Center is a safe place for children to get away from the group and calm themselves down. It's a way to provide the child with a space in which they'll feel safe recognizing and regulating their emotions in a healthy way.

- Try designating a corner in the room as the new calm down corner.
- Fill the space with a soft rug or mat, bean bag chair, or other plush options for sitting or lying down, and with some favorite books, stuffed animals, quiet toys, sensory play items, bubble timers, white noise machine or soothing music/sounds and pictures.
- If children are older, you can utilize short bookcases to help block the space out to provide children with some privacy.



Don't think of it as a “time out” or punishment – there shouldn't be any stigma associated with the calm down corner. Although you may encourage a child to spend some time in the space when you feel they're starting to become distressed, the goal is that eventually the child will recognize when they want to be there and will go there on their own in order to self-regulate and calm down.

# If You Think Kids are Eating A lot of Junk Food, You are Right!

Compiled by Cathy Lipski, Health and Wellness Coordinator

What do frozen pizza, cookies and ice cream have in common? A new study has found that children in the U.S. get the majority of their calories from ultra-processed foods like frozen pizza, microwavable meals, chips and cookies.



This is a problem because children are at a critical life stage in which they form dietary habits that can persist into adulthood. According to Fang Zhang, a nutrition and cancer epidemiologist at Tufts University's Friedman School of Nutrition Science and policy, "A diet high in ultra-processed foods may negatively influence children's dietary quality and contribute to adverse health outcomes in the long term."

Ingredients like sugar, corn syrup, some hemp oil and other things that we usually don't usually use in our kitchen, are being added in the final product of ultra-processed foods. This makes them very tasty and kids will find these foods hard to resist!

The greatest increase in calories comes from ready-to-eat or ready-to-heat meals such as pizza, sandwiches and hamburgers. Packaged sweet snacks and treats such as cakes and ice cream, also contribute to excess caloric intake.

When broken down by race and ethnicity, the growth in consumption of ultra-processed foods was significantly higher for Black, non-Hispanic youth, compared to white, non-Hispanic youths. The study also noted that Mexican American youths consumed ultra-processed foods at a persistently lower rate, which the researchers said may indicate more home cooking by Hispanic families.

This widespread reliance on junk food is an increasing public health concern as the obesity rate has been rising steadily among U.S. youths for the past two decades. A 2019 study by researchers at the National Institutes of Health found that a diet filled with ultra-processed foods encourages people to overeat and gain weight compared to diets that consist of whole or minimally processed foods.

As a childcare provider, you can enroll in the CACFP program, which reimburses you for serving healthy meals. You can also participate in the October and November Small Talk programs which will focus on Childhood Nutrition. Please contact Cathy or Crystal if you would like to sign up!

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

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## Thankfulness

Gratitude doesn't just happen. We need to teach it to children. Since Thanksgiving is coming up, here's a fun activity to do with children.

### Create a Thankful Window

Buy or make some window paint and have the children paint what they are thankful for on a window. Or buy window crayons and have the older children write what they are thankful for. Ask the little ones what they are thankful for and write that on the window as well.

It washes right off, and you can do it again weekly or even daily.

For more activities to teach gratitude and thankfulness, visit:

<https://www.mindfulmazing.com/the-best-gratitude-activities-for-kids/>



## How to Support Your Child's Communication Skills



The capacity to communicate is the ability and desire to connect with others by exchanging ideas and feelings, both verbally and non-verbally. Most children learn to communicate to get a need met or to establish and maintain interaction with a loved adult.

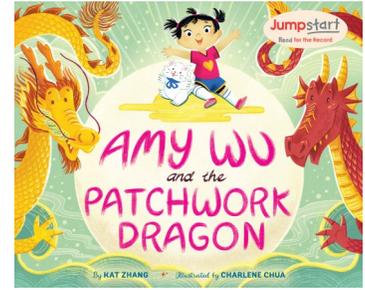
Here are some ideas to help your infant or toddler develop communications skills:

- **Build on their language skills.** “So you are pretending to be a hungry caterpillar who wants to eat some food? What kind of food? Let’s name all the things you want to eat.”
- **Teach children about non-verbal communication.** “Luis, do you see how Andi is holding her hands up to cover her face? She doesn’t like it when you throw the ball so hard. I know you can throw it softer so she will want to keep playing catch with you.”
- **Respect and recognize the children’s feelings.** Children are far more likely to share their ideas and feelings if they know they won’t be judged, teased, or criticized. You can empathize with a child’s experience, yet disagree with his behavior. For example, “I know you’re scared to sleep alone, but you need to stay in bed. Would you like some quiet music on?” Or, “I know you’re angry but you can’t throw the blocks. Here’s a pillow you can punch instead.”
- **Read together.** Cuddle together for quiet times with a book. Encourage your older baby to turn the pages and to point to what he sees. Ask your older toddler how the characters might be feeling and wonder together what will happen next. Let your child choose the books. The more interest he has in the book, the more attentive and enjoyable your time together will be. And reading with your child teaches more than literacy and language skills. He is learning that you value his interests and choices, and that you love him and enjoy being close to him. Studies show that lifelong readers are those who, as children, simply found reading a pleasurable experience (what was read didn’t seem to matter as much as how children felt about the activity).
- **Narrate what you do as you go through your daily routines.** This helps your child connect words with objects and actions. “I’m washing the dishes. I’m squeezing the yellow dish soap into the warm water.” Talk about what you’re doing as you care for your child. “Here we go into the bathtub. Your arms, legs, and tummy are getting all wet. Rubber Ducky is having a bath too.” Talk as you play together: “You’re brushing your dolly’s hair. She has long hair. Are there any tangles?” With verbal toddlers, you can create a tradition where each family member shares something about his day. Ask your child questions about her day. Once she can speak, encourage her to ask you things too.
- **Encourage pretend play.** Children often express themselves more freely when they’re pretending. It may feel safer to talk about how Teddy Bear is afraid of the dark, than how the child is. Pretend play is also a chance to take on different roles and to act out what different people might say, think or do. This develops language as well as social skills like empathy.
- **Be a good role model.** Your child is watching you very carefully. If you talk to others with kindness and respect, she will likely follow your lead and take on your manner and tone as she becomes more verbal. And, when you expect this kind of respectful communication from others, you are modeling how she should expect to be treated by others as well.

## JumpStart's Read For The Record October 28, 2021

Read For The Record is an international campaign help in October every year. The event increases awareness about the critical importance of early literacy

Reading aloud with children builds key language and literacy skills while you connect together with a book. This shared experience ignites children's imaginations, helps them build a greater understanding of the world, and cultivates a lifelong love of reading.



On October 28th, join the world's biggest shared reading experience by reading Amy Wu and the Patchwork Dragon by Kat Zhang.

To purchase the book at a discounted rate, pledge to read, and find activity ideas to accompany the book, visit [www.readfortherecord.org](http://www.readfortherecord.org).

Here are some tips for making the most of story time:

- Hold the book so children can easily see the cover and the illustrations.
- Make a few comments about the illustration on the cover and note the author and illustrator.
- Show excitement and read the story expressively.
- Listen for children's comments or questions and respond briefly to confirm or clarify.
- Provide information to extend children's understanding of the story.
- Have fun!

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Here are some activity ideas from [www.readfortherecord.org](http://www.readfortherecord.org) to go along with the book reading:

- **Wear Dragon Hats:** Make your own dragon hat! Measure children's heads with a strip of paper and staple to fit. Attach a dragon head to the center (template on website). Let children decorate with scales, eyes, horns, snouts— support them in adding the features they want to make the dragon theirs!
- **Make Dragon Puppets:** Make paper bag puppets of an eastern and western dragon (shown at the end of the book). How are they similar? How are they different?
- **Follow the Leader:** Play a follow the leader game using dragon motions from the book, such as roar, fly, and dance.
- **Deepen conversations on family relationships by trying:**
  - *Eyes that Kiss in the Corners* by Joanna Ho, illustrated by Dung Ho
  - *Where Are You From?* by Yamile Saied Méndez, illustrated by Jaime Kim
  - *Grandpa Grumps* by Katrina Moore, illustrated by Xindi Yan
- **Dig into themes of creativity and self-expression by reading:**
  - *Julián is a Mermaid* by Jessica Love
  - *Maybe Something Beautiful* by F. Isabel Campoy and Theresa Howell, illustrated by Rafael López
  - *Lola's Fandango* by Anna Witte, illustrated by Micha Archer
- **Dive into more books about dragons and cultural symbols by reading:**
  - *Dragons Love Tacos* by Adam Rubin, illustrated by Daniel Salmieri
  - *Raising Dragons* by Jerdine Nolen, illustrated by Elise Primavera
- **Explore more great books by author Kat Zhang.**
  - Try: *Amy Wu and the Perfect Bao*.

## Gas Saving Tips

Compiled by Cathy Lipski, Health and Wellness Coordinator



According to Tom Copeland's Taking Care of Business, increased gas prices might impact many family child care providers. Here are some tips that can help you improve your gas mileage and save on vehicle expenses:

- \* Don't buy premium gas. Most vehicles don't need premium-grade gas and regular is cheaper.
- \* Follow maintenance schedules for your vehicle. Check your tire pressure, change the oil and tune up your engine on a regular basis.
- \* Reduce your use of gas by combining your short trips into fewer, longer trips.
- \* When you're waiting in your car, turn it off and don't let it idle. Your car might be chilly, but don't warm it up before driving in cold weather.
- \* Observe the posted speed limits since speeding can significantly lower your mileage per gallon.
- \* Remove any extra weight that you may be carrying around in the back seat or trunk of your vehicle.
- \* Close your window when driving. This prevents excess drag and improves mileage.
- \* Slow down when driving in residential areas to avoid unnecessary accelerating and braking.
- \* The next time you choose a vehicle, consider buying a smaller or more fuel-efficient vehicle.

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## How to Create a Kid's Cookbook with your Child Care Children



Kids love to cook and they learn so much from it - how about turning cooking into a gift for the daycare parents by making a children's cookbook?

Cooking with kids teaches them fine motor skills, math, pre-reading, and critical thinking skills. Plus, cooking is SCIENCE! It's easy to create a kid's cookbook with your daycare kids. Kids are more likely to try or like healthy foods if they help prepare them, so it's a big part of getting kids to eat healthy. You can make a little cookbook with recipes that you have made with pictures of the kids helping to prepare them. It encourages families to cook together. Kids will be pulling the cookbook out to use.

Making sure you get pictures of each child helping can be a challenge, but it's a keepsake the parents will treasure. Anything that gives parents a fun activity to do with their kids is a winner!

Taken from: 2021 Little Sprouts Learning - WordPress Theme by [Kadence WP](#)

OCTOBER 2021

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

NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9 <b>Vir</b>	10	11	12	13
14	15	16 <b>Bing</b> <b>Vir</b>	17 <b>Bing</b>	18 <b>Bing</b> <b>Vir</b>	19	20
21	22	23 <b>Vir</b>	24	25	26	27
28	29	30 <b>Vir</b>				

DECEMBER 2021

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

**Upcoming Training Opportunities**

**Broome County (JC or Bing):**

Oct 14: 6-8pm—What Infants and Toddlers Need—Fayette St., Binghamton

Oct 16: 6:00-7:30pm—Small Talk: Nourishing Infants and Toddlers—Fayette St., Binghamton

Nov 19: 6:00-7:30pm—Small Talk: Nourishing Preschoolers—Fayette St., Binghamton

Nov 17: 5:30-9:30pm—CPR/First Aid Recert—Fayette St., Binghamton

Nov 18: 6-8pm—Child Development—Fayette St., Binghamton

Dec 2, 7, & 9: 8am-2pm—15 hour Health and Safety - Cherry St., JC

**Tioga County (Owego):**

Dec 9: 6:8pm—Developmentally Appropriate Practice for Infants and Toddlers: Curriculum, Play and Intentionality

**Virtual (Vir):**

Oct 1, 5, 15, 19, & 26: 8:30-11:30am—Director Health and Safety

Oct 21 & 22: 9am-12pm—Ensuring DAP for Center/SACC Directors

Nov 9: 6-8pm—Child Abuse and Shaken Baby (Abusive Head Trauma)

Nov 16: 9am-12pm—Braiding and Blending

Nov 18: 1-4pm—Braiding and Blending

Nov 23: 9am-12pm—Braiding and Blending

Nov 30: 6-8pm—Fostering Empathy in Children During COVID-19

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

The Southern Tier Leadership Initiative has been growing leaps and bounds! Since April’s Launch we have hit our 100-member mark! This great milestone means that at least 100 leaders in our area have the opportunity to connect, network and collaborate on topics that important to them. Membership is always FREE and this will connect you with all the upcoming workshops and resources available. Please visit our website to learn more about the Leadership Initiative and sign up to become a member. You can sign up here: <https://www.earlychildhoodny.org/leadershipinitiative/index.php?team=LEADERSHIP-SOUTHERNTIER>

Many great things are happening in the Fall; we are working on two bigger events because of your suggestions through conversations and our surveys. We will be hosting a speaker series to support leaders in “Communicating with their Boards” and a panel series that supports the leaders in their own self-care. This year and one-half has brought many challenges and you have all been so tremendously resilient. Often leaders focus on the children in their care, their families and their staff and they forget about their own needs. We look forward to bringing you a panel of experts that can support you and giving yourself some much-needed strategies.

Please look for registration and information coming soon at: <https://www.earlychildhoodny.org/leadershipinitiative/index.php?team=LEADERSHIP-SOUTHERNTIER>

Networking Meetings have also begun. We meet the second Thursday of the month at 1:30 – 2:30. This space is for leaders to discuss the topics of impact, provide solutions to one another and to offer support. Please register here to attend: <https://earlychildhoodny.org/leadershipinitiative/register.php?eventID=3242#register>



QUALITYstarsNY provides quality improvement support and resources to New York’s early childhood program at NO COST to participants.

**What is QUALITYstarsNY?**

QUALITYstarsNY is New York State’s voluntary Quality Rating & Improvement System for early childhood programs. We currently support hundreds of center-based, family child care and school-based programs across the state.

**Programs participating in QUALITYstarsNY receive:**

- One-on-one support from a designated Quality Improvement Specialist
- Professional development opportunities and scholarships for staff
- Access to high quality classroom materials and furnishings
- *And much more!*

**We’re accepting new participants in Southern Tier**

QUALITYstarsNY is expanding our support to more early childhood programs in your area! Join us for our upcoming virtual Recruitment & Information Session to learn more about QUALITYstarsNY and how to participate.

**Upcoming Recruitment & Information Session**



**Wednesday, November 17**

**6:30-8:00 pm**

Virtual session via Zoom

**[Register to attend](#)**

Can’t attend the Recruitment & Information event? Contact our Quality Improvement Specialists: Mary Ellen DeNardo ([mdenardo@qualitystarsny.org](mailto:mdenardo@qualitystarsny.org)) and Colleen Finch ([cfinch@qualitystarsny.org](mailto:cfinch@qualitystarsny.org))



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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).