

NETWORK NEWS

Enriching the Community



A Message from the CCR&R Director

Happy New Year!

With the start of another year, it is another opportunity to advocate for the early childhood field and child care across the state. It's time to contact your elected officials and let them know how your program is operating, tell them your struggles, and fight for increased funding.

February 14 this year is not just Valentine's Day. It's Early Childhood Advocacy Day. It's a day dedicated to speaking up for the field. Use the day to schedule a meeting with your legislators, write an email, or travel to Albany to join the rally.

There was good progress made in 2022 because so many are speaking up, but there is a long way to go still. Some of the priorities of the Empire State Campaign for Child Care this year include: a workforce compensation fund to raise the pay of child care workers, a health insurance support program for child care workers, increase assistance rates for all child care programs, develop a quick online application and eligibility determination process for parents applying for child care assistance, pay child care providers based on enrollment and not parent work hours or attendance, and decouple subsidy payments rates from private pay fees.

As you can see, there are many great opportunities to help fix the broken child care system. Join us in this fight! Give me a call or send me an email if you want to get involved and aren't sure what to do. I'd be happy to get you started!

Jennifer Penney

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Our Chenango CCR&R office moved!

Our Chenango CCR&R office has moved across the back parking lot to The Place.

The phone number is the same. You can reach Erica at (607) 373-3555 Ext. 1522 or email at ehazard@familyenrichment.org.

You can always reach out to anyone in any office though! We are all here for you!



Child Care Resource and Referral Contact List

Broome Office: (607) 723-8313

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
Leslie Vermaat: Child Care Specialist	Ext: 884	lvermaat@familyenrichment.org
Rachel Dowd: Training and Coaching Specialist	Ext. 894	rdowd@familyenrichment.org
Anna Boerner: CCR&R Specialist	Ext. 829	aboerner@familyenrichment.org
Cathy (Lipski) Lee: Health & Wellness Coordinator	Ext: 824	clipski@familyenrichment.org
Crystal Rozelle: Child Care Assistant Specialist	Ext: 825	crozelle@familyenrichment.org
Julie Henry: Child Care Business Specialist	Ext. 1616	jhenry@familyenrichment.org
Kami Paiz: Outreach/Recruitment Specialist	Ext. 826	kpaiz@familyenrichment.org
Gina Ritter: Informal Child Care Specialist	Ext. 832	gritter@familyenrichment.org
Emily (Owen) Braman: Informal Specialist	Ext. 1621	eowen@familyenrichment.org
Lisa Rosa: FCCN Coordinator	Ext. 1619	lrosa@familyenrichment.org
Amy Federico: Health Care Consultant		afederico@familyenrichment.org

Tioga Office: (607) 687-6721

Cortney Nornhold: Infant Toddler Specialist	Ext. 1187	cnornhold@familyenrichment.org
Trina Zigata: IT Mental Health Specialist	Ext. 1186 Cell: (607) 201-5678	tzigata@familyenrichment.org

Chenango Office: (607) 373-3555

Erica Hazard: Chenango CCR&R Specialist	Ext: 1522	ehazard@familyenrichment.org
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General questions: email: jperney@familyenrichment.org

Program updates or referrals for parents: referrals@familyenrichment.org

Best Winter Ever!

By Cathy Lee , Health and Wellness Coordinator

Winter is dark, cold and a time for rest in the natural world. Plants and animals slow down and seek comfortable shelter. The same is true for humans! However, winter can also offer unique experiences that do not happen in any other season. We need to look for beams of sunlight even on the darkest and coldest days. There are misconceptions about winter, like cold weather will make you sick, which may encourage folks to stay indoors. But even though animals hibernate, we do not have to. Animals are still in nature where they belong and we belong in nature too.

Here are some ideas for enjoying the cold and snowy season while connecting with nature and adding a bit of learning and exploration to your day.

- Go for a nature walk and create a story about an arctic explorer using cold and frosty words.
- Make a giant snow cake and decorate it with bits of leaves, sticks and stones.
- Outline your shadow and discuss why shadows are so long in the winter.
- Put flowers in bowls of water and take them outside to freeze, and then create a frozen flower garden.
- Look for footprints in the snow and guess who or what made them. Create some imaginary footprints!

When everyone is tired from outside play, why not hibernate during naptime and dream of the wonders of winter? Check the Professional Development Training Calendar for opportunities to learn more about connecting with nature.



March is National Nutrition Month

Use this opportunity to develop healthy eating and physical activity habits.

If you are not in the CACFP, now is the time to join!

For more information, contact Cathy at clee@familyenrichment.org or call 607-723-8313 ext. 824.

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Academy of Nutrition
and Dietetics

SAVE THE DATE

Chenango County
Earth Day Conference
Saturday, April 22, 2023



Location: Rogers Environment Education Center,
2721 State Route 80, Sherburne, NY

Celebrate Earth Day and join us for a conference day.

More information available soon.

Call Erica at 607-373-3555 ext. 1522 or email ehazard@familyenrichment.org with questions.



Congratulations

New Child Care Programs!

Broome Family Child Care Providers

Just Like Home—Michelle Arlequin
Itty Bitty Kiddie Community—Nikkia Holmes
Kiddie's Club House, LLC—Olivia Folkes

Broome School Age Child Care Program

Right At School, LLC—CR Weeks Elementary

Broome Group Family Child Care Providers

Healthy Tykes—Christine Schell



Reporting Incidents, Injury and Disease

You may know how to report suspected child abuse and maltreatment, but do you know how, what, when and to whom to report other incidents, injuries or communicable diseases in your program?

The regulations for ALL child care modalities state:

(14) The caregiver must **immediately** notify the parent and Office (OCFS) upon learning of the following events involving a child which occurred while the child was in care at the program or was being transported by a caregiver:

- (i) death,
- (ii) serious incident,
- (iii) serious injury,
- (iv) serious condition,
- (v) communicable disease, or
- (vi) transportation to a hospital



A **serious incident** includes suspected abuse or a lapse in competent supervision. A **serious injury** is one that requires medical attention. **Communicable diseases** that require reporting are listed on the Dept. of Health website: https://www.health.ny.gov/forms/instructions/doh-389_instructions.pdf. Some diseases require a phone call to the DOH within 24 hours, and some require a written, mailed in report.

You must keep a **written record** of any of the above that occur in your program. You can use an OCFS Incident Report (OCFS-4436). Don't forget to have the parent/guardian sign it! You must also "notify the Office", meaning you must verbally report it to your licensor or the 'Licensor of the Day' at your Regional Office. Leaving a message on your licensor's phone is not sufficient. You must reach and report to a person! Violations of this regulation are not uncommon but easy to prevent. It's all in the details of reporting.

If you have any questions on regulations and self reporting, reach out to Leslie at ljvermaat@familyenrichment.org or call (607) 723-8313 ext. 884.

Are you Caring for Infants or Toddlers?

Join our Infant Toddler Project staff for a *VIRTUAL* session to understand what they do and how they can assist you in your program!

Monday, January 23, 2023
6:00pm—7:00pm

Call or email Crystal to register and get the zoom link: 607-723-8313 ext. 825 or crozelle@familyenrichment.org



Group Games from Memory Lane

Compiled by Cathy Lee, Health and Wellness Coordinator

Sometimes we just have to keep it simple and play like your parents or grandparents did. Maybe you even played these games. The games listed below can be played outside and help children learn skills such as following instructions, impulse control, coordination and balance. So take away the technology and toys and have some good old fashioned fun.

Mother, May I

While the goal is technically to get across the finish line, the fun in this game is coming up with all kinds of creative and zany ways to move.

Participants line up at a starting line, spaced well apart.

One person stands at the finish line with their backs to the start line (the Mother). Mother is not allowed to turn around to look at the players.

Each player asks permission to move forward, asking “Mother, May I ?” before the request (example: “Mother, may I take three giant steps?”) It is fun to disguise voices!

Mother at the finish line replies with either “Yes, you may” or “No, you may not.” If the answer is no, Mother tells the child what to do instead. Example: “No, you may not. You may do four kangaroo jumps.”

The first person to cross the finish line takes the next turn to be Mother, while the others return to the starting line for another round.

What time is it, Mr. Wolf?

The participants in this classic game stand at the start line. One participant is Mr. Wolf and stands at a distance, facing away from the group.

Participants take turns asking Mr. Wolf: “What time is it, Mr. Wolf?”

Each time he’s asked, Mr. Wolf responds with a time: one o’clock, 10 o’clock, three o’clock. Players then step forward the corresponding number of steps.

When the wolf senses the players are getting close, Mr. Wolf shouts, “It’s dinnertime!” and chases the kids.

The object of the game is for the kids to return to the start line without the wolf gently tagging/tapping them.

Stone toss

This game is adapted from bocce ball. You will need one larger stone or another heavy and unbreakable object, and two smaller rocks for each player.

Toss one larger stone, or place an object at a challenging distance from the players.

Everyone starts at the same spot, and tries to toss their rocks as close as they can to the larger rock or object.

The person with the closest rock to the target wins the round.



Changes To Your Program? Let Us Know!!



Please remember to contact your local Child Care Resource & Referral Specialist to update your provider information for referrals. This helps by giving out accurate and up-to-date information for parents looking for child care.

Every three to six months, an email is sent out to update your full provider profile, as well as any vacancies you may have. The email comes directly from our database, Empire State Child Care Match, so check your spam/junk folder for this email also! If anything needs to be updated at any other time, please contact Anna at (607) 723-8313 ext. 829 or email her at aboerner@familyenrichment.org.

Contracts and Policies

By, Lisa Rosa, Child Care Network Coordinator

With a New Year starting, some of you will be thinking about updating your contract and policies. I have made a list of things that should be included in your contract and things that should be included in your policies.

Key Components of Policies:

- Illness Policies
- Court Orders
- Arrival and departures
- Discipline and guidance
- Daily schedule and routines
- Naptime
- Birthday/Holidays
- Medication
- Extra Clothing
- Toys and other personnel belongings
- Potty training
- Disaster Preparedness

Key Components of a Contract:

- Name of Child
- Hours of Operation
- Payment rates and fees
- Payment due dates
- Late pickups
- Days closed
- Termination procedures



Remember if you have a contract and policies it's very important that you enforce it, so the parents will know what is expected of them and your program.

For more guidance, join an upcoming training with CCR&R Business Specialist, Julie Henry or contact Julie at jhenry@familyenrichment.org or call (607) 723-8313 ext. 1616.

Rotating Toys

Many people wonder "What is a good number of toys a child should have even as babies." The answer is six to eight toys. Having a smaller number of toys accessible for a baby or toddler at any given time is important for their internal order, experience with choices, and thorough experience with each individual toy.

A toy rotation system will keep them from being overwhelmed. Clutter creates disorder and confusion in a child's mind. They are trying to make sense of the world around them, and if there is an abundance of toys wherever they look, then they cannot see or understand what is actually there.

Here are some benefits of rotating toys:

- | | |
|-------------------------------------|---------------------------------------|
| * Toy Rotation Can Improve Behavior | * Decreased Frustration and Overwhelm |
| * Toy Rotation Fosters Creativity | * Decreased Stress and Anxiety |
| * Saves Money | * New Experiences = Learning |

One of the biggest questions asked is: "How often should we rotate the toys?" A good basic guide would be about once a month.



With that in mind, the Chenango County FEN office is taking donations. We often have programs reaching out searching for pack-n-plays, blankets, sheets, baby equipment, and toys for infants up to school age. If you have any items in good condition to donate, please call Erica at (607) 363-3555 ext. 1522. We can even pick them up, or you can deliver them yourself. These donations help all our providers keep a new flow of educational toys in rotation.

Preventing Challenging Behaviors in Infants and Toddlers

Are you noticing and having trouble handling challenging behaviors within your program? Are you interested in strategies that may make that more manageable? Have you heard of the Pyramid Model before?

Providers face many challenges in their day-to-day work with young children. Responding to challenging behaviors is one of the most difficult parts of their day. They are faced with these challenges day after day you may feel overwhelmed, stressed, and burned out. There are also consequences for young children who engage in persistent challenging behavior; research has shown that there are higher rates of suspension and expulsion in early childhood settings than in grades K-12. To address this need, researchers have developed the Pyramid Model to give you a framework for promoting positive behavior and preventing challenging behavior.



What is the Pyramid Model?

The Pyramid Model provides strategies for encouraging healthy social-emotional development and a strong foundation for all children, with increasing levels of support for children who need additional interventions. It is a framework that promotes the social, emotional, and behavioral development of young children. This framework is used to support all children in the first tier (blue section). The second tier supports some children who need targeted support, and the third tier supports some children who need intensive intervention. The Pyramid Model is not a curriculum, but a framework to promote social-emotional development. The bottom of the pyramid focuses on high-quality, supportive environments and responsive relationships. This is the section of the pyramid that will be most important when working with young children because it focuses on all children within your program.

How can you implement the Pyramid Model into your program?

There are training opportunities coming in the spring/summer 2023 to take the Pyramid Model. Then after you have taken the training, you can work with Cortney to implement Pyramid Model strategies within your program. If this sounds like something you would like to learn more about or interested in signing up for the training, please reach out to Cortney, Infant Toddler Specialist, at cnornhold@familyenrichment.org or (607) 687-6721 ext 1187.



MAT



Do you need the Medication Administration Training (MAT) workshop?

Family Enrichment Network will begin scheduling classes in the spring. They will be included in our regular Professional Development and Training Calendar. Class sizes are limited to 6 participants. To get on our waitlist, contact Crystal at crozelle@familyenrichment.org. If you have a group and want us to come directly to you, ask Crystal about setting that up as well.

The cost for MAT training for 2023

MAT classroom training (8 hours): \$250 (MAT scholarship available for \$240 of that fee)

MAT Independent Study with Skills Competency (4 hours independent and 4 hours in class) \$160 (MAT scholarship available for \$150 of that fee)

3rd Renewal Skills Competency: \$80- (MAT scholarship available for \$70 of that fee)

When you sign up for the MAT workshop, you will receive information on applying for the scholarship. The MAT scholarship is not income based. All staff of registered/licensed child care programs are eligible to apply for the scholarship. Essentially, you will only pay \$10 out of your own pocket (or program budget), to become MAT certified when you apply for the MAT scholarship.

More Sugar than a Donut!

By Cathy Lee Health and Wellness Coordinator



There are many foods that are marketed as healthy. But did you know that some contain more sugar than a glazed donut? Here are 8 foods that can have more sugar than a Glazed Donut from Dunkin', which has 12 grams of sugar.

- Flavored yogurts can contain more sugar than a donut. Some strawberry flavored yogurts contain 22 grams of sugar. Choose plain yogurt and sweeten it with fruit or add a teaspoon of honey or maple syrup for just around 4 grams of sugar.
- Granola can have healthy ingredients such as oats, nuts, seeds and dried fruit until all the sweeteners start rolling in. Some brands have 17 grams of sugar per serving. Check labels if you're shopping for granola, or switch to oatmeal and give it crunch with nuts and natural sweetness with fruit.
- Sport Drinks (like Gatorade) may be a great for a professional athlete or marathon runner, but they are not good for short exercise sessions or as an after-school drink for kids. A standard 20-ounce bottle contains 34 grams of sugar.
- A medium muffin may have some fiber, iron and protein, but it might have 19 grams of sugar. To control sugar amounts, try baking your own muffins.
- Barbecue sauces can contain as much sugar as a donut in a mere two tablespoons! When you're shopping for barbecue sauce, compare labels and look for varieties with less sugar.
- Smoothies can be packed with sugar. A small-sized Strawberry smoothie from your local shop might have 50 grams of sugar. Try making your own from pure fruit and a little bit of honey or maple syrup.
- A protein bar might be a good idea if you need sustenance on a long hike. However, some protein bars are basically candy bars with some extra nutritional value. For example, a Chocolate Chip Cliff bar has 17 grams of sugar which is equivalent to almost two Reese's Peanut Butter Cups or about 2 donuts!
- Your coffee can go from zero to 60 grams of sugar very quickly at your favorite coffee bar if you're not careful. If you want something a little fancier than straight black coffee, ask your barista to cut down on the amount of flavored syrup they're adding, which can drastically reduce the amount of added sugar.

Cutting down on sugar is a healthy choice for both adults and children. Keep these tips in mind and just enjoy the occasional donut!

Health Care Consultant

Family Enrichment Network has a Health Care Consultant available to meet your needs!

If you need a Health Care Consultant to review, approve and sign your Health Care Plan, you can contract to use our services. If you administer medications in your program, you are required to have your Health Care Plan reviewed and signed by a Health Care Consultant, but you can always go that extra step even without administering medications. Our RN, Amy Federico, is ready to assist you with your program needs.

The fee schedule for a year contract is:

Family Child Care Program: \$50
Group Family Child Care Program: \$60
Center licensed up to 30 children: \$100
Center/SACC licensed for 31 to 60 children: \$150
Center/SACC licensed for over 60 children: \$200



To start a contract for Health Care Consultant services, please email Jenn at jperney@familyenrichment.org.

JANUARY 2023

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

FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14 Bing	15 JC	16 Bing	17	18
19	20	21 Bing	22 JC	23 JC	24	25
26	27	28 JC				

MARCH 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 JC	2 JC	3	4
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19	20	21 Bing	22 Bing	23 Bing Chen	24	25
26	27	28	29	30	31	

Upcoming Training Opportunities

Broome County (JC or Bing):

Jan 11, 18, 25, Feb 1, 8, 15, 22 &
March 1: 6-8pm—Mind in the Making Series- JC
Jan 19: 6-7:30pm—Fiscal Health—Bing
Jan 24: 6-9pm—ACEs 101—Bing
Feb 7: 6-8pm—ECERS Overview—Bing
Feb 9: 6-7:30pm—Reassess and Redefine Your Budget—Bing
Feb 14: 5pm—end—CPR/First Aid/AED—Bing
Feb 16: 6-8pm—Caring Spaces—Bing
Feb 21: 6-7:30pm—Small Talk: Connecting Children with Nature—Bing
Feb 23, 28, & March 2: 8am—2pm—Provider Health & Safety—JC
March 7: 6-7:30pm—Building Positive Relationships—Bing
March 9: 6-7:30pm—Getting Your Business Started—Bing
March 14: 6-8pm—Challenging Behaviors—Bing
March 21: 6-7:30pm—Small Talk: Home Grown—Bing
March 22: 5pm—end—CPR/First Aid/AED—Bing
March 23: 6-8pm—D.A.P.—Bing

Chenango County (Chen):

Jan 18: 6-7:30pm—Provider Talk: Supporting Emotional Literacy and Self-Regulation
Feb 2: 5-9pm—CPR/First Aid
Feb 9: 6-7:30pm—Provider Talk: Let's Try Out Your Skills
March 9: 6-8pm—Oh What a Thrill
March 23: 6-7:30pm—Provider Talk: Child Abuse

Tioga County (Owego):

Jan 26: 6-8pm—What Infants and Toddlers Need

Virtual (Vir):

Jan 19, 20, 24, 26 & 27: 8:30am-11:30am—Director Health and Safety
Feb 9: 6-9pm—201 Level ACEs
Mar 16: 6-9pm—301 Level ACEs

Please see the January through March Professional Development and Training Calendar for full workshop descriptions or visit our website at www.familyenrichment.org.

Tax Talk

By: Julie Henry, Business Specialist



Most child care programs have received a grant, or several grants, over the past two years. Since all grants are reported as income, we need to understand how to handle the tax implications.

The tax implications of the grants will be different for everyone and depends on several factors, namely, how you use the funds, your household income and number of dependents. Family child care providers must report the stabilization grant as taxable income on your federal and NYS income tax return.

What's the best way to lower your taxes?

Good recordkeeping is the best way to lower your taxes!

- Keep track of all of your business income and expenses. These records will come in handy when completing your budget too.
- Keep track of your child care hours, including hours that you are doing child care work when children are not present. This includes the time you spend on bookkeeping for your business, cleaning, prepping meals, etc.
- Categorize your expenses correctly so that you get the most tax benefit possible for each dollar you spend.
- Don't forget about small expenses like extra meals served or business miles driven. These small expenses add up.
- Do your bookkeeping on a daily, weekly, or monthly basis instead of waiting until the end of the year. You won't remember everything after so much time has passed and could miss valuable deductions.
- Attend record keeping trainings for child care providers.
- Hire a tax preparer who understands the child care business and prepares tax returns for other child care providers. Ask lots of questions during the tax preparation process.
- Check your time/space percentage to make sure that is accurate and hasn't changed.
- Certain retirement contributions (Traditional IRA) can lower your taxable income. Traditional IRA contributions are made with pre-tax dollars and your saving for your future.
- For every \$100.00 of expense you claim, you'll save \$30.00 - \$40.00 in taxes.

Let me know if you have any questions about the grant, how to document the spending or if you want individual help. Contact Julie Henry, Business Specialist @ 607-723-8313 ext 1616 or email: jhenry@familyenrichment.org. Also remember to look in the training calendar for a training on different business topics.



Make sure you have all of your paperwork completed and up to date ready for inspections. You can find and order OCFS forms at <https://ocfs.ny.gov/forms> or call Publications @ 518-473-0971



Make sure you have taken all required trainings and have them logged. There are 10 required categories.



If you are a Family Child Care provider and you completed your 15 hour Health & Safety training **prior to August 1st, 2016** you must complete the 5 hour online Foundations of Health & Safety course. You can find this training @ https://www.ecetp.pdp.albany.edu/elearn_catalog.shtml. Complete information regarding this training requirement can be found on the OCFS website under Dear Provider Letters dated March 2017.



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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.