

NETWORK NEWS

Enriching the Community



A Message from the CCR&R Director

I think we can all agree that it’s been a crazy few months since our last newsletter. The feeling of being overwhelmed has not left. The guidance from the state changes almost daily. New requirements are being asked of you, new ways to do child care. Questions remain, “Will schools open in the fall?” “Will child care ever be back to normal?”

Being in a constant state of stress is not good for our wellbeing. Please try to find a way to relieve your frustration and stress in a healthy way. Some obvious ways are to meditate, exercise or simply take a walk, talked to a friend or loved one, listen to music, stop and breath. Read Cathy’s article on page 9 for more tips on relieving stress.

CCR&R is here for you. We have a new program, which we are excited to be able to bring to our community—Infant Toddler Mental Health Consultation. Tessa Stacy is a Licensed Clinical Social Worker and our new Infant Toddler Mental Health Specialist. Check out her introduction on the next page. There is a quick description of what Infant Toddler Mental Health Consultation is on page 3. Infant Toddler Mental Health Consultation is considered an essential service and visitation is allowed under the OCFS guidelines, so if you are in need of assistance, please give her a call.

As always, be safe and healthy!

Jennifer Perney

Table of Contents

New ITMHC	2
CCR&R Contacts	2
Talking To Kids	3
CACFP Recipe	4
COVID Regulations	5
SE Support for Children	6
Heat Safety	7
Helping Children with Fear	8
Stress Less	9
Calendar of Events	10



Family Enrichment Network
is a proud member of:



Early Care &
Learning Council
United to Promote Quality

Meet the new CCR&R Staff Infant Toddler Mental Health Specialist



Hello, from the (home) office of Family Enrichment Network's new Infant/Toddler Mental Health Specialist!

My name is Tessa Stacy and I have been a Licensed Clinical Social Worker in the Southern Tier for the last 12 years. I am so excited to be joining the FEN family to help serve the area childcare programs. My role will be to collaborate with providers and families in how to best support and enhance the care for our infants and toddlers while hopefully easing stress and challenges for the adults in their lives.

I look forward to connecting with all of you over time and hope you will reach out with any questions. My email is Tstacy@familyenrichment.org. Stay safe and healthy as we navigate these unprecedented times,

Tessa



Child Care Resource and Referral Contact List

Broome Office: (607) 723-8313

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
Leslie Vermaat: Training Specialist/Mentor	Ext: 884	lvermaat@familyenrichment.org
Elaine Johnson: Legally Exempt Specialist	Ext. 832	ejohnson@familyenrichment.org
Cathy Lipski: CACFP Coordinator	Ext: 824	clipski@familyenrichment.org
Crystal Rozelle: CACFP Monitor	Ext: 825	crozelle@familyenrichment.org
Vacant—Infant Toddler Specialist	Ext. 826	
Tessa Stacy: IT Mental Health Specialist	Ext 1602	tstacy@familyenrichment.org
Alyssa Rosa: Health Care Consultant		arosa@familyenrichment.org

Tioga Office: (607) 687-6721

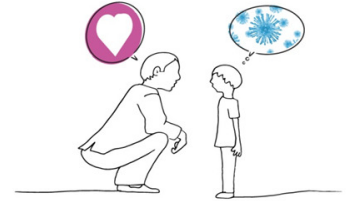
Lisa Rosa: Tioga Coordinator	Ext. 1187	lrosa@familyenrichment.org
Ann Shear: Training Coordinator	Ext: 1186	ashear@familyenrichment.org

Chenango Office: (607) 373-3555

Julie Henry: Chenango Coordinator	Ext: 1522	jhenry@familyenrichment.org
-----------------------------------	-----------	--

General questions: email: jperney@familyenrichment.org
Program updates or referrals for parents: referrals@familyenrichment.org

Talking to Kids About the Coronavirus Crisis
Source: Child Mind Institute



As our communities continue to re-open many are wondering how to talk to children about the impacts of the virus in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute.

- Welcome their questions. With so much up in the air, kids are bound to have questions they might not be asking. Your goal is to help children be heard and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- Don't avoid questions you can't answer. Given how much uncertainty there is, try to be comfortable saying "I don't know." Teaching children how to tolerate uncertainty is key to reducing anxiety and helping them build resilience.
- Set the tone. Look at these conversations as an opportunity not just to convey the facts but set the emotional tone.
- Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel..
- Deal with your own anxiety.
- Be reassuring. It's helpful to reassure your child that very few kids are getting sick, and that they're unlikely to catch it.
- Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you, and others around you, are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe". Keep talking. "Let them know that the lines of communication are going to be open," says Dr. Domingues.

What is Infant & Toddler Mental Health Consultation?

Infant & Toddler Mental Health Consultation (ITMHC) is an intervention that **benefits infants and toddlers**, by providing a service **in partnership with adult caregivers** in their lives. By definition, the goal of mental health consultation (MHC) is to improve "the ability of staff, families, programs, and systems to prevent, identify, treat, and reduce the impact of mental health problems" among young children (Cohen and Kaufmann, 2005)¹. For our project, we will be focusing on those children ages 0-3 years of age.

By connecting with other States that have implemented these programs, Georgetown University Center for Child and Human Development (GUCCHD), has identified the following practice-based principles of mental health consultation²:

- | | |
|--|---|
| • Relationship-based | • Evidence-informed |
| • Collaborative | • Data-driven |
| • Individualized | • Delivered in natural settings |
| • Culturally and linguistically responsive | • Spans the continuum from promotion through intervention |
| • Grounded in developmental knowledge | • Integrated with community supports |



Offer Foods Low in Solid Fats

Fats and oils can be part of a healthy diet for young children because they provide a source of energy for children to grow and play. It's important to remember, though, that children can fill up on extra calories from solid fats and not get the nutrients they need to grow and be healthy.

The type and amount of fat consumed makes a difference — meals can be made more nutritious by offering children fewer foods high in solid fats, and replacing solid fats with healthy oils.

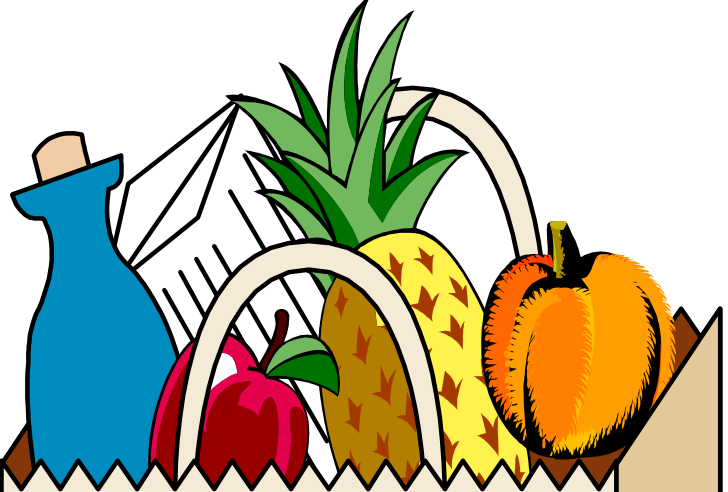
A solid fat, such as butter, holds its shape at room temperature. Healthy oils are liquid at room temperature, and come from many different plants and fish. Compared to solid fats, oils are a good source of healthy unsaturated fats and are generally cholesterol-free.

The Center for Disease Control and Prevention reports that empty calories from added sugars and solid fats contribute to 40 percent of daily calories for children and adolescents aged 2–18 years, affecting the overall quality of their diets. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.

Extra calories from solid fats make it harder for children to grow at a healthy weight. To help reduce the amount of solid fats consumed by the children in your care, try these tips from the Provider Handbook.

- Choose the leanest ground meats possible (including beef, pork, chicken, and turkey), preferably meats labeled “90 percent lean” or higher. The higher the percent number, the lower the amount of solid fats in the meat.
- Offer processed foods like fried fish sticks, chicken nuggets, hotdogs, and fried white potatoes as occasional choices (once weekly), not everyday choices.
- Make fruit the choice for dessert. Cakes, cookies, and pies are often made with solid fats. When making baked desserts, replace some of the butter with applesauce or yogurt.

For more information on healthy eating, call Cathy or Crystal in CACFP.



Picnic Potato & Egg Salad

INGREDIENTS:

- 3 pounds potatoes, cooked until just tender, cubed, cooled
- 5 or 6 hard cooked eggs, cooled, coarsely chopped
- 1/4 to 1/2 cup chopped red onion
- 1/4 to 1/2 cup chopped celery, optional
- thinly sliced tomatoes and cucumber, for garnish, optional

Dressing:

- 3/4 cup mayonnaise (a little more or less, as desired)
- 1 to 2 tablespoons prepared mustard
- salt and pepper to taste

PREPARATION:
Combine potatoes, egg, onions, and celery. Stir in mayonnaise, mustard, and salt and pepper to taste. (Stir the mayonnaise and mustard in a little at a time, until you have the flavor and consistency you like.)
Top with thinly sliced tomatoes and cucumber, if desired.

Summary and Review of NYS Guidance and Best Practices for Child Care Programs Operating During COVID-19

Summary by Cathy Lipski ,Quality Improvement Specialist

On June 30, I participated in a live Webinar sponsored by ECETP in Albany regarding Best Practices for operating Child Care programs. This article is a summary of the material that was covered. For more detailed information or to have specific questions answered, you can go to the ECEPT Website at <https://www.ecetp.pdp.albany.edu/> or send an email to ecetp@albany.edu.

On June 26, guidance documents were made available. These are temporary and they do not replace any existing laws.

There are two documents. The Summary Document is set up into two columns for quick reference. The columns are titled Mandatory and Recommended Best Practices. The Interim Guidance Document is based on best known public health practices. These are minimum requirements and must adhere to local, state and federal requirements. Keep in mind that best practices are suggested but not required.

When reviewing the documents, pay close attention to these THREE words: MUST SHOULD and MAY. If a statement includes the word MUST, the action is a requirement. If the statement includes SHOULD or MAY, this is a recommended best practice, but is it not required.

The guidance is divided into categories of PEOPLE, PLACES and PROCESSES. Every group is different, so please contact your licensor with questions or for help.

One topic that has caused confusion is children moving to other groups. They cannot. However, adults can move if necessary. It is a best practice not to have “floaters”.

Program spaces can be adjusted and divided to create static groups of children. If you need to change the plans of your space, you must contact your licensor.

During drop off and pick up distancing plans should be in effect and arrival/departure times should be staggered. You can be creative and flexible to fit the needs of your program.

Visitors must have a health screening. You must prohibit non-essential visitors to the best extent possible. This is a requirement.

Facemasks or face shields must be worn by adults, but children do not have to wear them when on childcare property. If your family members are present in your child care area during operating hours, they must wear a face covering. If children are taken to a public area, they must wear a face covering.

The Center for Disease Control has a guidance document for cleaning. This does not mean you have to redo your health care plan. Do not forget to clean outdoor areas and equipment that children use. If different groups of children will be using an area, clean the area between uses. OCFS form 6041 can be used to log cleaning times or you can create your own form.

(Continued on page 6)

Programs must implement health screenings. You should maintain a log of health screening excluding deliveries when personal protective equipment is used. The log should have contact information. You must review responses daily and designate a central point of contact for the screenings. OCFS form 6039 is available for your use. This can be used for the duration of the pandemic and meets daily record keeping requirements for health screenings.

OCFS 6040 is a self-screening attestation form. You complete this only once stating that you will self-screen daily. Keep this on file. If you do not use the 6040, you can do onsite screening.

The attendance form, LDSS 4443, has been updated to include COVID-19 screenings. On site screenings must include these questions:

- Is your temperature over 100?
- Have you had contact with anyone who is sick?
- Do you have COVID symptoms?
- Have you tested positive for COVID?

Record this information on your own forms or use the forms mentioned. How you screen is an option, but screening is mandatory.

You can go to the CDC website to read more about symptoms. You also need to create a plan for anyone who develops symptoms while at day care.

If an adult or child is sick, they must stay home. They have to be fever free for 72 hours without medication. Keep in mind some symptoms are typical of allergies. At this time, guidance from the NYS Department of Health overrides existing guidelines.

You need to post your reopening or safety plan as it relates to COVID- 19. This does not need approval, but it must be posted.

Information is changing all the time. Please refer to CDC, OCFS and Department of Health guidelines. Call your licensor if you have any questions or need to make any changes to your program.

Diversity, Equity, and Inclusion Virtual Town Hall



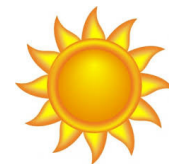
NYAEYC invites you to be a part of our first virtual town hall to engage in a courageous conversation, to share our experiences, and to explore our role as early childhood educators in creating the racial equity and social justice we want for all children and our society. Please join us for a thoughtful, compassionate exploration of race and racism.

THURSDAY, July 30th 4pm-6pm

To register, visit: <http://nyaeyc.org/>

Heat Safety

By Cathy Lipski based on ASHI guidelines



Weather experts are expecting a “hotter-than-average” summer for 2020 for most of the country.

So, it’s a good time to review your Heat Safety.

Children are more susceptible to temperature extremes than adults. This is because their bodies are less able to regulate their body temperature. It’s important to understand best practices to prevent heat-related emergencies and know how to respond.

You can help prevent heat-related emergencies in children by:

Keeping children hydrated.

Dressing children in clothing that is single-layered, light-colored and lightweight.

Having children rest in the shade whenever possible.

Avoiding physical activity or exercise when the weather is hot or humid.

Never leave a child alone in a vehicle even for a few minutes. Don’t leave them even if the windows and doors are open or if the car is in a garage.

Check the back seat every time you leave the car. Children are often forgotten in vehicles when there is a schedule change or if the driver is distracted.

Call 911 if you see a child left alone in a vehicle.

Heat stroke is a life-threatening condition. The body’s cooling systems become overwhelmed and body temperature continues to rise. Heat stroke can quickly cause permanent damage to the brain and other organs. It can result in death.

Symptoms of heat stroke may include an altered mental status, confusion, slurred speech, seizures, headache, fast breathing, rapid pulse and unresponsiveness. The child’s skin will become very warm or hot to the touch. Heavy sweating may occur, but the skin could also be red and dry.

If you recognize the signs of heat stroke, call 911 and quickly cool the child. If possible, immerse the child in water up to the neck or spray or pour water on the child and fan the child. Place ice packs against the child’s groin, armpits and sides of the neck. Cover the child with a cold, wet sheet or towel if available.

Continue to provide cooling efforts until EMS arrives. Early recognition and immediate cooling can dramatically increase the chance for survival from heat stroke. Always, keep your current CPR and First Aid skills up to date. You just might save a life!

STOP READING!

Make a Quick Call or Send a Quick Email TODAY!!



Our representatives need to hear from parents and providers on the ground about the need for \$50 billion for child care through the Child Care is Essential Act!

Call Senator Gillibrand and Senator Schumer to make sure they continue to prioritize the CCE Act/\$50B for child care as negotiations begin underway on the next relief package in the Senate.

Gillibrand: <https://www.gillibrand.senate.gov/contact/email-me> or call: (202) 224-4451

Schumer: : <https://www.schumer.senate.gov/contact/email-chuck> or call: (202) 224-6542

Call your House of Representatives Congressman and get them to cosponsor the Child Care is Essential Act.

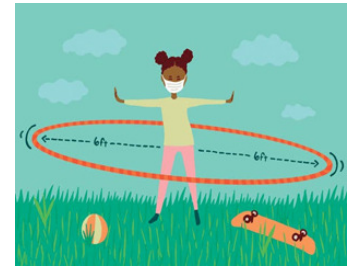
Brindisi (most of Broome, Chenango, & southern Tioga): <https://brindisi.house.gov/contact>
or call: (202) 225-3665

Delgado (eastern Broome): <https://delgado.house.gov/contact> or call: (202) 225-5614

Reed (northern/western Tioga): <https://reed.house.gov/contact/> or call: (202) 225-3161

Helping Kids Face the Challenges of Reopening

Source: Child Mind Institute – Author : Juliann Garey



This summer will be scary for some kids, frustrating for others. How to help them deal

Finally! What we've been awaiting for months is happening. We should be immensely relieved, right? And yet, as hard as the quarantine was, reopening is presenting parents and kids with a different set of anxieties and challenges.

Plan, but stress flexibility. Planning ahead now, even if you can realistically only plan a few weeks out at a time, will help give kids a sense of safety and security. But at the same time, be sure to acknowledge that those plans may have to be reassessed.

Agree on ground rules. Trying to be both safe and social is a difficult balance to strike. Kids are likely anxious to see their friends but may also be afraid of getting sick. Establishing clear rules will give kids a sense of control. "The very first thing I would recommend," says Stephanie Lee, PsyD, head of the ADHD and Behavioral Disorders Center at the Child Mind Institute, "is that parents and caregivers decide what's comfortable for them and what the family rules are going to be about socialization moving forward. It's important that whoever is running the show for these kids are all on the same page about what's going to be safe."

Take it step-by-step. It will help kids feel more confident and manage their behavior if you emphasize that reopening is a gradual process, one careful step after another. "They need to understand that even though things are opening up that doesn't mean that we rush out and do everything," says Janine Domingues, PhD, a clinical psychologist at the Child Mind Institute.

Prepare children by coping ahead. Moving out of quarantine, with different families following different rules, is going to result in uncomfortable moments for kids as well as parents. Working with kids to anticipate unsafe situations they might find themselves in can help them feel more comfortable and make better decisions when the time comes.

Validate fears. If you have a particularly anxious child, the first step to helping them cope is to validate their fears about going out.

When a child expresses a worry or a fear our inclination is to try to make that feeling go away, notes Dr. Busman. We might say something like, "You don't need to worry about that, there's nothing to be afraid of." While that makes sense because we want to make kids feel better, it also gives them the impression that those emotions are wrong or not allowed.

Instead, helping them know that their feelings are valid will help them manage those feelings. "The first thing you can say is something like, 'I know that you're afraid. Then follow up with, 'I understand. Let's talk about that.'"

Practice bravery. Once you've had an open conversation with your child about what they're afraid of, Dr. Lee recommends something called "bravery practice" for kids who are balking about going out. The conversation might go something like this, she says: "I would love for you to ride your bike around the neighborhood. I feel like these streets are fine. I would love for you to swim and I would love for you to play a lawn game or a game outside. Which of those things do you think would be the easiest?"

With anxious kids, Lee suggests pairing that with some good-old-fashioned praise for bravery and maybe even identifying a reward for trying one of those "scary" things.

Stress Less

By Cathy Lipski Quality Improvement Specialist, Certified Fitness Instructor



Believe it or not, you CAN stress less and try to make your life stressless. These past several months have no doubt left you feeling a bit less than relaxed! The good news is that stress is not always a negative experience. Stress can help stay on your game by creating heightened senses. Stress can also encourage you to make changes in your life that make you happier.

There are many stress management techniques that you can try, but here are a few that you might be able to incorporate into your daily schedule now. Keep your eyes open for the Small Talk fall schedule which will include a program on stress management.

1. Breathing-There is a saying that if you can control your breath, you can control your life. If you don't breathe properly your blood cannot become oxygenated and this can contribute to anxiety, depression and fatigue. This can make stress more difficult to handle. So breathe deep and focus on how good it feels.
2. Meditation-You don't have to sit or kneel for hours expecting to have a blank mind. Most likely, you will just create a "to do" list in your thoughts if you try! Just practice a few minutes of being quite and still while focusing you attention on one thing at a time.
3. Visual Imagery-Use your imagination to create images of things or places that make you happy!
4. Refute Negative Self Talk-Make sure your inner talk is not irrational or untrue! This can create anxiety. Be honest with yourself, but not overly critical. Look at all the good things you are doing, like reading this article on reducing stress!
5. Time Management- You can develop skills to reduce stress by efficiently managing your time. When you feel overwhelmed and out of time, you will feel more stressed and anxious.
6. Exercise-Movement is very important! It is a natural outlet for your body when it is under stress. It also reduces blood pressure, cholesterol levels, releases natural "feel good" hormones and strengthens your heart and lungs so you can keep up with the little ones!

Give these 6 simple techniques a try. They require no equipment, no space and no money. So stress less now for a more stress-less future!

OCFS Grant Opportunity

New York Forward Child Care Expansion Incentive
and Temporary Operating Assistance Application



Don't forget, the OCFS CARES grant opportunity application date was extended to Wednesday, July 22nd.

You can get more information and apply on the OCFS website: <https://ocfs.ny.gov/programs/childcare/>

JULY 2020

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

Upcoming Training Opportunities

Broome County (JC):

July 28: 6:30-7:30pm—Small Talk
 Aug 18: 6:30-8:30pm—Competent Supervision
 Aug. 25: 6:30-7:30pm—Small Talk
 Sept 15: 6:30-7:30pm—Small Talk
 Sept 22: 6:30-8:30pm—Competent Supervision
 Sept 24, 29, & Oct. 1—Director Health and Safety

Chenango County (Chen):

Aug 17: 6-7pm— Provider Talk in Norwich
 Aug 31: 6-7pm— Provider Talk in Sherburne

Sept 21: 6-7pm— Provider Talk in Greene

Tioga County (Owego):

Sept 9: 6:30-8:30pm—Safety Update

AUGUST 2020

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

To maintain social distancing, class sizes will be limited.

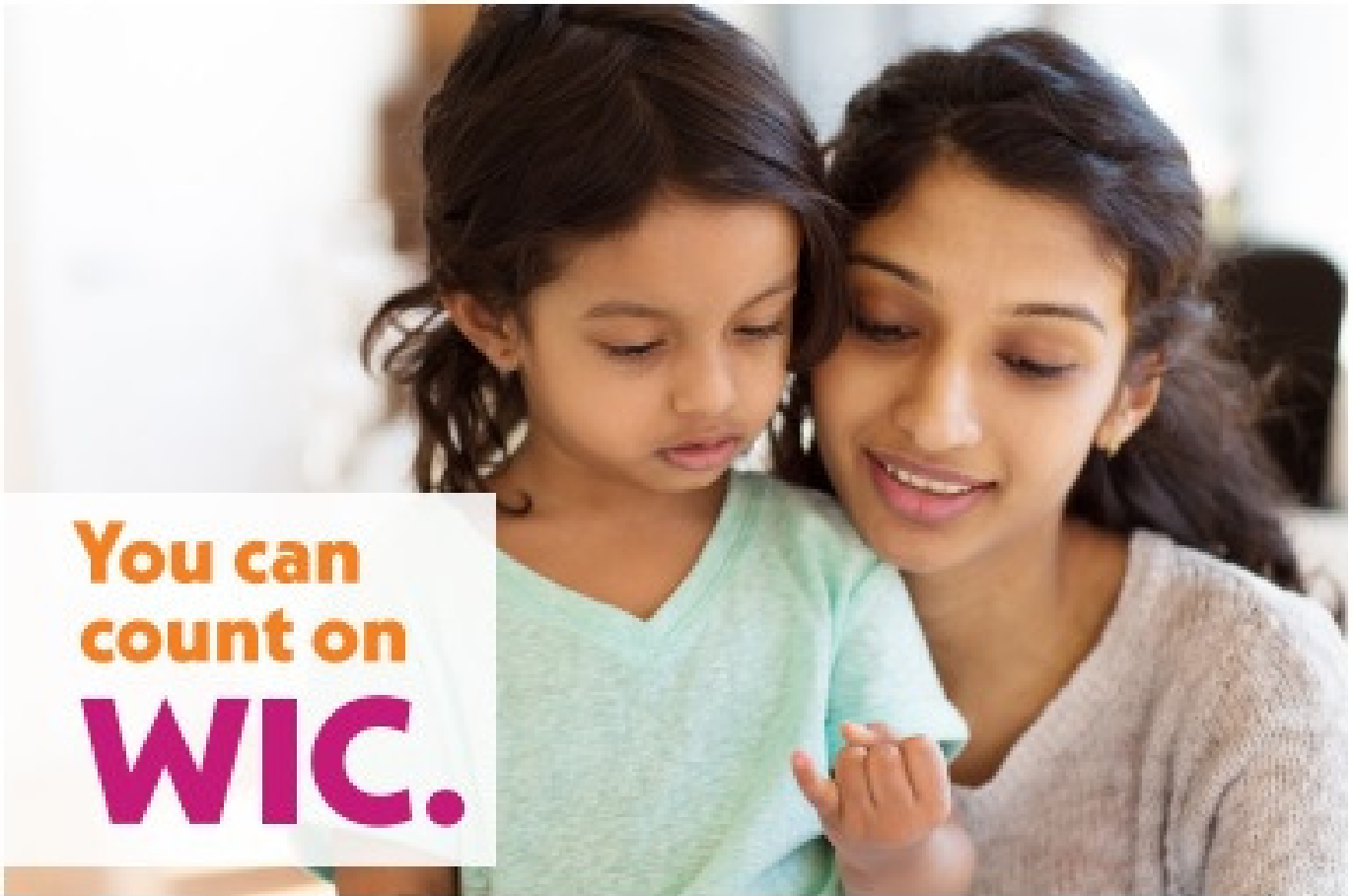
Please conduct a health check prior to attending an in-person class.

Wear a mask.

SEPTEMBER 2020

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

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



**You can
count on
WIC.**

Counting, coloring, catching a ball! WIC can keep her learning and growing.

Busy preschoolers need lots of energy! WIC helps kids under age five get healthy food, nutrition information and more. WIC benefits come on an eWIC card that you can shop with at WIC-approved stores.

WIC Help Specialists can tell you if your child may be eligible. We also help you prepare for your first WIC appointment. It is free, safe, and confidential.

Contact your WIC Help Specialist today:

Family Enrichment Network
(607) 723-8313, Ext. 1651
wichelpny@familyenrichment.org

Serving Broome and Delaware counties

Prepared by a project of Hunger Solutions New York, funded by NYSDOH and USDA/FNS.
This institution is an equal opportunity provider.



Family Enrichment Network
24 Cherry Street
PO Box 997
Johnson City, NY 13790-0997



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.