

# NETWORK NEWS

## Enriching the Community

### A Message from the CCR&R Director

I heard something the other day that made me stop and think. All infants (moving into toddlers) have grown up during the pandemic; it's all they know. They know stress, isolation, fear, cautiousness, political discourse. That's a pretty scary thought to think about.

I did some more searches on infants and toddlers and stress. I came across an article from Zero To Three from 2017, pre-pandemic, reminding us that a baby's brain is wired for survival, so they are tuned into their parents/caregivers. Many believe that stress won't affect a child until after 6 months or even 1 year of age, but that is not true. When parents experience ongoing, significant stress, babies absorb it. Living with ongoing stress and fear can negatively affect children's development.

So what does that mean to you? For a child care provider working directly with children, you should be prepared and expect to see behaviors associated with these experiences. Implement universal precautions in your program. Use strategies that will help and support all children. Remember if a child is acting out, they are trying to tell you something. Stay calm. Manage your own stress. Use and model deep breathing and other calming strategies. Maintain a consistent and predictable routine. Pay attention to triggers and avoid them if possible. Offer love and affection, but understand some children don't like to be touched, so respecting their preference. Be responsive to needs. Label emotions with words. These are just a few of the ways to support the children in your care. And remember, you are making the difference in the life of a child with every interaction you have. Make the best of it!

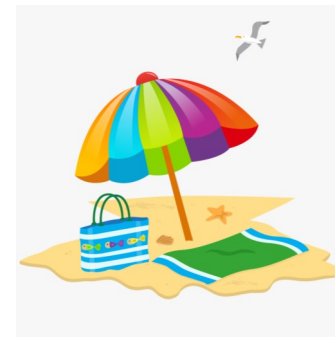
Don't forget to give us a call if you need any support for your program. Sometimes an outside viewpoint, observation and support can make all the difference! Our new Infant Toddler Mental Health Specialist is available to support you and your program. Give her a call!

*Jennifer Penney*

Family Enrichment Network  
is a proud member of:



Early Care &  
Learning Council  
United to Promote Quality



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## Stabilization Grant Expense Report Issues

If you are having issues accessing and submitting your expense report, please try these things to see if that resolves your issues:

- clear cache data and cookies, then restart your computer and try again
- try a different browser (chrome instead of internet explorer or Firefox)
- double check you are using the correct email on file with OCFS. Call your licensor if needed to double check.
- check junk or spam folder!
- if all else fails, call IT service for myny.gov at 1-844-891-1786

### **Child Care Resource and Referral Contact List**

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

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
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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 Zagat: IT Mental Health Specialist		Cell: (607) 201-5678

#### **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](mailto:jperney@familyenrichment.org)

Program updates or referrals for parents: [referrals@familyenrichment.org](mailto:referrals@familyenrichment.org)

## Stabilization Grant 2.0

On July 5, 2022, OCFS will release the next round of stabilization grant funds, called “Stabilization Grant 2.0 for Workforce Supports.” The main purpose of this new funding opportunity will be to support the workforce—which is anyone who works in a child care program. (Yes, family and group family child care providers are eligible!)

If you applied for and received the first round of stabilization grant funding, then you should qualify for this next round.

There are some slight differences to be aware of:

- There are 2 different application dates.
  - July 5—all family, group family, centers and LE group programs who received grant 1 with no program changes
  - August 22—all SACC programs, any programs who had changes to their license (changed from family to group family or moved locations after receiving grant 1), and any program registered/licensed after March 11, 2021
- Awards will be made in 2 payments, about 2 months apart.
- You will not receive the first payment until you have completed your Expense Report for the first stabilization grant award.
- You will need to submit an expense report about 30 days after the first payment to be eligible for the second payment. Then you will submit a second expense report for the second payment about 30 days after that payment.

Any questions, please contact Julie Henry or Jenn Perney for assistance

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### Beat the Heat

High temperatures can be dangerous to adults and children.

Heat-related illnesses are progressive, ranging from mild symptoms to life-threatening conditions. Heat cramps are the earliest sign of heat illness. These are hard, tense and painful muscle cramps of the hands, calves, feet, thighs or arms. Heat exhaustion can occur as a result of a rising internal temperature and dehydration. Signs of heat exhaustion include nausea, dizziness, muscle cramps, presyncope, headache, fatigue and heavy sweating. Heat stroke is a life-threatening medical emergency with a fatality rate of up to 71%. Therefore, it requires immediate medical attention and intervention.



According to the Centers for Disease Control and Prevention (CDC), the following groups are at higher risk of heat illness:

- ⇒ Infants and young children up to 4 years of age and adults aged 65 and older
- ⇒ People who work in a humid environment or do outdoor work or exercise (e.g. athletes, military personnel, workers who wear protective clothing like firefighters, etc.)
- ⇒ People who are overweight or have existing medical conditions (e.g. diabetes or heart disease)
- ⇒ Low-income and socially isolated individuals
- ⇒ Note that alcoholic drinks and certain medications can might impair the body’s ability to regulate its temperature or inhibit perspiration.

For those exposed to hot temperatures, preventing heat-related emergencies can be achieved with three very simple actions: water, rest and shade.

Drinking plenty of fluids and resting from the heat in shady areas are some of the best ways to prevent heat illness. You can also wear light colored clothing and stay in an air conditioned location. Try to schedule heavy outdoor work or play during the cooler hours of the day .

To learn more about heat related emergencies, review your ASHI CPR/First Aid handbook and be sure to keep your CPR/First Aid certification up to date. Please contact Cathy Lipski, Health and Wellness Coordinator ,at 723-8313 ext. 824 if you have any questions.



**Congratulations**  
**New Child Care Programs!**  
Broome Family  
Child Care Provider

Fathima's Family Day Care—  
Fathima Assan Farook

Broome Group Family  
Child Care Provider

Growing Angels—Yvette Barron

Goodbye Ann!!!

After 25 years with Family  
Enrichment Network, Ann has  
officially retired and will be  
enjoying her time with her horses.



**Avocado Breakfast Bruschetta**  
Recipe by: MyPlate!

**INGREDIENTS:**

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped, fresh basil
- 4 eggs, hard boiled
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese, reduced fat
- Pepper to taste

**DIRECTIONS:**

1. Dice avocado, tomatoes and green onions.
2. Peel and chop hard-boiled eggs.
3. Gently toss vegetables, egg, and basil, adding pepper to taste.
4. Toast banquette slices and smear with ricotta cheese, then top with avocado mix.

## Mindful Breathing for Children

Early childhood is marked by the challenging task of learning the skills of self-regulation. Self-regulation skills are defined as the ability to regulate one's response to emotions. Throwing tantrums and acting out are natural but ineffective ways to handle strong emotions. We can help our children by teaching them tools to calm down effectively and to avoid impulsive reactions. If we give children strategies to stay calm in stressful situations, they develop a strong habit that they can apply in the future. Mindful breathing can be one of those tools.



Mindful breathing is when children take the time to pay close attention to their breathing during that moment in time. If you as providers establish a routine of including mindful breathing breaks in your daily routine, it will become second nature to children and become a normal, “always-at-the-ready” tool to use throughout life. Here are some simple mindful breathing activities to get you started:

**Animal Belly Breathing:** Lie down on the floor. Put a stuffed animal on each child's belly. Have the children breathe in, their belly expanding and the animal rising as they do so. Then have children exhale, watching as the stuffed animal goes on a ride back down.

**Starfish Breathing:** Choose a hand to be your starfish, and extend this hand, palm out with fingers spread widely – like a starfish. Use the pointer finger from your other hand, to trace the starfish in sync with your breath. Start at your thumb, and as you breathe in deeply, trace up your thumb to the top. Do this carefully, so your movement matches your inhale. Now, with your out breath, trace down the inside of your thumb. Continue breathing up and down each finger, paying careful attention to match your movement with your breath. As you breathe and trace, notice the sensations of movement in your body – your chest and belly moving in and out and your finger moving up and down.

**Bunny Breathing-**3 quick sniffs and a long exhale. Add visualization details, like sniffing to find carrots to eat, etc. This is a lovely cleansing breath activity and also may help kids to “find” their exhale if they are sniffing and escalating their breathing rhythm.

**Eagle Flying-**This mindful activity combines movement with deep breathing. A wide area is best for this game. The children stand on their spot to start with. Get them to close their eyes and imagine they are turning into eagles. Help them to really visualize it: feel feathers sprouting out of their arms, their feet turning to claws, etc. Then have them open their eyes, and begin ‘flying’ slowly around the space. The idea is to beat your ‘wings’ (arms) really slowly. As the wings go up, breathe in deeply. As they go down, breathe out. You can also do this while standing still.

*Excerpts from: <https://www.mindful.org/mindfulness-practice-preschoolers-connects-kids-nature/>*

### New DSS Child Care Assistance Rates

Don't forget to tell all your parents about the new eligibility guidelines to qualify for child care assistance through the DSS that go into effect on August 1, 2022. These benefits are available to help pay for the huge child care expense and all eligible parents should take advantage of it! Have your parents contact your county DSS to see if they are eligible.



Broome County: (607) 778-2628  
Chenango County: (607) 337-1500  
Tioga County: (607) 687-8500



## Plainsies Clapsies

Cathy Lipski Health and Wellness Coordinator



Do you need a summer game that includes singing, hand eye coordination, flexibility and laughter? Then here is a game for you! All you need are some balls and some children. If you are interested in learning more about creative exercises for children, sign up for “P is for Pilates” which is being offered on July 6. Check the training calendar for details

Here are the words that you need for Plainsies Clapsies. Any melody will do if you like to sing! “Plainsies, clapsies, twirl around the backsies. Toss it high. Toss it low. Touch your knees. Touch your toes. Clap your hands and through it goes!”

Sing or recite each line and toss the ball up:

1. Normally
2. Then clap and catch the ball.
3. Then twirl around and catch it.
4. Toss it high and catch it.
5. Toss it low and catch it.
6. Throw it, touch your knees and catch it.
7. Throw it, touch your toes and catch it.
8. Clap your hands, twirl around and catch it.

This game offers the simplest type of fun that will have everyone laughing as you throw the ball. It is OK to make mistakes. That makes it fun. Challenge each other to complete the whole song without dropping the ball. Do you think you can do it?

### Lead Testing in Drinking Water Program

In March, OCFS announced their new initiative to keep children safe. The goal of the Lead Testing in Drinking Water Program is to provide free lead testing for drinking water at OCFS licensed and registered child care programs.

You cannot see, smell, or taste lead in water. Testing is the only way to know if lead is present. There are no known safe levels of lead. Lead can cause physical and behavioral effects in children. Some of these include:

- Damage to nervous systems
- Learning disabilities
- Impaired hearing
- Behavior dysregulation
- Slowed growth
- Anemia
- Hyperactivity

For more information, visit: [ocfs.ny.gov/programs/childcare/lead-program.php](https://ocfs.ny.gov/programs/childcare/lead-program.php)

Or scan this QR code



# Next Level Provider Collaborative

What are the benefits of joining a Staffed Family Childcare Network?

Family Child Care is an important vital part of childcare throughout the nation. Families pick Family Childcare because it meets their needs, smaller groups and their values.

However in the past few years we have seen a decline in Family Child Care due to many different factors including COVID and retirement. This creates a lot of hardships for families especially those who work non-traditional hours. Parents already have limited options for affordable, high quality child care and are already facing even fewer options today.

As Family Daycare Providers continue to offer care to families and their children, they are they are feeling less supported and respected while feeling a lot more stress. Because of this providers are questioning why they should stay open?

What promising practices can help Child Care Providers avoid such issues as burnout, professional development, low wages and lack of socialization. There is a need to identify, and adopt strategies that can help recruit, support and retain Family Day Care providers. This is where The Next Level Provider Collaborative can come in. The NLPC can offer occasions for providers to develop connections with their peers as well as ongoing relationships with a professional coordinator or family child care specialist, helping to relieve the feelings of isolation often reported by Family child care providers.

The Office of Child Care has highlighted family child care networks as a quality improvement strategy for helping childcare providers improve the quality of their programs. The Next Level Provider Collaborative can provide many quality supports. These are some of the services that the Network is currently offering:

- ✦ **FREE year subscription to Brightwheel**
- ✦ **Assistance with setting up the software for your program, uploading child documentation, etc.**
- ✦ **Opportunity to participate in special projects, such as the United Way Day of Caring, to have volunteers come to your program and complete projects needed for your child care business**
- ✦ **Assistance in connecting your Brightwheel software to CCTA for faster/easier DSS subsidy billing**
- ✦ **Free Quickbooks training for business expense tracking**
- ✦ **Free Health Care Consultant services and review of your Health Care Plan**
- ✦ **Assistance in creating a scholarship program to help parents who do not qualify for child care assistance through DSS**
- ✦ **Workshops specific to the needs of the network members**
- ✦ **Shared services support to lower overall program costs, which might include, enrollment support, fee collections, marketing, and participation in the Child and Adult Care Food Program (CACFP)**
- ✦ **Networking opportunities, including a Rumble Ponies baseball game and dinners**
- ✦ **And so much more!**

If you are interested in learning more about the Next Level Provider Collaboration Network, there is still time!  
Please call Lisa @ (607) 723-8313 ext. 1619



# Fun Summer Activities

Summer is just about here! So, now is the time to start planning some fun activities that you can do with children of all ages, from infancy through school-age. With the warmer weather, it is a great time to get outside. Outdoor play leaves kids with more advanced motor skills including coordination, balance and agility. Exposure to sunlight improves moods and strengthens immune systems.

Here is a list of some fun outdoor activities for summertime:

## Paint with water balloons

It's not as crazy as it sounds, just put some non-toxic, washable craft paint inside water balloons, fill them up with water and let the kids throw them onto poster boards in the grass. It's a bit messy, but the kids will end up with a splatter-paint keepsake.

## Play in the water

Water is where it's at in the summertime. It keeps the kids cool, and there isn't a lot of prep required. Water tables are a great way for children to cool off and splash around.

## Start a garden

Take the opportunity to teach kids about nature by letting them plant something and watch it grow. Gardening can be a fun daily project, and you could even rotate the responsibility of watering among the kids to give them each a chance at participating.

## Nature explorers

Just get outside and create your own adventure. A simple walk around the yard boasts lots of fun activities like collecting rocks, playing I Spy and teaching the little ones about the different flowers.

## Ice Painting

Mix Kool-Aid packets with water in an ice cube tray. You can use popsicle sticks, so each ice cube will have a handle. Provide paper and let infants and toddlers explore.

## Sponge Water Bombs for Water Play

These water bombs are heaps of fun for any age! Cut thin strips of dishwashing sponge and then tie the strips tightly around the middle. Dunk into a bucket of water and you are ready to play!

After you have explored this list or maybe you have done some of your own searching on Google. Choose one or more of the activity ideas and see how the children in your care like them. If you would like more activity ideas, you can reach out to Cortney Nornhold, Infant Toddler Specialist at [cnornhold@familyenrichment.org](mailto:cnornhold@familyenrichment.org) or (607)687-6721 ext 1187 and I would be more than happy to send you more ideas.





# Happy Birthday MyPlate!

By Cathy Lipski, Health and Wellness Coordinator, CACFP

What is MyPlate? MyPlate has been providing resources to improve nutrition and support overall well-being for 11 years! The benefits of healthy eating add up over time and small changes are important for children and adults. MyPlate encourages healthy nutrition practices that are easy to incorporate into your life and programs.



MyPlate turned 11 on June 2nd. If you visit [MyPlate.gov/Birthday](http://MyPlate.gov/Birthday), you will find shareable graphics, entertaining ways to celebrate MyPlate, healthy eating pointers and budget savvy tips. Some of the activities include discovering MyPlate icons available in 22 languages, learning how to use MyPlate on the Alexa app and downloading resources for every stage of life.

A creative feature you can find on the MyPlate website is MyPlate Kitchen. MyPlate Kitchen provides recipes and resources for preparing healthy and budget-friendly meals. It is designed to emphasize Dietary Guidelines for Americans and includes how to create your own personal cookbook!

Here are some simple ways to encourage nutritious meals:

- Make half your plate fruits and vegetable.
- Vary your fresh veggies and fruits
- Make half your grains whole grains
- Vary your protein sources
- Learn to love low-fat or fat-free dairy milk or yogurt

So let's wish MyPlate a Happy 11<sup>th</sup> Birthday while we become more knowledgeable on lifelong healthy eating habits!



## Allergy Awareness

In recent months, OCFS has seen a dramatic increase in the number of complaints of children with diagnosed allergies ingesting known allergens while in the child care program.

From the recent OCFS Dear Provider letter, The time to become familiar with the allergy plan is **before** an emergency. During the medical emergency, the program **must** follow the plan approved by the child's health care provider, parent, and program.

Please take time to review every child's Medication Consent Form (OCFS-LDSS 7002), Individual Health Care Plan (OCFS 7006), and Individual Allergy and Anaphylaxis Emergency Plan (OCFS 6029 or **approved equivalent**) to verify that the information on the forms is *consistent and clear*. NOTE: All three forms **MUST** be completed for a child with a diagnosed allergy. It is critically important that all staff caring for a child with an allergy have the information they need to keep children safe. Ongoing training on allergy plans, strategies for preventing exposure, and how to respond in an anaphylaxis emergency is the key! “

If you need copies of the *What is Anaphylaxis* poster, please reach out to someone in CCR&R to get some today!

JULY 2022

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

AUGUST 2022

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

SEPTEMBER 2022

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

**Upcoming Training Opportunities**

Broome County (JC or Bing):

July 6: 6:00-7:30pm—Small Talk: P is for Pilates—Fayette St., Bing

July 7: 5:30-9:30pm—CPR/First Aid—Fayette St., Bing

July 19, 21, & 26: 8am-2pm—Provider Health and Safety, Cherry St, JC

July 20: 6:30-8pm—Effective Marketing—Fayette St, Bing

Aug 23: 6:30-8pm—Contracts & Policies—Fayette St, Bing

Sept 15: 6-8pm—Oh, What a Thrill! - Fayette St, Bing

Sept 27: 6-7:30pm—When Good Food Goes Bad—Fayette St, Bing

Sept 28: 5:30-9:30pm—CPR/First Aid—Fayette St., Bing

Sept 29: 6-9pm—CDA, Cherry St, JC

Chenango County (Chen):

July 21: 6-8pm—What Infants and Toddlers Need

Aug 11: 6:30-8pm—Contracts & Policies

Aug 17: 5:30-9:30pm—CPR/First Aid Recertification

Tioga County (Owego):

Aug 3: 6:30-8pm—Effective Marketing

Aug 25: 6-8pm—Watch Me!

Sept 1: 6:30-8pm—Contracts & Policies

Virtual (Vir):

July 11, 13, 18, 25, & 28: 9:00am-12:00pm—Director Health and Safety

July 14: 6-9pm—101 Level ACEs

Aug 2: 6-9pm—201 Level ACEs

Sept 26, 27, 29, Oct 3, & 4: 8:30-11:30am—Director Health and Safety

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



Get Support for  
Your Early Childhood  
Program with



QUALITYstarsNY is New York State's voluntary Quality Rating & Improvement System for early childhood programs. Our mission is to ensure the quality of New York's early learning opportunities by providing individualized, comprehensive support to early childhood programs — at no cost to participants.

QUALITYstarsNY currently supports hundreds of child care centers, family/group family child care, and school-based pre-k programs, and continues to expand our services across the state.

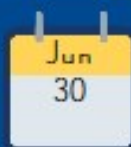
Programs participating in QUALITYstarsNY receive:

- One-on-one support from a designated Quality Improvement Specialist with expertise in early childhood education and program management
- Professional development opportunities and scholarships for staff
- Access to high quality classroom materials and furnishings
- And much more!

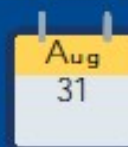
QUALITYstarsNY is expanding in Southern Tier

We're accepting new participants in your area! Join us for a virtual Information Session to learn more about how your program can benefit from participating in QUALITYstarsNY.

### Upcoming Information Sessions for Southern Tier



Thursday, June 30  
1:00 – 2:30 PM



Wednesday, August 31  
1:00 – 2:30 PM

*Virtual session via Zoom*

Register to attend at [qualitystarsny.org/recruit](https://qualitystarsny.org/recruit)

Can't attend an event? Contact Quality Improvement Specialist Colleen Finch for more information:  
[cfinch@qualitystarsny.org](mailto:cfinch@qualitystarsny.org) | (607) 376-7296



New York Early Childhood  
Professional Development Institute

QUALITYstarsNY Central Office  
16 Court Street, 31<sup>st</sup> Floor  
Brooklyn, NY 11241  
[qualitystarsny.org](https://qualitystarsny.org)



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](http://www.familyenrichment.org).