

## Preschool Play Plans: Mud-Luscious Play

Mud is a raw, everyday material that is messy but available almost anywhere. It offers unique, hands-on sensory experiences, and hours of delight. As children play together with mud, they practice cooperation, turn taking, and problem solving—while also having fun! Support their learning by describing activities and experiences with mud: “You’re scooping the mud into the bucket with a shovel,” “The mud feels wet and cool.”

Ask simple questions: “How many scoops will it take to fill this bowl? Let’s count,” “What happens if we add more water?”

Observe children to see what interests them—this will help you think of questions to guide and expand their learning. Playing in dirt inspires children to laugh more, resulting in happier, healthier children.

### Engaging families

Some families may be concerned about letting their children play in mud because of dirty clothing and muddy shoes. Let parents know that playing in nature and getting dirty is healthy and positive. Tell them about mud play in advance, so children can wear clothes or bathing suits that can get muddy; keep extra clothes on hand in a big general supply box (if you don’t already) for other common preschool needs (toileting accidents, painting, food spills).

Parents might also worry about children swallowing dirt or mud. Let them know the steps you take to make sure children play safely, like teaching children not to eat mud, what to do if they see something unsafe (trash), and thoroughly washing after playing in the mud, dirt, and sand.

### Mud Art

#### Mud handprints

Find a patch of bare earth, or shovel dirt into a bucket. Add water using a hose or watering can. Invite children to stir together the dirt and water with a stick or spoon until it’s thick and liquid, then use the mud to make handprints on heavy paper or on the sidewalk. Indoors, children can do this at the art center or by filling the sand and water table with mud. Tape a shower curtain or trash bags to the floor under the area, and have children wear smocks to protect their clothing. Let families know ahead of time to send in a change of clothes.

#### Fancy mud

Sprinkle biodegradable glitter on mud and pretend it’s fairy paint or star mud, or ask the children what they would like to pretend it is. Children can also liven up their mud art with glitter.



#### Mud painting and stamp art

Using fingers, paintbrushes, or different kitchen tools (like potato mashers or sponges) as stamps, children can decorate outdoor spaces or sheets of construction paper with artistic mud creations! They can paint and stamp with mud individually at easels or together on an unrolled length of brown paper—indoors or out. You can also hang a large white sheet outside and have children throw mud balls at it to create a splatter painting (or “mudding”).

### Mud Play

#### Mud kitchen

Set up an outdoor mud kitchen. Make a stove, sink, oven, and table using cartons, boxes, boards, or parts from old plastic or wooden play kitchen sets. Add pots, pans, bowls, muffin tins, plastic serving platters, spoons, and more. Children can make mud soup, stew, muffins, birthday cake, and, of course, mud pies! Decorate fancy mud desserts with glitter.

#### Mud pit

Make your own mud pit outside in a plastic swimming pool on a warm day, or if space is limited, make a mini version with a dishwashing tub. Fill the bottom of the pool or tub with a layer of dirt or organic topsoil, add water, and enjoy! Supply buckets and shovels or bowls and spoons for happy digging. Let children take off their shoes and socks and feel the mud squishing between their toes.

#### Mud track for cars and trucks

Add dump trucks, cars, bulldozers, and other vehicles to a mud patch or outdoor mud pit. Children can create their own scenarios, building roads and landscaping with twigs, leaves, acorns, and stones. When vehicles become coated in mud, create a car wash with a garden hose or bowls of water.

### Supporting Children with Disabilities

As with any play activity, consider children’s motor abilities as you plan activities. Try putting mud in a tray so children can easily reach it.

Some preschoolers with tactile defensiveness (a heightened sensitivity to touch) may resist touching mud with their hands; encourage these children to touch the mud with one finger, or provide plenty of tools (spoons, spatulas, cups) for mud play until they become more comfortable.

If you have children who need more guidance during play, try using a peer model, or give the children hand-over-hand assistance and get your hands dirty, too!

From: NAEYC & Teachers Resisting Unhealthy Children’s Entertainment

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## From the Director's Desk

There has been a lot happening in the child care world since our last newsletter. The regulations have been updated and released in accordance with the updates to federal laws that New York has had to react to and comply with. The first changes that went into effect and represented a rather large change happened on September 25, 2019 when all modalities of regulated care are now subject to Comprehensive Background Checks (CBC). Registered, licensed, and legally exempt child care providers, household members, staff, and volunteers must undergo state and federal sex offender registry checks, state central register checks for child abuse and maltreatment, checks for substantiated cases of abuse or neglect maintained by the Justice Center for the Protection of Persons with Special Needs, and state and federal criminal history checks. The regulations are posted to the OCFS website for your use and include the changes that have been made. Another change that has been made is that child care providers and staff of programs must take at least five hours of training on an annual basis and each program will receive an annual inspection. There are other changes included as well. I recommend that each of you take the time to read the regulations whether you are a day care center Director or other staff or a home based provider. Everyone working in child care is expected to have a working knowledge of the regulations and be in compliance with the regulations for the type of care being provided.

OCFS has sent Dear Provider letters highlighting changes occurring. If you have questions, please contact your licensor or registrar. In addition, OCFS has a lot of resources on their website, as does the Catholic Charities website. You can also contact our Child Care Specialist for CCR&R and she can help you if you are having trouble understanding the changes or to help you plan how to make compliance with the regulations work for you. We will be working on a regulations training, please feel free to submit questions that you have regarding the regulations that you would like to have answered in a training to [kahearn@charitiesccdo.org](mailto:kahearn@charitiesccdo.org). #

Another current issue that we are hearing a lot about is the Coronavirus. The virus has been found in other countries and has now been confirmed in the United States as well as in New York. While this health threat is currently less common than the flu, the things to do to help reduce the spread of the either of them is much the same. Both the Coronavirus and the flu pass from one person to others via respiratory droplets produced from the airways, often during coughing or sneezing. Time from exposure to onset of symptoms is generally between 2 and 14 days for Coronavirus and 1-4 days for the flu. Hand washing, maintaining distance from people who are coughing or sneezing, and not#

touching your face with unwashed hands are recommended to prevent the disease. It is recommended to cover your nose and mouth with a bent elbow when coughing. This is a practice that you should be teaching the children in your care, as well. While keeping aware of the spread of both of these viruses will allow you to be prepared, be cautious of the media's tendency to sensationalize and over cover issues that can promote fear. Many of the best practices for cleaning and sanitizing, along with the recommendations to stop the spread of really any cold or flu, will go a long way to keeping your program and children safe and well. It is a good reminder to check the policies in your healthcare plan and review them with the parents of the children in your care. There are resources available on the OCFS and CDC websites. If you need assistance in developing a new plan or with keeping your program sanitary during periods of illness, your Health Care Consultant is a wonderful resource and can provide feedback and information. As always, please feel free to contact [kahearn@charitiesccdo.org](mailto:kahearn@charitiesccdo.org) with questions or concerns.

As you are likely aware, child care programs are on the decline. They have been for quite some time, not just locally but across the state and further. The cost of operating quality child care programs continues to rise while the funds available to pay for child care, either through parents paying privately or child care subsidies, remains a stressor for families. Businesses are affected through their staff which is stressed due to paying for care or experiencing a lack of care. The lack of care has caused many families to make different decisions about their ability to have two working parents, even when they really need the second income. This week we heard through an article in the **Freeman's Journal** by Libby Cudmore that Centers Healthcare in Cooperstown has committed to opening a preschool child care program for their staff. This is to be a pilot program to inform a bigger goal of the corporation, to have child care programs in all of their facilities and to expand care to the age groups not currently in the plan (infants and school age children). The Corporation has said that their goal is not to make money but just to have the center pay for itself. If their staff does not have to call out of work with a child care issue, there is a value to that for the company that, I am sure, will be measured as well. Centers believes that this added benefit will help them to attract quality staff that will stay with their organization. It is our hope that Centers Healthcare will be one of many employers who will be responsive to their workforce. Businesses involved in developing child care solutions for their staff is one way that we may be able to fix the lack of available quality child care that has become a real crisis for families. Catholic Charities Child Care Support Services is willing to partner with businesses and individuals to help develop plans for child care programs and create the availability of quality child care situations in Otsego County.

All of the above is a lot to process. If you have any questions, concerns, or would like more information please feel free to contact us.



Happy Spring!



**PROVIDER APPRECIATION DAY**  
MAY 8, 2020

# Provider Appreciation Day is a special day in May to recognize child care providers, teachers and other educators of young children everywhere. Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents. Momentum and support for this event has grown each year and recognition presently includes individuals and government organizations throughout the United States.

It's important that we recognize the value of our child care providers year round, but don't forget to thank your child care provider on May 8th!



**Spring Paper Plate Crafts**

Grab some paper plates and get crafty!



**Coronavirus Disease 2019**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

**Follow CDC's recommendations for using a facemask:**

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

[cdc.gov](https://www.cdc.gov)

**Child Care Advocacy Day**

On February 4<sup>th</sup> child care providers, parents, CCR&Rs, and child care advocates from around the state participated in Child Care Advocacy Day at the Capitol Building in Albany. Child Care Advocacy Day is used to raise awareness about the importance



of early child education and concerns that providers and parents have. Policy Makers were urged to see the importance in financially supporting providers for the important work they do with New York's youngest residents, while ensuring that parents are able to afford to send their children to high quality providers.



## Professional Development

### Upcoming Trainings

#### Independent Exploration

Date: April 21, 2020 - 6:30 - 8:30 pm

Location: Foxcare Center, Conference Room #2

▪ A thoughtfully arranged learning environment invites infants and toddlers to explore independently. Join us for hands on exploration of room arrangement and area development. We will create environments that encourage children to move about freely, building independence and confidence as they explore and learn. Guest Presenter: Sara Baldwin, Regional Infant Toddler Specialist

**Call to register:** (607) 432-0061

#### Mandatory CACFP

Date: May 13, 2020 - 6:00 - 8:00 pm

Location: Catholic Charities, Oneonta

▪ 1st of 2 trainings for 2020 for CACFP participating providers. The next opportunity will be in September. If you will not be able to attend September's training then this is the one you must attend!

**Call to register:** (607) 432-0061

#### First Aid / CPR

Date: May 30, 2020 - 9am

Location: The Meadows, 140 Co Hwy 33, Cooperstown

Cost: \$30 deposit - Upon completion of class \$20 will be refunded.

▪ Individuals must be registered and class deposit received in our office by **May 20th**. Checks should be made payable to Catholic Charities. Minimum class size is 5 individuals.

**Call to register:** (607) 432-0061

### Upcoming ECETP Webcasts

#### Autism Spectrum Disorder and Sensory Processing Disorder in the Preschool and School-Age Years

▪ May 7 - 6:45 pm - Catholic Charities

#### Trauma informed care

▪ June 11 - 6:45 pm - Catholic Charities

Register for  
Early Childhood Education Training Program  
Webcasts:  
[ecetp.pdp.albany.edu](http://ecetp.pdp.albany.edu)

#### **Health and Safety Competencies For Becoming a FDC/GFDC**

This competency based 15-hour training provides a foundation for practices that promote and protect the health and safety of children in home-based child care. This is required training for becoming a Licensed/Registered Day Care Provider. This training spans multiple days and all days must be attended. You will receive 15 hours of training credit if your day care application is in process at the time of the training. Trainings are available at different times throughout the year at the child care resource and referral agencies listed on this page.

#### SUNY Training Strategies Group

Funding for Training

(518) 443-5940

- Medication Administration Training Grant Program  
[tsg.suny.edu/matgrant.shtm](http://tsg.suny.edu/matgrant.shtm)
- NYS Educational Incentive Program  
[tsg.suny.edu/eip.shtm](http://tsg.suny.edu/eip.shtm)

#### New York State Credentials

**NYAEYC** - Promoting excellence in early care and education services for New York State children and families, through education, advocacy and the support of the profession (Family Child Care, Infant/Toddler Care, Children's Program Administrator) - [nyaeyc.org](http://nyaeyc.org)

**Network for Youth Success** - The New York State Network for Youth Success administers the New York State School Age Care (SAC) Credential, which promotes quality services to children and families by providing specific standards, training, and evaluation for afterschool professionals - [networkforyouthsuccess.org](http://networkforyouthsuccess.org)

#### Find a Degree Program

[Earlychildhood.org](http://Earlychildhood.org) - Find a college near you that offers Early Childhood courses and degrees.

**SUNY Learning Network** - Find an online degree program - [sln.suny.edu](http://sln.suny.edu)

#### Regulatory Information

##### Group Family Day Care / Day Care Center

Office of Children and Family Services

155 Washington Ave., Albany, NY 12210

(518) 402-3038 | [ocfs.state.ny.us](http://ocfs.state.ny.us)

##### Family Day Care / School Age Child Care

Child Care Support Services, Catholic Charities

176 Main Street, Oneonta, NY 13820

(607) 432-0061 | [charitiesccdcs.org](http://charitiesccdcs.org)

#### Fingerprinting for Child Care Settings

L1 Identity Solutions

[IdenToGo.com](http://IdenToGo.com)

(877) 472-6915

#### CCR&R Agency Training Resources

- Delaware Opportunities - Hamden  
(607) 746-1620 | [delawareopportunities.org](http://delawareopportunities.org)
- Family Enrichment Network - Johnson City  
(607) 723-8313 | [familyenrichment.org](http://familyenrichment.org)
- Capital District Child Care Coordinating Council - Albany  
(800) 521-5437 | [cdcccc.org](http://cdcccc.org)
- Child Care Solutions - Syracuse  
(315) 446-1220 | [childcaresolutionscny.org](http://childcaresolutionscny.org)
- Cornell Cooperative Extension of Oneida County - Oriskany  
(315) 223-7850 | [cceoneida.com/child-care-council](http://cceoneida.com/child-care-council)

## News, Updates and Training Opportunities

### Health Care Consultancy & Medication Administration Training

Child Care Support Services has partnered with Otsego County Public Health Nursing to provide Health Care Consultancy Services to child care providers in Otsego County, as well as the Medication Administration Training/MAT Renewal Training.

To contact the HCC/MAT Trainer:  
Matt Johnson, RN, CHN  
johnsonm@otsegocounty.com  
(607) 547-7518

### SCR Clearance Fees

All prospective daycare providers (**FDC, GFDC and Legally Exempt Child Care**) and applicants for employment in day care programs will be charged a \$25 fee for any SCR database check. Payment can be made by certified check, postal or bank money order made payable to "New York State Office of Children and Family Services" and submitted with the SCR form DSS-3370.

Questions? Call Cindy at (607) 432-0061

### Child Development Associate

**CDA Council** - The Child Development Associate (CDA) Credential is the most widely recognized credential in early childhood education (ECE) and is a key stepping stone on the path of career advancement in early childhood education - [cdacouncil.org](http://cdacouncil.org)

### Accreditation

**National Association for the Education of Youth Children** - NAEYC's two quality assurance system levels equip programs with the tools to provide the best learning experiences for young children and provide the highest quality professional preparation of educators by meeting national standards of quality - [naeyc.org](http://naeyc.org)

**National Association for Family Child Care** - NAFCC sponsors the only nationally recognized accreditation system designed specifically for family child care providers. Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation - [nafcc.org](http://nafcc.org)

### Online Learning

- [ecetp.pdp.albany.edu](http://ecetp.pdp.albany.edu)  
*Select sign up for early childhood e-learning*
- [tsg.suny.edu/elearn.shtm](http://tsg.suny.edu/elearn.shtm)  
*Various childcare learning opportunities to choose from*
- [carecourses.com](http://carecourses.com)  
*Book & Online Training for Early Childhood Professionals*

### REQUIRED TRAINING FOR RE-ENROLLING LEGALLY EXEMPT CHILD CARE PROVIDERS!

All non-relative legally exempt child care providers are required to take **5 hours of training** prior to their re-enrollment date. Proof of training must be submitted with the re-enrollment packet to our office. Training must be in specific areas described in Social Services Law.

For more information on the topics, as well as where to obtain free training, please contact our office at (607) 432-0061.

### Winning Beginning New York

Winning Beginning NY is a statewide coalition working toward the goal of high-quality, affordable and accessible early care and learning for all New York families. Its' members include parents, employers, children's advocates, service providers, labor unions, educators, pediatricians, law enforcement, research and community groups.

**View the Winning Beginning New York State's Executive Agenda for 2018-2019:**

[winningbeginningny.org](http://winningbeginningny.org)

### How do you contact your legislators?

NY State Assembly: [nyassembly.gov](http://nyassembly.gov)  
NY State Senate: [nysenate.gov](http://nysenate.gov)

### Enrolled Legally-Exempt Providers...

The New York State Department of Health's **Child and Adult Care Food Program (CACFP)** pays for meals and snacks served to children up to age 13 enrolled in Legally Exempt homes. The major focus of CACFP is to serve nutritious meals and snacks in day care homes which care mainly for children from low income households. However, all Legally Exempt providers meeting eligibility guidelines may take part in CACFP! Please call our office for more information:  
(607) 432-0061.



**Child Care Support Services has Start-Up Reimbursement Grants available for newly Registered or Licensed providers in Otsego County!**

Reimbursement grants can total \$500 and are meant to help defer the cost of starting your child care business.

For more information, Contact Kim:  
(607) 432-0061  
[kahearn@charitiesccdo.org](mailto:kahearn@charitiesccdo.org)

# Child and Adult Care Food Program Food for Thought

## EASY SALSA CHICKEN RICE BOWLS

- 1 pound boneless, skinless chicken breast, cut into 1/2 inch pieces
- 3 tsp vegetable oil, divided
- 1 garlic clove, minced
- 1/2 medium green bell pepper, chopped (1/2 cup)
- 1/2 medium red bell pepper, chopped (1/2 cup)
- 3/4 cup chopped onion
- 1/2 cup frozen corn, thawed
- 2 cups salsa, any variety
- 2 cups hot, cooked brown rice
- 1/3 cup shredded Mexican cheese blend
- 1/2 cup diced avocado

In a large skillet over medium-high heat, saute chicken in 2 teaspoons oil until thoroughly cooked. Drain and set aside. Heat remaining 1 teaspoon oil in skillet over medium-high heat. Saute garlic 1-2 minutes. Add peppers, onion, and corn; cook 6-8 minutes or until vegetables are tender. Add salsa and reserved chicken; heat thoroughly. Divide rice into individual bowls. Top with chicken mixture, cheese, and avocado.

### IS YOUR YOGURT CACFP CREDITABLE?

#### How to identify if your yogurt is within the Sugar Limit

**Step 1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

**Step 2** Find the Sugars line. Look at the number of grams (g) next to the sugars.

**Step 3** Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

SUGAR LIMITS IN YOGURT	SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(use when serving size is not listed in ounces)</small>	SUGARS
	If the serving size is:		Sugars cannot be more than:
	2.25 oz	64 grams	9 grams
	3.5 oz	99 grams	13 grams
	4 oz	113 grams	15 grams
	5.3 oz	150 grams	20 grams
	6 oz	170 grams	23 grams
	8 oz	227 grams	31 grams

**Step 4** Once you have identified the Serving Size, look at the number to the right under the "Sugars" column.

**If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.**



**Tip:** If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

## TACO PIE

Using large muffin tins while preparing meals helps ensure that every child is receiving the correct serving size for each meal component.

- 3" pie crust or tortilla circle
- 3/4 ounce refried beans
- 3/4 ounce cooked ground beef (with taco seasoning)
- Shredded cheese
- 1/4 cup shredded lettuce, diced tomatoes & onion

Preheat oven to 350 degrees. Press pastry until it fits neatly into the cup. Spoon the beef and refried beans into the cups. Sprinkle with cheese. Bake until cheese melts and edges of crust is brown. Top with lettuce mix.

## BREASTFEEDING FRIENDLY CHILD CARE

The New York State Department of Health's Obesity Prevention Program encourages new mothers to breastfeed their infants. The Department's Child and Adult Care Food Program encourages child care centers and family day care homes to support breastfeeding



families and recognizes these providers with Breastfeeding Friendly certificates. Child care center/day care home staff complete an assessment that shows they support breastfeeding families.

For information on how to become a Breastfeeding Friendly Child Care program, please contact Vicki at [vfatum@charitiesccdo.org](mailto:vfatum@charitiesccdo.org).

## ANNUAL CACFP TRAINING COMING UP!



The first of two opportunities to attend the mandatory CACFP training in 2019 is coming up on May 13th! See the information on page 4 and call to register.

# The Family Corner

## Child Friendly Activities

Ithaca Children's Garden - 121 Turtle Lane, Ithaca  
[ithacachildrengarden.org](http://ithacachildrengarden.org)  
 SUNY Oneonta Planetarium, SUNY Oneonta  
 Campus  
[suny.oneonta.edu/planetarium](http://suny.oneonta.edu/planetarium)  
 A.J. Read Science Discovery Center, SUNY Oneonta  
[suny.oneonta.edu/science-discovery-center](http://suny.oneonta.edu/science-discovery-center)  
 Clark Sport Center, Cooperstown  
[clarksportscenter.com](http://clarksportscenter.com)  
 Via Aquarium, Schenectady  
[viaaquarium.com](http://viaaquarium.com)  
 The Studio for Art & Craft, 576 Main Street, Cobleskill  
[thestudioforartandcraft.com](http://thestudioforartandcraft.com)

### TAKE AN ACTIVE ROLE IN CHILD CARE!

Early care and education policy needs your support in order to truly give all children a great start in life.

For more information go to:  
[winningbeginningny.org](http://winningbeginningny.org)  
[childcareworks.org/take-action](http://childcareworks.org/take-action)

BUILDING HEALTHY FAMILIES 8<sup>TH</sup> ANNUAL

## COMMUNITY BABY SHOWER

SATURDAY, MAY 2  
9:00 - NOON

Everything you want to know about pregnancy, birth, breastfeeding, fatherhood, babies, and beyond.

Door Prizes & Games for the Whole Family

ONEONTA FOXCARE CENTER  
ONE FOXCARE DRIVE



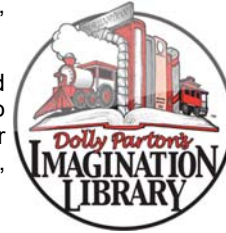
For more information visit [www.ofoinc.org/bhf](http://www.ofoinc.org/bhf)

### SCREEN FREE WEEK

MAY 4-10TH

Screen-Free Week is an annual invitation to play, explore, and rediscover the joys of life beyond ad-supported screens. Check out [screenfree.org](http://screenfree.org) for more information and screen free activities for the family!

Dolly Parton's Imagination Library is a book gifting program that mails free books to children from birth to age five in participating communities within the United States, United Kingdom, Canada, Australia and Republic of Ireland.



Children living in Delaware and Otsego Counties are eligible to participate in this program! For more information and to register, visit:  
[www.ImaginationLibrary.com](http://www.ImaginationLibrary.com)

## Free Online Child Care Referrals!

Are you a parent searching for child care in Otsego County?

You now have the ability to search for child care any time of the day or night!

Access to our online referral packet which includes information to help you make an informed child care decision!

Visit our Website!  
[www.CharitiesCCDOS.org](http://www.CharitiesCCDOS.org)

## Parent Training Resources

### Family Service Association

Family Service Association provides information, advocacy, and referral services for individuals and families in need.

277 Chestnut Street, Oneonta | (607) 432-2870

### Family Resource Network

The Family Resource Network Inc. (FRN) provides family support services to families who have a child with special needs.

46 Oneida Street, Oneonta | (607) 432-0001

### Community Maternity Services

176 Main Street, Oneonta  
 (607) 432-0061 ext. 113

CMS is an agency which has provided home-based support services to families and their children in Otsego County since 1971. Today, they have three types of educational programs: Maternity Outreach, Parent Education, and NYS Parent Education and Awareness Program.

### The Maternity Outreach Program

Designed for pregnant and/or parenting teens and young adults. Some of the services we offer in this program are: goal directed counseling, childbirth preparation, adoption, advocacy for education, life skills, parent education, referrals for pre and post natal care, nutrition education, child development education, and milestone testing for children. Referrals for this program can come from any entity.



**Child Care Support Services**  
A Program of Catholic Charities  
of Delaware, Otsego and Schoharie Counties  
176 Main Street  
Oneonta, New York 13820

## WHAT IS A CENSUS AND WHY IS IT IMPORTANT?

Once a decade, America comes together to count every resident in the United States, creating national awareness of the importance of the census and its valuable statistics. The decennial census was first taken in 1790, as mandated by the Constitution. It counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs — impacting housing, education, transportation, employment, health care and public policy.

**TAKING PART IS YOUR CIVIL DUTY.**

**IT'S ABOUT FAIR REPRESENTATION.**

**IT'S ABOUT REDISTRICTING.**

**YOUR DATA IS CONFIDENTIAL.**

**EVERYONE COUNTS.**

**YOU CAN HELP!**



## RECALL ANNOUNCEMENT!

The federal Consumer Product Safety Commission along with four different companies have recalled more than 165,000 infant incline sleepers due to risk of suffocation. The companies impacted by the recall include; Summer Infant, Graco, Delta Enterprises Corp, and Evenflo, according to the US Consumer Product Safety Commission (CPSC).

**Summer Infant's SwaddleMe** By Your Bed Sleeper, Model number 91394

**Graco Little Lounger Rocking Seat**, Model numbers; 1872034, 1875063, 1875102, 1877160, 1882081, 1896313, 1908957, 1914283, 2047734 and 1922809

**Delta Enterprise Corp. Deluxe Incline Sleeper**, Model numbers; 27404-2255, 27404-437, 27404-758, and 27404-942

**Evenflo Pillo Portable Napper**, Model number 12132125

