

## FIVE WAYS TO ENCOURAGE AND CELEBRATE DIVERSITY WITH EARLY LEARNERS

At school or at home, adults can provide a framework for young children to embrace different perspectives and diverse cultures, reducing bias and fostering empathy.

Multiple studies, including research at the **Ontario Institute for Studies in Education (OISE) at the University of Toronto**, have documented that children as early as six months old notice and react to race and show signs of racial bias.

With this developmental process in mind, families and teachers can help turn the concept of differences into something to celebrate. As our children grow up, we want them to feel accepted and respected for the singular individual that they are and also truly appreciate others. With hate and bullying inundating our news and entering the homes, schools, and communities across the globe, it is particularly important that we incorporate inclusive lessons, habits, and vocabulary into the everyday living and learning of our young people.

### 1. Read to gain empathy and understanding

Books. Books. Books. Today, we are fortunate to have a robust library of stories available for children that address important lessons, educate about race, diverse traditions, and cultures, or simply have characters that represent the diverse identities of our country, and the world.

### 2. Try “show and tell”

In addition to exposing children to the richness of people and culture through stories and pictures, you can add depth to these efforts through real-life experiences and memories.

With young children, it can be helpful to start with themselves and “tell.” Discuss what they enjoy, and what makes them happy. Talk about what they look like, including hair and eye color, and skin tone. Who makes up their family? What are their favorite traditions and foods? As parents, you can also point out what makes you individual and unique. Maybe you have freckles or glasses, or perhaps you had a best friend who celebrated a different religious tradition. Include discussions about friends and family. Identifying unique physical and personality traits and cultural preferences, and allowing kids to ask questions, will foster a culture in which differences are positive and celebrated. **As adults, we serve as examples for our children in so many ways. If we describe our own experiences, children listen, take note, and follow our lead.**

Depending on where you live, you may be able to visit neighborhoods that have become cultural communities, or various places of worship, restaurants, schools, and museums that feature

diverse people and traditions. By exposing children to people who experience lives different from theirs, and visiting places outside of their norm, you can bring about awareness and appreciation

### 3. Let feelings speak

Young children often openly share their feelings about an event or situation, but you can also encourage this expression and create an environment where they feel safe voicing what is on their mind. It helps for an adult to also share emotions, using words that are age-appropriate for children. This openness can lend itself to important dialogue about differences and similarities, fair and unfair, and exclusion.

*“How did it make you feel when you were left out of the game?”*

*“It made me feel sad when kids said I couldn’t play with them.”*

*“It made me feel sad, too.”*

This acknowledgment of feelings and unfair treatment will help children understand bigger inequalities and approach life with concern and care for other’s well-being.

### 4. Don’t be afraid of questions

As an adult, this can be a tough one. You may not know all of the answers. In fact, you will definitely not know all of the answers. It is important to remember, though, that our reactions, behaviors, and words matter—a lot. Race, gender, family, and religion: these are complex topics and conversations that an adult must face themselves when children ask questions. Embrace questions. Answer them simply or try to find the answers. Do not overcomplicate your response.

### 5. Remind children that they have the power to create change

Embracing diversity and inclusion extends to standing up for what is right. **Help young children understand that their words and actions can have a significant impact on their friends and community. Even though they are little, they have “word power.”**

As adults, we can help forge a path for our children to be comfortable with embracing differences, recognizing that the world is beautiful because we all contribute something special. Young children can shine their light in their own way, using their unique gifts and talents to make change and build a world filled with acceptance and understanding.

*Excerpted from:  
Five Ways to Encourage and Celebrate  
Diversity with Early Learners by Lindsay Roberts  
Parenttoolkit.com*

inside...

From the Director’s Desk  
Professional Development  
News, Updates and Training Opportunities  
Child and Adult Care Food Program  
The Family Corner

page 2  
page 4  
page 5  
page 6  
page 7

## From the Director's Desk

Hello Child Care Community!

Over the time that has passed since our last newsletter we have been hit hard by the Pandemic known as COVID-19. We have seen life as we know it almost stop completely and we have had to be creative and resourceful in developing ways to cope with what was happening around us and continue to move forward all while caring for children who may not have understood what was happening. They did understand that something big and scary was happening, and I am certain that they felt the angst and stress around them and noticed the change in their routines.

Reaction to the situation, like all things, was different from person to person. Some programs decided for them the risk was too great and closed to keep people safe. Some were open until their numbers dwindled to zero and were closed by default. There were programs that remained open, offered to take the children of essential workers, and offered to provide additional slots to help meet the need. Those of you who are in the "stayed open" category have done a huge service to the essential workers, caring for their children so that people could get essential care, essentials delivered, or essential assistance. You have served the programs who were closed by caring for the children that they were unable to care for during that time.

There have been grants, loans, and funds offered to help programs make it through this crisis. We would like to see every program re-open and provide care. Our county cannot afford to lose any of our child care programs. That is why the Child Care Resource and Referral agencies throughout New York took on the task of distributing money from the CARES Act as scholarships and supplies to our local providers. That is also why Catholic Charities has written for and received a grant from the Otsego County Community Foundation to provide some relief from the burden that the COVID-19 pandemic has placed on day care providers. **We have received \$5,000 to reimburse the cost of COVID supplies including PPE, masks, gloves and other cleaning supplies to those of you who were open during the worst of the pandemic between March 13 and May 15.** Please gather your receipts for COVID supplies and send them to my attention along with a letter stating that you were open throughout the COVID 19 pandemic and you had to purchase supplies to keep everyone safe. In addition, please tell me the total number of children in care during that time and whether that number is normal for your operations or lower than normal. Let us know how you are doing. Does your contract require parents to pay during absences from care, so your attendance changed but your weekly pay did not? Did you waive the fees for parents because it would have been a hardship for them? Did this

affect your ability to pay your bills? Were you able to be reimbursed for any of it either through special arrangements made by the County for subsidized care or through receiving help through one of the programs referenced above?

We would like to support those who are seeing children come back to care as things are loosening up a bit by helping with planning for smaller group sizes in spaces. That can mean different things for different programs. Sanitation and disinfection, what are you and your staff doing differently or in addition to what you always have done? Masks, PPE, and gloves—how is the presence of these items changing your environment? How are the children coping? How are the staff coping? How are YOU coping? I know that the Child Care Support Services staff has spoken to many of you, often multiple times throughout the week. However, please feel free to reach out to us as well if you have a need, question, or concern.

For programs that have decided that they will not re-open due to the pandemic, we would hope that you will share that decision with us as well as what it was about the situation that has made you decide to stay closed.

Finally, if during this time, you found anything or anyone that particularly helped you through a bad day or moment or the whole time, that was particularly helpful, creative, resourceful, funny, or that just made you feel gratitude, please reach out and let us know that.

As for the four of us involved in the Child Care Resource and Referral program, whether working from home or the office, we were all working the entire time so that families and children could be served and child care programs could feel that they were supported, that they could get what they needed and that we were here for all of you. We are all back in the office now each day. I am grateful for each of you and the service that you provide. I am grateful to the network of CCR&R agencies that we work with who offered their ideas, advice, and resources, and to OCFS for providing funds and needed resources to help out during this situation and for showing flexibility and care. I am also grateful that I work for an agency that values its staff with all of our differences, quirks, and needs and provides us with resources and support so that we can continue to be there for all of you and for our own families. I am truly grateful for my family and friends, for the blessings of home and comfort and that I have enough.

As I sit here reading through my first draft, our country has entered another struggle. One that is older than COVID 19 and that we have not yet found a cure for. Peace, justice, mercy and grace are as much essential human needs as water, food, and shelter. We stand united with those who are most affected by all types of hate, discrimination, violence, and other actions that are meant to humiliate, degrade, and silence people in our society. Many people want to do something to participate and show *(continued on page 3...)*

(Director's Desk Continued from page 2)

their support and solidarity with those who are suffering. There is plenty of work for all of us to do to make progress. My challenge to early childhood programs is to promote understanding. Educate children and their parents. There are wonderful resources available to help people to understand. Our office will have some resources to borrow from the lending library. There are some books listed in this newsletter. Kim will offer technical assistance. Use the internet for research to better educate yourself. Seek out creative resources and ways to demonstrate the points you most want them to understand. Remember that people learn things in different ways and understand things differently. Sometimes what is most needed is to see an old idea demonstrated in a new way. By reframing the conversation in a way that is different from what people are already seeing and hearing, you can help build understanding. If you can get to understanding, you can get to change.

Christy

## Neighborhood Scavenger Hunt

How many things can you spy?



Print yours here:  
<https://static.parade.com/wp-content/uploads/2020/04/neighborhood-scamenger-hunt.jpg>

## Binoculars for Exploring!



### BOOK LIST: ENCOURAGE AND CELEBRATE DIVERSITY

- I am Enough* by Grace Byers
- Last Stop on Market Street* by Matt de la Pena
- Whistle for Willie* by Ezra Jack Keats
- Ruby Finds a Worry* by Tom Percival
- The Day You Begin* by Jacqueline Woodson
- Ada Twist, Scientist* by Andrea Beaty
- Everywhere Babies* by Susan Meyers
- Corduroy* by Don Freeman
- More, More, More Said the Baby* - Vera Williams
- Hurry Up* - Kate Dopirak
- It's Ok to Be Different* by Todd Parr
- Let's Talk About Race* by Julius Lester
- The Colors of Us* by Karen Katz
- Strictly No Elephants* by Lisa Mantchev
- Whoever You Are* by Mem Fox

"NOT EVERYTHING THAT IS  
FACED CAN BE CHANGED, BUT  
NOTHING CAN BE CHANGED  
UNTIL IT IS FACED."  
- JAMES BALDWIN

### DIY Sidewalk Chalk Paint for Kids

Take summer fun to a new level with this easy DIY sidewalk chalk paint recipe!



1. Add 1 cup of water to 1 cup of cornstarch.
2. Mix until there are no clumps of cornstarch and then pour the mixture into the cups of muffin tin or into small plastic containers.
3. Next add a few drops of food coloring to each cup and mix until blended.

That's it!

*TIP: If you don't have food coloring handy, try mixing in some tempera paint.*

Now hand off to your kids with a couple of paint brushes and let them create!



## Professional Development

### Upcoming Trainings

#### LESSON PLANNING

Date: September 19, 2020 - 9:00 - 11:00 am

Location: To Be Announced

- Children learn through meaningful experiences, hands-on activities, repetition, and relationships. Thoughtful lesson planning with written goals and objectives focusing on these four learning avenues help create opportunities to nurture children's development. Learn to write a lesson plan with clear and measurable goals for children that will strengthen your program and enhance children's development. Guest Presenter: Sara Baldwin, Regional Infant Toddler Specialist.

*Please contact Kim for more information and to RSVP. Training will be held through Zoom if we are unable to reserve a room large enough for proper social distancing.*

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



### Upcoming ECETP Webcasts

#### Town Hall Meeting: Your Role in Supporting Challenging Behaviors

- October 21: 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 | [charitiesccd.org](http://charitiesccd.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

### CHATTING WITH CHILDREN AT MEALTIMES

#### *Creating a Climate for Communication*

Almost everyone, from the young toddler to the older adult, enjoys talking and having others listen. Few activities in life are more important than communicating effectively with one another. Effective communication is the basis for developing healthy and mutually rewarding child-to-child relationships and adult-to-child relationships. You can make mealtimes even more special by encouraging a climate that fosters communication. When you pay attention to children and encourage communication, you help children create a positive view of themselves and the world they live in.

Mealtime can be an important time to encourage communication. A nutritious meal is of little value to a child if it is not eaten and enjoyed. Make it one of your goals to serve meals in a relaxed, social atmosphere. Think of mealtime as a communication time, a time when you can converse with, nurture, and obtain feedback from children. Consider removing the distractions of scattered projects or unfinished activities.

Children need adults to eat with them. When adults eat with children they can:

- serve as role models by their food choices,
- protect children from safety hazards such as cross-contamination and choking hazards, and
- encourage conversation at mealtimes.

*health.ny.gov*

### CAULIFLOWER PIZZA CRUST

**1 head** cauliflower, stalk removed  
**1/2 cup** shredded mozzarella  
**1/4 cup** grated Parmesan  
**1/2 teaspoon** dried oregano  
**1/2 teaspoon** kosher salt  
**1/4 teaspoon** garlic powder  
**2 eggs**, lightly beaten

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.
3. In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust.
4. Bake for 20 minutes.
5. Add desired toppings and bake an additional 10 minutes.

### RED BEANS AND RICE

**1 tablespoon** olive oil  
**1½ cups** onions, fresh, peeled, ¼" diced  
**1½ cups** green bell peppers, fresh, ¼" diced  
**3 cloves** garlic, fresh, minced (1 clove is about ½ teaspoon minced)  
**¾ cup** brown rice, instant, uncooked  
**2 teaspoons** cumin, ground  
**2 teaspoons** oregano, leaves, dried  
**½ teaspoon** salt, table  
**½ teaspoon** black pepper, ground  
**2 cups** chicken broth, low-sodium  
**3 cups** kidney beans, dark red, canned, low-sodium, drained and rinsed; or kidney beans, dry, cooked

1. Heat oil on medium–high in a medium skillet.
2. Add onions and peppers, and sauté for about 3 minutes or until onions are soft.
3. Reduce heat to medium.
4. Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
5. When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium–high, and bring to a boil.
6. Stir in kidney beans. Reduce heat to medium, and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve ¾ cup.

*<https://teamnutrition.usda.gov>*

### CARROT APPLE RAISIN SALAD

**3** carrots  
**2** red apples  
**Sprinkle** cinnamon  
**1/2 Cup** raisins  
**1/2 Cup** nonfat plain yogurt

1. Wash and peel carrots and shred with a grater. Place in bowl.
2. Stand apples on end and cut into quarters. Cut out core and seeds. Chop apples in small pieces, add to bowl.
3. Mix in yogurt, cinnamon, and raisins. Stir well. Cover and refrigerate several hours or until chilled.



# The Family Corner

## COVID-19 GUIDE: SEVEN TIPS FOR NEXT SCHOOL YEAR

**1. Start reestablishing a routine.** Just being back to a full day schedule will be challenging for some. Set regular bedtimes, wake up at a consistent time and get dressed! I've seen some parents make out daily schedules like we have in class, so students know what their tasks are for the day and how the day will be structured.

**2. Use this time to ingrain good hygiene habits.** Teach kids to wash their hands multiple times a day for 20 seconds (sing "Twinkle, Twinkle, Little Star"). When school resumes, you won't be there at the bathroom door to remind your child to wash his hands. Also, talk to them about the importance of not touching their faces, especially their nose, mouth and eyes.

**3. Talk to your child about their feelings about going back to school.** Are they excited, scared, sad to leave mom and dad, or all of those mixed together? Have strategies for coping with those feelings when they are away. Teach them to take deep breaths when feeling anxious. Give them a picture of you or your pet for when they are missing home.

**4. Since social distancing measures may continue into summer, get creative with ways for your child to socialize with their friends.** Kids can have virtual lunch dates or tea parties with FaceTime or Zoom. For younger kids who have a harder time knowing how to have an online conversation, make it more interactive by having a virtual scavenger hunt, an art lesson or a Lego-building challenge. Kids and family members can read books and play games together, by using apps like Caribu.

**5. Re-teach and model active listening skills.** Play Simon Says or the Telephone Game. Listening in a classroom with all of its distractions is harder than one-on-one. When kids are back with a teacher and classmates, they will need to make eye contact, listen to others and not interrupt.

**6. Start weaning your child from her devices.** Many homes have had an increase in television and digital media use while staying at home. Other than for school activities and socialization opportunities, limit the amount of screen time.

**7. And of course, READ, READ, READ!** Read to or with your child every day. Reading builds verbal, listening, and creative skills, which are very important at school at any age.

**While there are challenges ahead, the return to school is going to be a wonderful time. Parents may have a new appreciation for the chaotic mornings getting kids ready and off to school!**

*Excerpted from: [www.LittleRockFamily.com](http://www.LittleRockFamily.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)

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

### **Free Pack and Play available through the NYS Office of Children and Family Services**

OCFS has a number of pack and plays for distribution to child care programs, including family day care, group family day care, day care centers and legally exempt child care providers.



Contact Child Care Support Services for information on how to receive a free pack and play and a fitted sheet.

**Child Care Support Services**  
**(607) 432-0061**

### **National Summer Food Service Program FREE Bagged Lunches/Snacks Beginning June 22nd - Monday-Friday**

#### **6 Pick Up Sites in Oneonta**

A complete **free bagged lunch and snack** of sandwich, fruit, vegetable, yogurt and milk.

Serving Children and Adults in need of lunch.

#### **Face covering required.**

You do not need to pre-register, just come to pick up a meal and take it with you.

#### **SITES:**

**11:30 am**

*Oneonta High School Parking Lot  
Mountain View Mobile Home Park*

**12:00 pm**

*Greater Plains School Parking Lot  
Lantern Hill Mobile Home Park*

**12:30 pm**

*Oneida Village Mobile Home Park  
Neahwa Park Pavilion*