

THE FAMILY CONNECTION

WINTER 2021



CATHOLIC CHARITIES
OF DELAWARE, OTSEGO AND SCHOHARIE COUNTIES
CHILD CARE SERVICES PROGRAM
176 MAIN STREET, ONEONTA NY 13820

(607) 432-0061 FAX: (607) 431-9303
CHILDCARE@CHARITIESCCDO.ORG
WWW.CHARITIESCCDOS.ORG

FREE ONLINE CHILD CARE REFERRALS!

Catholic Charities Child Care Support Services has child care referrals available online. You now have the ability to search for child care any time of the day or night!

You also have access to our online referral packet which includes information to help you make an informed child care decision!

VISIT OUR WEBSITE!
WWW.CHARITIESCCDOS.ORG

DID YOU KNOW?

It is required of your child's daycare program to provide daily supervised outdoor play, except during inclement or extreme weather. Make sure you are sending your child with the necessary clothing for this season like hats, gloves, coats, etc. so they are prepared to play!



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

WINTER READING

 **The Snow Dancer** By Addie Boswell

 **The Wish Tree** By Kyo Maclear

 **The Snowy Day** By Ezra Jack Keats

 **No Two Alike** By Keith Baker

 **The Hat** by Jan Brett

KEEP CHILDREN WARM THIS WINTER! DRESS THEM IN LAYERS!

1 First Layer: Several layers of lightweight clothing, including snug thermal underwear

2 Second Layer: Turtleneck, sweater, or a sweatshirt, plus sweatpants or snow pants

3 Third Layer: Tightly-woven, water resistant jacket, plus gloves/mittens and a hat and/or ear warmers

**check fingers, ears, nose and toes ever 15 minutes to make sure they are staying warm.*

For more preparedness tips, visit
childcareprepare.org

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
childcareworks.org/take-action



[@CatholicCharitiesDOS](https://www.facebook.com/CatholicCharitiesDOS)

PARENT EDUCATION OPPORTUNITIES

The Family Service Association

277 Chestnut Street, Oneonta, NY 13820
607-432-2870

www.fsaoneontany.org

Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.

Family Resource Network

46 Oneida St. Oneonta, NY 13820
607-432-0001

www.familyrn.org

Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

Cornell University Cooperative Extension of Schoharie and Otsego Counties

Cooperstown Office
123 Lake Street, Cooperstown, NY 13326
(607) 547-2536
otsego@cornell.edu

Nutrition Education programs that assists income eligible families and youth to improve health.

Southern Tier Independence Center

135 East Frederick Street Binghamton, NY 13904
607-724-2111

-Early Childhood Direction Center: ecdc@stic-cil.org

<http://www.stic-cil.org/ecdc.html>

-Parent Technical Assistance Center ptac@stic-cil.org

<http://www.stic-cil.org/ptac.html>

ZERO TO THREE

Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge.

Visit www.zerotothree.org

START YOUR OWN BUSINESS!

Become a Family Child Care provider today!

We are seeking registered and licensed providers for traditional and weekend child care.

For more details contact

Catholic Charities at: (607) 432-0061

or see our website: CharitiesCCDOS.org

RECALL INFORMATION

For information on the latest safety recalls please visit

The OCFS website: https://ocfs.ny.gov/main/uct_recalls.asp

Gingerbread Pancakes

Ingredients:

1 ½ cups of whole wheat flour
1 tsp baking powder
¼ tsp baking soda
¼ tsp salt
½ teaspoon dried ginger
1 tsp ground cinnamon
1 egg
½ tsp vanilla extract
¼ cup molasses
1 ½ cup water



Directions:

Whisk the flour, baking powder, baking soda, salt, ginger, and cinnamon in a bowl; set aside. Beat the egg in a separate mixing bowl with the vanilla and molasses until smooth. Whisk in the water until completely incorporated. Stir the flour mixture into the molasses mixture until just combined - a few lumps are okay.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonful's onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

HEAD START

From Pregnancy to Preschool - Head Start offers education, health, nutrition, and family support services throughout Otsego County. With many families having lost wages due to COVID-19, those who would not be eligible for Head Start before may now qualify. Learn how we can help you adjust and support your family.



(607) 433-8055 | ofoinc.org

ONLINE AND PHONE FAMILY SUPPORT GROUPS

Family Resource Network offers online and phone family support groups for families of individuals with special needs. Two groups are offered per week. Registration is required.

For more information, call:

(607) 432-0001

COMMUNITY MATERNITY SERVICES

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

The Maternity Outreach Program is 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.