

# THE FAMILY CONNECTION

SUMMER 2025



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

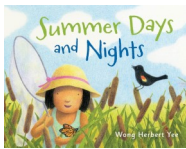
## FREE ONLINE CHILD CARE REFERRALS!

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](http://WWW.CHARITIESCCDOS.ORG)

## Summer Reading



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 Re-  
public 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)



## Easy and Fun DIY Obstacle Course Ideas

Here are some easy and fun DIY obstacle course ideas that  
you can incorporate into your backyard setup:

### The Classic Tire Run (or Hula Hoop)

Arrange a series of old tires on the ground, spacing them out  
to create a pathway. Kids can either jump inside the tires or  
step from one tire to another, testing their balance and  
coordination skills.

### The Balancing Beam

Place a narrow and sturdy wooden beam or plank on the  
ground. Kids must walk across the beam, testing their balance  
and focus. For added safety, place cushions or mats around  
the beam in case of falls.

### The Crawl Under

Create a tunnel-like challenge using large cardboard boxes or  
PVC pipes. Kids must crawl underneath, improving their agility  
and body control. Ensure that the tunnel is wide enough for  
safe passage.

### The Jump Over

Set up small hurdles or cones at intervals along the course.  
Kids must jump over these obstacles, enhancing their leg  
strength and explosive power. Adjust the height of the hurdles  
according to the children's age and abilities.

Are you a  
**Stay-At-Home Parent?**

Do you work but wish you could be  
home when your kids are?

**BECOME A  
FAMILY CHILD CARE  
PROVIDER!**

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

For more details contact **Kim** at  
Catholic Charities: (607) 432-0061  
or see our website: [CharitiesCCDOS.org](http://CharitiesCCDOS.org)



# PARENT EDUCATION OPPORTUNITIES

## The Family Service Association

277 Chestnut Street, Oneonta, NY 13820

607-432-2870

[www.fsaoneontany.org](http://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](http://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

173 South Grand Street, Suite 1

Cobleskill, New York 12043

518-234-4303

[otsego@cornell.edu](mailto: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](mailto:ecdc@stic-cil.org)

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

-Parent Technical Assistance Center [ptac@stic-cil.org](mailto: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](http://www.zerotothree.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:

[www.zerotothree.org](http://www.zerotothree.org)

## RECALL INFORMATION

For information on the latest safety recalls please visit the OCFS website: <https://ocfs.ny.gov/main/>

# Pineapple Coleslaw

## Ingredients:

- 1/3 Cup Mayonnaise
- 3 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Lemon Juice
- 1 Teaspoon Pepper
- 2 Cups Shredded Red Cabbage
- 1 Cup Julienned Carrots
- 2 Cups Broccoli Slaw Mix
- 3 Cups Finely Chopped Fresh or Canned Pineapple

## Directions:

Whisk mayonnaise, vinegar, lemon juice and seasoned pepper in a large bowl. Add cabbage, carrots, broccoli slaw and pineapple; toss to coat. Refrigerate for at least 30 minutes (and up to 1 day) before serving.



## PROVIDER HISTORY AND COMPLAINTS

Did you know you can check your child care provider's compliance history online or by phone?

By Phone:

New York State Office of Children and Family Services  
(800) 732-5207

**OR**

On-line: [www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

If you have a concern about a child day care provider or program, and you would like to register a complaint, we encourage you to call:

Child Care Support Services:

(607) 432-0061

**OR**

New York State Office of Children and Family Services  
(800) 732-5207