

Rochester Childfirst Network  
SERVING CHILDREN SINCE 1857



941 South Avenue Rochester, NY 14620 / on the web at [rcn4kids.org](http://rcn4kids.org)

## Family Child Care Newsletter

Phone:(585) 461-3598 Fax:(585) 461-3771

"Where children are the heart of the home"



The next test for the American Red Cross First Aid and CPR certification are:

June 13, 2015, Complete Course 09 a.m.-2: 24:00

July 1, 2015, 6:00 Refresher Course 20:30 pm- Call today to schedule if your certification is due for renewal!

\$ 80 members / \$ 110 non-members (EIP qualify for scholarships!)

\$ 20 deposit for 1 week in advance to register (no payment is necessary if a bond is used EIP)



workshop  
training

### Upcoming trainings



**CAM: What can kids do to help protect (PA No. 6 Child Abuse and Maltreatment) 05/23/15, September 30 -12: 00 Only \$ 30 when you mention this newsletter !! Come learn ways to incorporate daily activities in their practice that will help keep children safe.**

**The Role Provider w / Sphere of SIDS and Shaken Baby Syndrome (SIDS PA No. 9 and shaken baby syndrome) 06/27/15 12:00 -2: 30 pm Join us to discuss this issue and its prevalence in society and learn how one person can make a difference in the lives and safety of a child.**

**The value of the dollar (PA # 2 Nutrition and Health needs of children) 27.06.15, 12: 00-2: 30 pm Come along as "visit" a grocery store to see how to get the most out of your money. Do not miss the chance to win a gift card of \$ 25 to Wegmans**

Call or email to register for classes or [mcbride@rcn4kids.org](mailto:mcbride@rcn4kids.org) 585-461-3598



Interested in a way to submit claims, keep track of enrollment, plan meals, and more without ever leaving your home? Join us for **Introduction to Minute Menu**

**June 24, 2015 6-7: 30 pm**

We will discuss cycle menus, how the minutes menu works, how to get started and more!

This training is free for fcc providers only!



Health and safety

Our next meeting is June  
2 to June 17



Spread the word! \* This course can be taken for credit hour.



RCN Parent Workshops

We would like to invite you to join us on  
Wednesday, June 10

When: 5: 30-7: 30 pm

What: A meeting of parents and caregivers followed by a discussion on social / emotional issues.

Who: FCC providers and their parents of the nursery

\*\* There will be child care !! \*\*

child



\*TRAINING VOUCHER\*

# \$10off



Valid only for participants RCN CACFP • To be used for any training on Saturday June 27, 2015

## \* Provider Spotlight\*



### Congratulations!

**Joanne Regnet** Joanne's home is full of love and exploration. Her home is set up with many different areas to accommodate the various needs of the children she cares for. When you walk up to your house, you are greeted with large flat rocks that children will be painting as part of the new stone path to the playground.

Walking through the neighborhood are frequent and when it is too rainy to go outside, Joanne brings the kids outside to a covered patio for play.. She keeps a beautiful lending library for her parents so they can continue to explore themes at home.

Thank you Ms. Regnet for their hard work and dedication!



### In-credible-and delicious recipes

**Lentil soup** (creditable as lunch / dinner just add milk and serve w / bread)



#### INGREDIENTS

1 teaspoon evoo, half a small onion, 1 carrot, 1 stalk celery, 1 clove garlic, salt and pepper 14.5 ounces chicken broth, 3/4 cup of cooked lentils and 2 tbs. of red wine vinegar

#### DIRECTIONS

In a medium, heat oil over medium heat pan. Add onion, carrot, celery and garlic; season with salt and pepper and cook, stirring occasionally, until onion softens, 3 to 5 minutes. Add broth; bring to a boil and cook for 5 minutes. Add lentils and cook until soup thickens slightly, 3 to 5 minutes. Add the vinegar and season with salt and pepper.

### Contact Us!

Maria Rodriguez -ext. 239

Tanya Dickey -ext. 248

Layla Bell - ext. 250

Amy McBride, Director of FCC - ext. 249



### Ways to bring claims



- Due by the 3rd day of the month
- Claims can be mailed, but must be **post marked** no later than the 3rd
- RCN Mailbox family child care when we open at 8:00 am on the 4th or claim will be considered late
- Send in our enrollment forms separate and before mailing your claim

### CACFP Tip of the Month



#### \* Processed Foods \*

In CACFP processed foods may not be used more than once a week. This is due to their high fat and salt content. Examples of processed foods are cold cuts, hot dogs, chicken nuggets and chicken patties. Serving real meats that you prepare at home is the healthiest choice.

