

# THE FAMILY CONNECTION

SUMMER 2024



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!

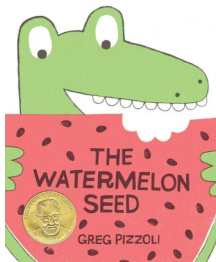
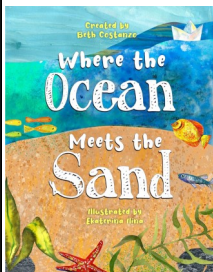
You also have access to our online referral packet which includes information to help you make an informed child care decision!

VISIT OUR WEBSITE!  
[WWW.CHARITIESCCDOS.ORG](http://WWW.CHARITIESCCDOS.ORG)

## Get Crafty!



## 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 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)

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/>

# Chickpea Salad Sandwich

## Ingredients:

- 2 (15 oz) cans chickpeas, keep liquid
- 3 tbsp celery, minced
- 2 tbsp yellow onion, minced
- 1/2 tbsp dry parsley
- 1/3 cup plain yogurt
- 2 tsp whole grain mustard or Dijon mustard
- salt and pepper to taste
- 100% whole wheat bread slices



1. In a medium saucepan, add chickpeas with their liquid and additional water if needed to cover the chickpeas. Allow chickpeas to simmer on medium heat for 10-15 minutes.
2. Using a colander, drain the chickpeas. Place chickpeas in a large bowl and mash with a potato masher or fork. Chickpeas should be mashed but you can still see pieces of chickpea in the bowl.
3. Add the remaining ingredients, except bread slices, into the bowl and combine until all the ingredients are evenly distributed.
4. Scoop 3/4 cup of chickpea salad and spread it on a piece of bread. Add another bread slice on top to make a sandwich.

## 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