



# Families First

## FALL-WINTER 2015-16 CFA NEWSLETTER

*Childbearing Family Alliance, Inc. Serving Long Island families since 1981*

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# Our Fall & Winter Issue Is Here!



### Our Purpose

*Our purpose - our mission - is to empower families so they can more effectively be stable and secure sources of health, well being and fun.*

*Further, as a professional team, our purpose is to provide quality programs, community referrals and an opportunity for parents to network.*

*This allows our clients to enhance and to support with certainty their families' health and well being.*

*We take pride in the partnerships we form with our clients to accomplish our combined objectives. We honor these partnerships as the foundation for the service we provide and depend on them for our mutual growth..*



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## From The Director, Mary R. Kahrs, BS, MA, BSS, FACCE



Welcome to our newsletter! I can't believe that fall and winter are upon us. I miss the long, warm days of summer but I also love the excitement of the fall and the holiday season, especially here at CFA. Being surrounded by children everyday brings joy in the moment and hope for the future. It certainly helps keep us all young at heart!

As you will see in this newsletter, our parent-child programs are alive and well. We offer lots of different age groups and are constantly adding to our already stellar curriculum. You should see what adorable crafts our "Miss Marcia" can make with a baby's feet and hands.

I invite you to "Like" our Facebook page so you can see what goes on here everyday. [www.facebook.com/CFAinSmithtown](http://www.facebook.com/CFAinSmithtown) We are also on Twitter, Instagram and Pinterest!

In the New Year, look for our expanded specialty preschool programs. We've already added "Little Paleontologists" to the late fall lineup and in spring look for "Little Growers", "Gizmos and Gadgets" & "Birds and Bugs". We are also accepting registration for the 2016-2017 school year for 2's, 3's and 4's. I know it's early but we are on top of it! If you're interested, please call our "Miss Lynn" for a tour 631-360-2880 X 207.

And, by the way, did you know that CFA has once again been nominated as one of the BEST preschools on Long Island? This is our 5<sup>th</sup> consecutive year! As you can imagine, we are

certainly very proud!

Also in the New Year, we will be launching a new program called "Raising a Green Family". This 2 hour meeting is for anyone and everyone who wants to learn more about creating a healthier lifestyle and having a less toxic home.

Our free "Pregnancy Basics" program continues in its popularity and is being offered regularly at many doctors' offices and here at CFA. The next "Pregnancy Basics" class scheduled at CFA is Tuesday evening, Dec. 8th, 6:30-8pm. This program is the perfect introductory program for any new parent-to-be who wants to feel better informed, prepared and organized.

So, as you can see, we are busy as usual. CFA staff and I wish you a wonderful holiday season and we'll catch up again with you in the spring. *Be Well!*

Mary

We've been nominated once again! Please vote for CFA in the Best of Long Island Poll 2016!



## What Our Families Say About CFA!



Hi Mary,

"I have to thank you and Eva both for the wonderful prenatal classes and the experience I have had with you both. I am going to write a review on your FB page! I feel at such ease! You both were more than teachers. You were understanding and didn't rush anything and each offered assistance even after the classes were over! Last night was my last class. I will miss going but we will definitely be there for the Lamaze reunion date! Can't wait! Thanks again!"

-Candice

"Thank you to all of the teachers and staff at CFA. Our boys, Nicholas & Brandon, have been through so many CFA programs and we could not have asked for a better preschool! We started out with Lamaze with Mary and felt comfortable at CFA. Marcia was

fabulous with my "babies". She calmed my fears, hugged my boys and shared her wisdom. There have been so many fabulous teachers, friends and parents along the way. We will miss CFA for sure. But we know we leave with great memories. We thank you for keeping our boys safe and happy. Thank you for getting them ready for Kindergarten."

-Love, the Travers family

Dear CFA Family,

"There are truly no words to express our sincere gratitude for loving, teaching and caring for our children all these years. Most of all, you provided my husband and I with the overwhelming sense of peace when they were in your care. We truly will miss you all so dearly.

-With all our love, The Lambros Family

"CFA is an excellent preschool! My daughter loved going to class and had a smile from the time I dropped her off until I picked her up. Very friendly, sweet, kind staff! They genuinely care for the kids. Safety of my child was never a

concern and communication and organization were excellent! Thank you to the school for a wonderful experience and especially to the teachers. We will miss CFA but the lessons they have taught will carry through to the future. I highly recommend CFA Preschool and it's very affordable too!"

-Yamit Marsh



Each of us is here for a brief sojourn; for what purpose we know not, though sometimes sense it. But we know from daily life that we exist for other people, first of all for whose smiles and well being our own happiness depends.

-Albert Einstein





# In The Spotlight! CFA Parent-Child Programs



Childhood is fleeting! What a precious gift it is to spend time with our children. Few things in life are more important and have a more profound impact on a child's life. CFA is passionate about providing the perfect environment for parents and their young children to *be* together for fun, undisturbed, quality time.

CFA has been developing and providing wonderful programs for parents and children since 1981. These programs encourage bonding and interaction between parent and child, build confidence and self esteem and provide lots of opportunity for socialization for both parent and child. They provide personal attention and small class size and combine a wide variety of age appropriate activities with music, movement, story time and free play.

Experienced, friendly and compassionate teachers facilitate and lead the way to help parents discover just how much fun they can have with their little one! It all begins with "New Mother's Group", for moms and babies birth—3 months of age. A "life saver" for new moms, this program provides support, friendship, information and community. As friendships and confidence flourish and babies grow, parents are ready to move onto "My Baby and Me", for 3 to 6 month olds and their Parents, where they enjoy lots of fun activities, discussions, crafts and more!

Fun For Wee Ones" for 6-12 month olds &



their parents and "Stay & Play" for 1-2 year olds and their parents, provide a continuation of social and developmental fun time as babies move into toddlerhood.

A wonderful benefit of being part of a CFA parent/child program are the friendships that develop among parents and children alike! Making connections with other families within the community who are going through the joys and challenges of raising young children is vital for both parents and children. These connections are a gift; creating invaluable support systems and adding so much joy to life.

CFA is thrilled to be a place where the parent-child relationship is honored and celebrated and where a sense of community, joy, playfulness and empowerment is valued and nurtured!

**Parent-Child Programs run in 6 to 7 week sessions throughout the year. For more information or current schedule, go to [www.familycfa.com](http://www.familycfa.com) or call 631 360-2880.**

*"To find joy, live your life through the eyes of a child."  
-Karon Waddell*



*During this Holiday Season, CFA is accepting donations for these wonderful organizations through Wednesday, December 16.*

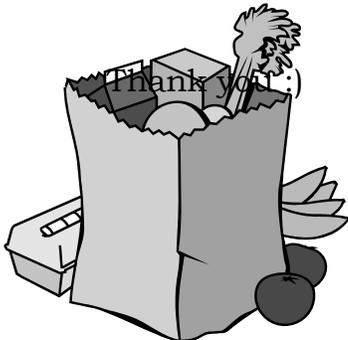


[licares.org](http://licares.org)

**YOU** can help end hunger on Long Island. Help stock LI food pantries, senior and children's daycare centers, soup kitchens and shelters. Bring non-perishable food items, formula or toiletries for the LI Cares collection boxes.

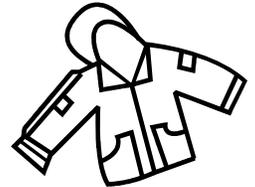
Long Island Cares has requested some other items that many people would not necessarily think to donate. In addition to "people food", the following items are needed...

- School supplies
- Birthday party supplies
- Household goods: cleaning supplies, towels, heavy duty garbage bags
- Pet food
- Personal care items
- **NEW** toys
- **NEW** hats, gloves, socks
- **NEW** blankets
- No other clothing please



[bbbsli.org](http://bbbsli.org)

Help keep Long Islanders warm! Big Brothers, Big Sisters needs gently used coats, gloves, hats, scarves of all sizes: infant - adult.



## Toys of Hope

[Toysofhope.org](http://Toysofhope.org)



This organization helps children, families & their pets. 100% of all donations go towards

helping families in need. Known for "More Than Toys", the charity has created many programs that provide desperately needed goods and services to assist families in becoming self-sufficient and, in turn, helping to improve their children's lives. All donations of toys, clothes, hygiene and household items must be BRAND NEW!

## Newborns & Needs

A not-for-profit organization run by 4 women volunteers. This organization accepts clothing and equipment for babies birth-12 months including preemies. No toys please. For more information please contact Lorraine at 631-549-6860 or email [svnhearen@aol.com](mailto:svnhearen@aol.com)



Special Holiday Season Happenings at CFA...

# Santa is coming to CFA!



It's time for his annual visit.



**Sunday, December 6, 2015, 10:30am - 1pm**

This event will take place in our Main Office (green door) and there is no charge.

- \* Why go to the mall and stand on long lines with tired, frustrated children?
- \* At CFA, there is NO pressure for your child(ren) to talk to Santa. Children can “warm up” to him at their own pace while parents socialize.
- \* If you have an infant, please come to visit Santa at the end of his visit. It is usually less crowded at this time.
- \* Relax and enjoy the NO RUSH atmosphere.

- Bring your child(ren)!
- Bring their letters to Santa!
- Bring your camera!
- Bring a donation for one of the charitable organizations we work with!

## Late Fall-Winter Parent-Child Programs Begin!

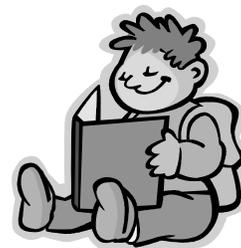


Scan here or visit  
our website  
[Familycfa.com](http://Familycfa.com)

## Holiday Scholastic Book Fair

Tuesday, Dec. 1 - Wednesday, Dec. 9,  
10 am - 2 pm,  
weekdays in our  
preschool.

The Book Fair will also  
take place during  
Santa's visit!



## Preschool Open House

Saturday, Feb. 6, 10am - 2 pm  
Registration for the 2016-2017  
school year is currently being  
accepted for 2, 3 and 4 yr olds.

Don't want to wait for the open house?  
Call for a tour!



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# Fall/Winter CFA Happenings



## Summer Report:

July and August at Camp CFA was a blast! Our summer camp days were filled with fun and adventure as our 3-5 year old campers explored our two fantastically imaginative themes: “Rainforest Adventures” & “Superhero Fun”!

They made capes, soared like superheroes, explored the habitat and denizens of the rainforest and had a great time playing games, singing songs, creating special arts and crafts projects and best of all, making friends! Our fabulous and fun camp counselors showed our campers a really good time!

Other summer programs included, “Little Chefs”, “Little Artists”, “Little Scientists”, “Kindergarten Enrichment” and “Separation With Ease” programs, as well our popular “New Mom’s Group” and our many other “Parent/Child programs”!



## Preschool Highlights:

This fall, our preschoolers have already enjoyed many fun learning experiences. They have been happily immersed in multisensory learning through crafts, books, toys, games, songs, manipulatives, discussions, graphs making, writing, letter and number recognition!

As each theme or unit is introduced, teachers interweave science, creativity, math, reading and writing concepts to reinforce comprehension and create a rich learning experience that truly excites and captivates our young students.

As the holiday season arrives, we have so many fun events and activities in store— Scholastic Book Fair, Thanksgiving feasts, Holiday parties, Santa’s visit and more!



## Santa’s Annual Visit:

One of our favorite CFA traditions is Santa’s annual visit! It’s such a treat for our preschoolers and their families to take time out of their busy holiday schedules to stop by, slow down and spend some quality time just hanging out with Santa. Children can approach him at their own pace as they play and color together. Parents can relax, socialize and take lots of pictures. Monica Moyers of Tot Music often comes by with her guitar and her jingle bells to sing holiday tunes and everyone is welcomed to sing-along. :)

There are no long lines, no pressure, no registration and of course, no cost for this event — just fun, music, friends and lots of holiday cheer! Kids, don’t forget to bring your letters to Santa Claus! Parents, don’t forget your camera! 631 360-2880 or [www.familycfa.com](http://www.familycfa.com) for more info.



## Prenatal Classes & Lamaze Class Reunion:

Expectant couples came to CFA for a variety of prenatal classes to help inform, prepare and empower them for their labor, birth, postpartum period and caring for their baby. We offer Lamaze & Bradley Childbirth Education, Baby Care Basics, Infant & Child CPR & Safety and Breastfeeding classes.

When baby is born, we love reuniting with our wonderful, brand new parents at our Lamaze Class Reunions. It is a fun hour and a half where new moms and dads get to talk about their birth experiences and life with baby and then we pose for a group photo!



## “Baby Info Events”:

A fun, educational event sponsored by Viacord, the leader in umbilical cord blood banking. Expectant couples enjoy a delicious free dinner at Villa Lombardi’s in Holbrook as they learn about cord blood banking and breastfeeding.

CFA co-sponsors this event, bringing raffle prizes and goody bags, provided by local businesses and our own Mary Kahrs gives a fun and informative breastfeeding presentation.

For future Baby Info event dates or for more information, call CFA at 631 360-2880 x 205. To register for this free event, you can RSVP to Viacord representative Jim La Valle by going to:

[www.viacord.com](http://www.viacord.com)



## GREEN CORNER

We've gathered some tips on easy ways to protect Mother Earth and Your Family's Health!

### Getting Ready To Go Greener for Baby's Arrival!

Every parent wants to keep their precious newborn safe and healthy. We joyfully create a beautiful nursery with all of the trimmings; a fresh coat of paint, wallpaper, new carpeting, new crib and other furnishings, baby blankets and baby clothes and of course, various products to care for baby's skin and hair. What we may not realize is that all of these items can contain harmful chemicals, many of them known to be carcinogenic. Babies have tiny bodies compared to us and are particularly vulnerable to harmful substances.

Chemicals such as volatile organic compounds (VOC's), found in many paints and building products and flame retardants on fabrics and mattresses known as PBDE's are toxic and can cause nervous system and brain development problems with long term exposure.

When it comes to skincare, the truth about baby products is alarming! Most are full of numerous toxic ingredients that enter your baby's body when applied. Talc, fragrance, parabens and propylene glycol, are just a few to look out for and avoid. It is vital and well worth the effort to learn about and carefully research ingredients and carefully read labels for the health of our babies, ourselves and the environment.

Here are a few resources to help you learn more:

- [ewg.org/skindeep/top-tips-for-safer-products/](http://ewg.org/skindeep/top-tips-for-safer-products/)
- [mom365.com/pregnancy/preparing-for-baby/all-about-setting-up-a-baby-nursery/creating-a-nontoxic-nursery/](http://mom365.com/pregnancy/preparing-for-baby/all-about-setting-up-a-baby-nursery/creating-a-nontoxic-nursery/)
- [goop.com/the-non-toxic-nursery-guide-everything-you-need-for-the-first-few-months/](http://goop.com/the-non-toxic-nursery-guide-everything-you-need-for-the-first-few-months/)
- [babygreenthumb.com](http://babygreenthumb.com)
- [naturallymindful.com](http://naturallymindful.com)
- [saferchemicals.org](http://saferchemicals.org)
- [organicgrace.com/healthy-happy-baby-creating-non-toxic-nursery](http://organicgrace.com/healthy-happy-baby-creating-non-toxic-nursery)
- [pinterest.com/rachelwiles/non-toxic-baby/](http://pinterest.com/rachelwiles/non-toxic-baby/)
- CFA will be offering a new 2 hour program for anyone who wants to learn simple, affordable ways to care for baby using safe products and prepare a non-toxic nursery. Check [familycfa.com](http://familycfa.com) for upcoming information and schedule.



## Family Bites



### AVOCADO... Creamy, Delicious & Super Nutritious!

Avocados are an amazing food—chock full of a wide variety of nutrients. Avocados are heart healthy, weight loss friendly and cancer fighting—and that's just the beginning....

Avocados are...

- *very high in potassium—to help lower blood pressure and lower the risk of heart attacks, strokes & kidney failure.*
- *contain beneficial oleic fat—to help reduce inflammation & effect cancer genes in a beneficial way and can lower the side effects of chemotherapy. The fat in avocado helps the body to absorb other nutrients.*
- *loaded with fiber-to help lower heart disease risk factors like cholesterol & triglycerides.*
- *high in antioxidants including Lutein & Zeaxanthin—important for eye health and lowering risk of macular degeneration & cataracts.*

Avocados are rich and creamy and are incredibly versatile. They are great added to salads, soups and sandwiches, made into guacole or scooped out with a spoon and eaten right out of their skin.

#### Spicy Corn & Avocado Soup 4 servings

- ¼ cup olive oil
- 1 yellow onion, roughly chopped
- Kernels from 2 ears of corn
- 4 cups Organic Free Range Pacific Chicken Broth
- 1 large avocado, peeled and pitted
- 1 fresh jalapeno, roughly chopped
- Kosher salt

In a medium-large pot over medium-low heat, add the olive oil and the yellow onion. Cook while stirring often for 7 minutes.

The onions should be soft and translucent when you add the corn kernels. Stir them into the onions and then add the chicken broth. Bring to a simmer and cook for 10 minutes.

Remove the soup from the stove and transfer it to a blender. Add the jalapeno and the avocado and puree on high until the soup is smooth and creamy. Season to taste with kosher salt.

Garnish with slices of avocado and some raw corn kernels and chives plus a drizzle of olive oil. *from Heatherchristo.com*



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## CFA Programs Include:

- Early Pregnancy Classes
- Childbirth Education
- Breastfeeding Classes
- Baby Care Basics Class
- New Mother's Group
- Infant Safety & CPR
- Parent/Child Playgroups
- Preschool for 2,3 & 4 year olds
- Summer Camp
- Little Chefs
- Little Scientists
- Little Artists
- Tot Music
- Separation With Ease
- Kindergarten Enrichment
- 3 year old Enrichment
- Saturday & Evening Programs

## CFA News

### Celebrating 30 + Years!



Vote for CFA Preschool in the  
 "Best Of LI" Poll!

CFA Preschool Open House  
 Sunday, Feb. 6, 2016

Santa Visits CFA  
 Sunday, December 6th

Bring donations to CFA for  
 "Long Island Cares",  
 "Big Brothers & Big  
 Sisters" & "Newborns &

Don't miss our Holiday  
 Scholastic Book Fair Tues.,  
 Dec. 1st - 9th

*From pregnancy through preschool,  
 we're with you every step of the way!*