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Families First

FALL-WINTER 2019-2020 CFA NEWSLETTER

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

It's Time For Our Fall & Winter Issue!



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*



Hello CFA families and friends! I hope all is well with you and yours. Thank you for taking the time to read this and catch up with us. I have so much to tell you.

New Mother's Group continues to be an essential part of the 4th trimester. In my opinion, it is the most important program we offer. These groups are so very special, so very important and come to new moms when they truly need it. Watching moms come into their own with increased confidence, strength and power is amazing. In addition, we witness the very beginning of lifelong friendships start to form and the development of a support system that will always be there for them. Quite an honor to watch the transformation.

Our Fit4mom division is off and running, literally! We have added new instructors and locations. Our newest "Stroller Strides" class location is the Smith Haven Mall in Lake Grove. We offer classes in the morning, mid-day, evening, weekdays and Saturdays. "Stroller Strides" allows moms, with their little ones safely buckled in the stroller, time to exercise and time to connect with other moms. The goal is for moms to leave feeling strong, energized and accomplished. Why? Because we know that happy, healthy, confident moms raise happy, healthy, confident kids which become happy, healthy, confident families. Exactly what our world needs!

For more information and our current schedule please visit our website at SuffolkCountyWest.Fit4mom.com.

We also offer other ways for parents and their children to have fun and meet other families. Join us for our parent-child programs: "My Baby & Me", "Fun for Wee Ones", "Stay & Play" and our very popular "Separation with Ease" classes.

Our Preschool year is off to a great start. Our extraordinary teachers and curriculum are bringing the very best out of our young students. I love going into the classrooms being met by smiles, hearing the laughter and seeing the progress being made each and every day.

Our goal is to be sure that our students love learning and being at school. We work hard to make every day that they are in school their BEST day!

We are also offering afternoon enrichment classes for preschoolers. These programs are open to all preschoolers, not just CFA students. Children are invited to enroll in "Little Artists", "Little Chefs" and "Little Book Lovers", just to name a few. This information can also be found on our website www.familycfa.com.

Before we know it the holidays will be here and a new year will begin. Wishing you and your family a happy and healthy 2020!

Be Well!

Mary



What Our Families Say About CFA!



"CFA is the best place to take any children's classes; mommy & me programs, summer camp and preschool. I sent all three of my children here. Love, love, love this place!"

-Dana Orehosky

Singing the Praises of CFA's New Mother's Group...

"New Mother's Group is wonderful! I took this class 13 years ago and the moms I met there are all still my friends! I highly recommend it!! I was so lost and scared when I had my first baby!! It made me realize I wasn't alone! Thanks for all you do Mary!!"

-Denise Czwartacki Vibal

"I HIGHLY recommend New Mother's Group! I did it 12 years ago with my son and it was hands down the best thing I did as a new mom. Got me out of the house, got me to share stories, tips and challenges with other local new moms (some of which I still keep in touch with.)"

-Melissa Nicholes-Michel

"I joined a New Mother's Group at CFA 19 years ago. Met my lifelong friends there! Mary is one of a kind!"

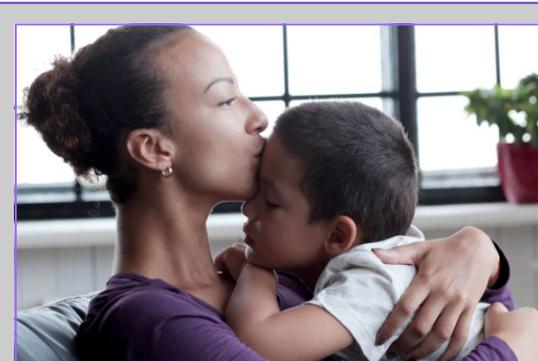
-Deserie Gaffney Burns

"I did New Mom's Group almost 14 years ago and the new moms I met still are friends. It is great to be with new moms going through similar things and Mary is so knowledgeable."

-Kristin Zureck DeCarolis

"I took New Mom's Group 19 years ago. It was an amazing time with all new moms and it got me out of the house with the baby. My daughter was three weeks old when we started. Loved Mary!"

-Elisa-Noel Mishkin



"The most important thing she'd learned over the years was that there was no way to be a perfect mother and a million ways to be a great one."

- Jill Churchill





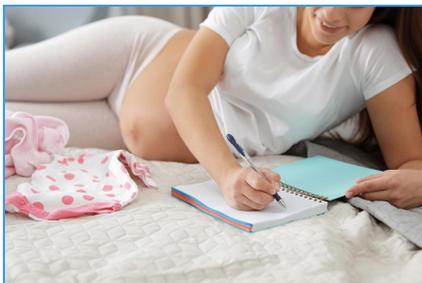
In The Spotlight!

Pregnancy Basics Class



Are you pregnant?

Congratulations! It's the perfect time to take a "Pregnancy Basics" class! This is our very own special program that we offer free of charge to all parents-to-be right here in our classroom at CFA, as well as at several local OB/GYN offices in our area.



This 1.5 hour class is fun and very informative. Although we encourage parents-to-be to take "Pregnancy Basics" class as early in their pregnancy as possible, they are welcome to take it any time during pregnancy.



The purpose of a "Pregnancy Basics" class is to help parents-to-be feel more confident and educated as they move through the weeks of pregnancy, helping them feel better informed, better organized and well prepared.

A "Pregnancy Basics" class provides parents-to-be with an overview of pregnancy topics, such as;

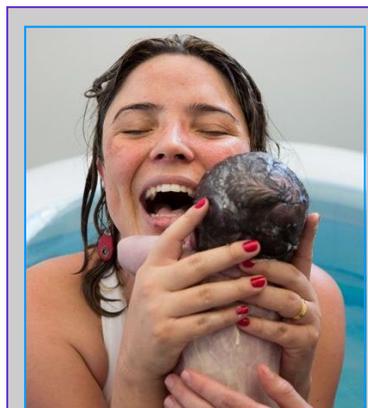


baby's growth and development, pregnancy anatomy and physiology, good nutrition, routine testing, labor and delivery, breastfeeding and hospital policies and procedures.

We all know that pregnancy is a time of great changes, both emotional and physical. It can also be overwhelming to sift through the mountains of information and advice coming at a pregnant woman and her partner from the internet, apps, friends and relatives.

Coming to a "Pregnancy Basics" class provides expectant parents with clear and accurate information to help them understand and know what to expect and what their options are as they navigate the amazing life experience of pregnancy, birth and beyond. This class gives expectant parents the unique opportunity to have and take the time they need to ask all of their questions and have them answered in more detail and depth than prenatal office visits can sometimes permit.

So, if you are expecting, ask your doctor or midwife if "Pregnancy Basics" class is available at their office. If not, plan on attending this free class at CFA. Register online at familycfa.com or by calling 631 360-2880.



"The power of the birth plan isn't the actual plan, it's the process of becoming educated about all of your options!"

Special Holiday Season Happenings at CFA...

Santa is coming to CFA!



It's time for his annual visit.

Sunday, December 8, 2019, 2 - 3:30 pm

Please note time change

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

Come visit Santa and bring a donation!

CFA is accepting donations for these wonderful organizations through Wednesday, Dec. 18.



*Newborns
in Need*

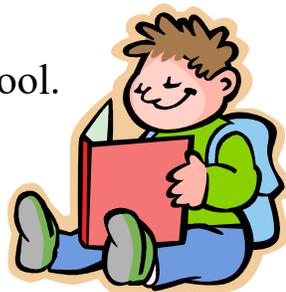
**Late Fall-Winter Parent-Child
Programs Begin!**

*Visit our website
Familycfa.com*

**Holiday Scholastic
Book Fair**

Monday, Dec. 2 - Sunday, Dec. 8,

Weekdays in our preschool.
The Book Fair will also
take place during
Santa's visit!



**Preschool
Open House**

Saturday, Feb. 1,
10am - 2 pm

Registration for the 2020-2021 school
year is currently being accepted for
2, 3 and 4 yr. olds.

Don't want to wait for the open house?
Call to schedule a tour with
"Miss Valerie"
631-360-2880 X 207



FIT4MOM[®]

Western
Suffolk

We are proud to offer

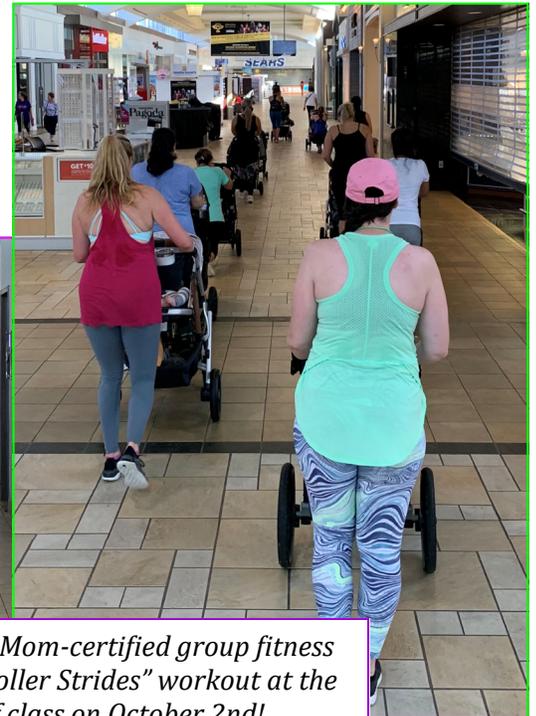
Stroller Strides Classes

at **INDOOR** locations throughout the cold winter months
and inclement weather days including CFA
with more locations in the works!

During the spring and summer months we head outside!

**EXCITING NEWS!... Stroller Strides classes are now being held
at the Smith Haven Mall in Lake Grove!**

*Simon Mall invited Fit4Mom West Suffolk to bring our
Stroller Strides class into the Smith Haven Mall on October
2nd to have a fun & festive "Kick-Off" class, complete with
raffle prizes, fun giveaways and an awesome workout for
moms with their babies! It was a lot of fun!*



*Moms & their babies, led by Fit4Mom-certified group fitness
instructors, enjoyed a great "Stroller Strides" workout at the
Smith Haven Mall Kick-Off class on October 2nd!*

**FIT4MOM is the nation's leading prenatal and postnatal fitness program, providing fitness
classes and a network of moms to support every stage of motherhood!**

Sign up on our website for your FREE class today! www.suffolkcountywest.fit4mom.com

For more information call: 631 360-2880 or email: marykahrs@fit4mom.com

FB: [strollerstrideslongisland](https://www.facebook.com/strollerstrideslongisland)



Summer Camp Report:

July and August at Camp CFA was a blast! Our 4-6 year old campers enjoyed so many fun activities in our “Little Gardeners”, “Little Chefs”, “Little Scientists” and “Little Artists” classes. Our 2-3 year old campers enjoyed camp themes such as “The Circus is in Town”, “Princesses & Knights”, “Barnyard Palooza” and “Party in the USA”. All of our campers played games, sang songs, did arts & crafts and had lots of outdoor play, while making friends and learning a lot too! Our wonderful summer counselors showed our campers a really great time!



Preschool Highlights:

A new school year is underway and our preschoolers are enjoying learning and playing together. They are happily immersed in a wonderful variety of multisensory activities involving crafts, books, toys, games, songs, discussions, graphs, 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. Students and teachers are now looking forward to all of the fun and creative learning activities that the holiday season will bring!



Fit4Mom/Stroller Strides & CFA:

CFA now provides a great lineup of unique, mother-centered Fit4Mom fitness programs including; Stroller Strides, Body Back and more! These wonderful programs are the perfect compliment to our CFA program lineup! And now we offer “Stroller Strides at the Smith Haven Mall! For more info call 631 360-2880 or email marykahrs@fit4mom.com. Sign up on our website, www.suffolkcountywest.fit4mom.com for a free class.



Santa's Annual Visit Sunday, December 8th from 2-3:30pm:

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 quality time with Santa.

Children can play together and approach Santa at their own pace. Parents can relax, socialize and take lots of pictures. No long lines, no pressure, no registration and of course, no cost for this event — just fun, music, friends and holiday cheer! Kids, don't forget to bring your letters to Santa Claus! 631 360-2880 or www.familycfa.com for more information.



Prenatal Classes

Expectant couples come 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, Breastfeeding classes and the free early pregnancy program “Pregnancy Basics”.

Once baby arrives, our New Mother's Group is a great 6 week program for new moms and their babies to come for friendship, support, advice, connection.

Call 631 360-2880 or go online for current class schedules.



GREEN CORNER

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

Working To Save The Amazon Rainforest

As we watch in dismay, record-breaking fires and rapid deforestation continue to destroy the Amazon rainforest.

We may wonder what we can do to save such a vital part of earth's ecosystem. It has existed for 50 million years but is under real threat from human activities, such as deliberate fires set to clear acreage for ranching and farming as well as mining for minerals.

The Amazon rainforest is commonly referred to as "the lungs of the planet". It produces more than 20% of the world's oxygen and absorbs more than 2.2 billion tons of carbon dioxide each year. The Amazon rainforest provides enormous bio-diversity in terms of plant and animal life and from it come many life-saving medicines.

Yadvinder Malhi, an ecologist at the University of Oxford in England reminds us, "This is the richest place on our planet. It is one of the great libraries of nature on Earth".

So, we must all do our part in stopping its destruction!

Ways You Can Help Save the Amazon Rainforest:

- *Reduce your consumption of wood and paper products and when you do use paper, shop for recycled paper or tree-free paper products.*
- *Reduce your consumption of oil and gas- choose a car that gets good gas mileage, walk, bike or take mass transit.*
- *Reduce your beef consumption. Acres of rainforest have been cleared to raise cattle whose meat we buy and eat.*
- *We can use our power to hold corporations accountable. Let them know that you won't use their products or services if their business practices are environmentally irresponsible. Visit www.ran.org or more information.*
- *Invest in rainforest communities by supporting projects such a The Protect-an-Acre Program. (see ran.org)*
- *Donate to The Rainforest Action Network, One Tree Planted, Rainforest Trust, World Wildlife Fund, etc.*
- *Spread the word to friends and family. Don't be silent!*



Family Bites

The Case For Plant Based Burgers



Meat alternatives are gaining in popularity and availability. This year, Burger King, Subway, KFC and other big restaurant chains have added the Impossible Burger or Beyond Burger meat-less products to their menus. These plant-based burgers are created with the taste and texture of beef.

Unlike veggie burgers that have been on the market for years, these new burgers are marketed to meat eaters who want to enjoy the taste experience of a hamburger without consuming an animal product. This can help entice meat eaters to make more meat-less meal choices and to replace some of their meat purchases with plant-based foods.

Eating less meat could have a huge impact on the environment; reducing land and water use and greenhouse gas emissions from livestock. If plant-based "meats" were to become a significant share of the meat market, the positive impact on climate change could be enormous!

We should all be concerned about the state of widespread factory-farming practices, which are questionable and cruel. Animals kept in overcrowded conditions are mass-fed antibiotics to limit sickness. This leads to our own body's antibiotic resistance and stronger, more resistant bacteria on the rise. So, there are good reasons to try swapping out your beef burger for a tasty meatless one!

Southwestern Beyond Burger

from whatsgabycooking.com

4 Beyond Burger Patties Caramelized Poblanos and Onions (see recipe)

Brioche burger buns, toasted
 2 Avocados, sliced
 1 cup Pico de Gallo
 Chipotle Mayo
 Butter Lettuce

For the Caramelized Poblanos and Onions:

2 tablespoons olive oil
 2 large yellow onions, finely sliced
 2 poblano peppers, finely sliced
 ½ cup water

In a large skillet, heat the olive oil over medium high heat. Add the onion and poblano and sauté for 10-15 minutes until it starts to caramelize. Reduce the heat to medium and add a few tablespoons of water starting at the 15 minute mark and continue to caramelize for a total of 45 minutes until deeply brown but not burnt. Season with salt and set aside.

Cook the Beyond Burgers according to the package directions.

Place your toasted buns on a plate and add the lettuce leaves to the bottom of the bun. Top the lettuce leaf with the Beyond Burger. Top the burger with sliced avocado and caramelized onions and poblanos. Add some pico de gallo on top. Slather the top half of the bun with the chipotle mayo and top the burger with the bun. Serve immediately.



Childbearing Family Alliance, Inc.

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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
- My Baby & Me
- Stay & Play
- Separation with ease
- Preschool for 2, 3 & 4 year olds
- Summer Camp
- Specialty programs for Preschoolers
- Tot Music
- Kindergarten Enrichment
- 3 year old Enrichment
- Saturday & Evening Programs
- Fit4Mom fitness classes
Stroller Strides

CFA News

Celebrating 35 + Years!



*Vote for CFA Preschool in the
"Best Of LI" 2020" Poll
Oct 1st- Dec 31st*

*CFA Open House
Saturday, Feb. 1, 2020*

*Santa Visits CFA
Sunday, December 8th!*

*Bring donations to CFA for
"Long Island Cares",
"Big Brothers & Big Sisters",
"Newborns In Need",
"Federation of Organizations"*

*Don't miss our "Family
Picture Day" Saturday,
Nov. 2nd!*

*Call 631 360-2880 to arrange a
tour of our Preschool!*

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