



LIFELINE NEWSLETTER

November 2016

UPCOMING MEETINGS

Tue Nov 8 Make/Take/Share

Sat Nov 19 *special 3-hr morning
for new required classes
9:00am—noon

Tue Nov 29 Autism Speaks

No Meetings in December!

January Shaken Baby/
Abusive Head Trauma

+Please note days and dates. Meetings
no longer fall always on a 1st or 3rd
Tuesday.

ALL MEETINGS ARE FROM
7:00—8:30

**Children under age 18 will NOT
be admitted to meetings.**

**We tend to the needs of children
all day long. This time is just for
you. Thank you for understand-
ing.**

Always check the website or call
Patty (303-745-6558) for weather
related cancellations!

ACFCCA Board Meetings are held on the 1st
Tuesday of each month. If you are interested in
attending, please contact Lori at 303-794-7278

Monthly Workshops

County Workshop

Koelbel Library
5955 S. Holly Street
Centennial, 80121

Tuesday, November 8

Bring & Share Ideas from Providers

If you have fun holiday ideas, share it
with the group. A craft, song, book,
lesson, food, ANYTHING! Let's
all get some new creative ideas for
the holidays!

1.5 hrs training

Coming in January:

Shaken Baby/Abusive Head Trauma (Required)

Speaker: group online class

no computer necessary

1.5 hrs



We're on the web!

www.acfcca.org

Find meeting information
and newsletters there
each month.

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Saturday, November 19; 9:00 am

Recognition/Reporting of Child Abuse

Building/Premises Safety

New Rules Overview

Mandatory Classes

Speaker: Cathy Moyer

3.0 hrs training

Tuesday, November 29

Autism Speaks

Speaker: Jessica Ross

1.5 hrs

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Other Workshops/Training Information

<u>Other Area Association Workshops</u>	<u>CPR/First Aid/Universal Precautions Class Instructors</u>	<u>Medication Administration Class Instructors</u>
Denver County: Betty@ 303-758-1289	A Caregiver Network 720-870-1161	A Caregiver Network 720-870-1161
Jefferson County: Marilyn@ 303-979-5952	Buster Posey 303-870-8376	Debbie Bradley 303-359-9553
Adams County: Vickie@ 303-284-6038	Advanced Care 303-384-3696	Susan Bobka 303-693-2762
Douglas County: douglascountychildcare.com	Tammy Aaron 720-851-8983	Tammy Vigil 303-880-6488
CAFCC: Tricia@ 303-914-8687 www.coloradochildcare.com	Front range CPR/first aid Contact: Andrew 720-556-6742	

Live in Aurora? Sign up for Emergency Notifications

Register to receive emergency notifications about natural and man-made disasters, missing child or at-risk adult, or a public safety issue in your area through your cell phone, text messaging or email by signing up online with the city of Aurora. Go to www.auroragov.org, click on the "Citizen Alert, Notification Sign Up" button and follow the easy instructions. Notifications do not include weather alerts.

news Aurora

October 2016

President's Message

Hello everyone,

And so the countdown begins with the holiday season. Which sends us searching for new ideas to work on with the kids. I know we had mentioned at the last Koelbel meeting that we would be having the shaken baby/head trauma class but that's not going to be the case. We'll get a date and let you know about that in December. It's too soon to book the meeting rooms because as I found out this morning, instead of booking them 3 months in advance, now it's just 60 days. So keep watching the website for exact dates to be posted. I know many of you got the email about the class we're holding on Saturday November 19th at Koelbel library because I've gotten plenty of responses to attend. Hooray! We'll also be having our regularly scheduled meeting at Koelbel library on Tuesday November 8th. *Election day*. We're wondering how many of you will be in attendance. We're going to go ahead with our November idea of sharing ideas for the holidays whether it be arts and crafts; food and snacks; activities; or whatever you do. C'mon over and join us and either bring an example or a picture. We get so many useful ideas this way.

Sheri and I attended the CAFCC state meeting on October 22nd. I know most of you don't have any idea what happens at those meetings. To make a confession, when they start talking legislation and such, I can't keep up. Not my thing. But there are 3 gals who've been sitting on the board of CAFCC for the past 8 years and they are ready to step down and let someone else have a turn. They have all agreed that they will stay on and mentor anyone that would be interested in joining a committee and getting their 'feet wet' so to speak. If you are interested please let me know and I'll get you in touch with Tricia, who is the current president. She was just voted in again during elections in June and now she has retired from child care. She will continue in the position until she can get someone trained to take over. They have asked all the county representatives to come back to our memberships and ask for help. This is your chance! If you want to be more involved in the workings of how our rules and regs get created or our voice in the capital, this is where you go. If you're not a member of CAFCC, you can go to their website www.coloradochildcare.com and see what it's all about and then fill out the membership application included in this newsletter and send it in. Each and every one of us, as licensed providers should be members of our state association to show strength in numbers. Please give it some consideration.

With Thanksgiving coming up, I've been hearing and reading lots of things about thankfulness, kindness and mindfulness. I believe that childcare providers are the sum of these three words. Day in and day out, you put yourself out there to be available to the wee ones you care for and their families on top of everyone else in your life that needs your attention. Thank you so much! Take a few minutes daily this month to be in the moment instead of the whirl of it all. Be thankful that you have a job to do and kids to care for. Be kind to others under all circumstances and see what happens. It will be returned to you many times over. Be mindful of the beauty of life and the small things that make each day delightful. It's what gets you through the tough times. I am so thankful that I'm a part of an association that has so many extraordinary people who do so many ordinary tasks. This is my official entry into my gratitude journal for today. Blessings be to you all, as you are so to me.

Gobble gobble...happy thanksgiving!

Patty

CAFCC is the professional voice called upon to speak for Colorado's 4,000 plus licensed family child care providers. Opinions held by members are valued and relayed to the appropriate advocates.

CAFCC supports legislation that has a positive impact on child care by staying informed of pending legislation, which may have an impact on child care.

CAFCC meets regularly and provides the Family Child Care perspective regarding policy and procedures with:

- *Colorado Division of Early Care & Learning*
- *Qualistar*
- *Governor's Advisory Committee*
- *Early Childhood Summit*
- *Local municipalities including Zoning*
- *National Association of Family Child Care (NAFCC)*
- *Colorado Association for the Education of Young Children (CAEYC)*
- *USDA Child and Adult Care Food Program*
- *Colorado Legislative Cooperative*
- *Colorado Child Care Assistance Program*

CAFCC is dedicated to promoting the education of family child care provider's high standards within their field, greater awareness of family child care providers as a positive professional group, and communication among child care providers, officials, organizations, child care consumers and government agencies.

CAFCC meets with Affiliate Representatives where information is exchanged and discussed regarding child care issues throughout the state. Affiliate Representatives are sent Board Packets containing the minutes of CAFCC Board Meetings encouraging them to disseminate the information to their memberships. By doing so, Affiliates' members can stay abreast of business and issues addressed, discussed, and/or acted upon at CAFCC Board Meetings.

CAFCC strives to provide information on Educational opportunities offered throughout the state that foster quality child care. This includes child care conferences and trainings offered by CAFCC Affiliate Associations, NAFCC, and other entities that offer quality child care trainings.

CAFCC representatives collaborate with the Colorado Department of Human Services, Division of Early Care and Learning, Governor's Licensing Advisory Board, Office of Professional Credentialing, Child Care Commission, National Association of Family Child Care (NAFCC), USDA Child and Adult Food Program, Early Childhood Councils, Early Childhood Summit, Licensing Consistency, Local Municipalities including Zoning, Colorado Association for the Education of Young Children, Colorado Legislative Coalition, Qualistar Early Learning, and other professional organizations throughout the state providing the Family Child Care perspective on the many issues affecting the children of our state.

As a member of the Colorado Legislative Coalition, CAFCC, along with the Summit, have impacted and testified at legislative sessions.

CAFCC offers and maintains a website for which all visitors can access valuable information ranging from where to access state and local resources to scholarships offered to CAFCC members.
www.coloradochildcare.com

The Rocking Horse is an informative, entertaining resource for child care providers. Each issue updates members on licensing changes, training opportunities, health & safety concerns, and many more child related topics.

NAFCC Membership Discount of \$5.00 over regular rates when paid through CAFCC.

Scholarship funding made available through the Education Foundation to eligible providers to pursue training, attending child care conferences or obtain NAFCC Accreditation.

Professional Continuing Educational Trainings offered by the CAFCC Education Foundation.

Liability and accident insurance offering extensive coverage. CCCAP approved. Discounted rates for CAFCC members. Visit www.dccins.com or call 1-800-624-0912. Rates and application forms are available on the website.

CAFCC DOES NOT ENDORSE ANY SERVICE OR PRODUCT LISTED IN THIS BROCHURE; RESPONSIBILITY FOR SATISFACTION LIES SOLELY BETWEEN THE CONSUMER AND THE VENDOR.

MEMBERSHIP FORM

NAME _____ DATE ____/____/____

ADDRESS _____ CITY _____ ZIP _____

PHONE (____) _____ E-MAIL _____

LICENSE # _____ LOCAL AFFILIATE: _____

12 MONTH MEMBERSHIP FEE **\$30.00** (\$70.00 includes \$40 NAFCC Dues)

Make checks out to **CAFCC** & mail with this form to: Charlotte Duerr, CAFCC Treasurer
1004 Juliana Drive
Loveland, CO 80537



SPECIAL ADVERTISING SUPPLEMENT

1 Open communication. Providers should give you frequent and full updates on your child's progress and problems. They should welcome your questions and ask you questions about how they can help your child. If they let you know what is happening with your child during the day, you can develop ways to deal with problems and to build on activities and accomplishments of the day.

2 Open access to their home or center. Parents must be welcome to drop in any time, even without calling. Providers also should allow parents to make a reasonable number of phone calls to check on their children's well-being, in case of illness or if there's a special problem such as separation anxiety. You and the provider should work out the best times for such phone calls and determine how many calls are reasonable.

3 Safety for your child. Providers should take all possible precautions to keep children safe. This includes plugging light sockets, putting away knives and other sharp objects, closing off stairways and using only safe and well-maintained equipment, among other basic safety measures. It also includes always using child-safety seats and seat belts when transporting children in cars.

4 Honesty and confidence. Providers shouldn't make commitments that they can't or don't intend to keep. They shouldn't cover up problems or accidents that occur. They shouldn't expect parents to help them avoid income taxes by slipping them money on the side. They also shouldn't gossip about your child or your family to friends or coworkers.

5 Acceptance of parents' wishes. Providers should abide by parents' wishes on matters such as discipline, TV watching, food, adult smoking and toilet training. If parents do not want their children spanked, providers should not spank them. If parents don't want anyone smoking around their child, the provider needs to see that no one smokes in the house when the child is present. If providers feel that they can't abide by parents' wishes, they need to tell parents before agreeing to care for the children and parents should look for other care.

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Things You Should Expect from your Child-Care Provider

Whether your child is cared for by a babysitter in your home, a family day-care provider in her home or a number of people in a child-care center, you should be able to expect certain things.

6 Advance notice of any changes. Since it is often very difficult to find adequate care, providers should tell parents well in advance if they are going to change their hours or prices or if they are going to stop or limit the time of caring for a child. Parents need at least a month or, better yet, six weeks' notice if a provider is no longer going to care for a child. Except in the case of an emergency, parents should be given at least two weeks notice even if the provider won't be available for just one day.

7 No interference in the child's family or family problems. Providers shouldn't talk to children about their families' problems, lifestyle or values. Likewise, the provider should be careful not to take sides in any family disputes such as custody battles. Providers should not try to impose their religious or other beliefs on the children they care for. This includes not taking children to religious services unless asked to by parents.

8 No advice offered unless asked for and no judging of parenting practices. Providers shouldn't criticize or advise parents on child rearing unless their advice is asked for by the parents. They shouldn't set themselves up as experts on parenting. If parents ask for advice, providers should offer it in a noncritical way. Of course, if providers see something that is seriously wrong with how parents are raising their children, such as if they fear child abuse or see a child apparently suffering from malnutrition, they should discuss the problem with the parents and, if needed, contact legal authorities.

9 Assurance that everyone in contact with the child is trustworthy and properly trained and supervised. Providers must be responsible for everyone who enters, visits and works

at their home or center. This includes screening custodial help, not admitting strangers to the home, seeing that all transportation workers are properly trained and that all visitors, including friends or relatives of the provider, are trustworthy and supervised and will not harm the child.

10 No surprises. This means that your family day-care provider won't suddenly tell you that since she has taken a part-time job, her teenage daughter will watch your child three afternoons a week or that your child's favorite teacher at the center just disappears without warning or comment. Surprises are probably what parents fear the most from their child-care providers.

SPOON KEYPOINTS IN OUR HEART

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1 Open communication. Explain clearly and carefully your wishes and expectations about how your child will be cared for. Also provide updates on problems and progress that your child is making. Give the provider information about your child's routine, activities and preferences. Good communication helps parents and providers work together in the best interest of children.

2 Agreement on terms or arrangements. You should fully understand the expectations of the provider and what you, as a parent, are agreeing to. A written agreement between the provider and parents is usually helpful for both parties.

3 Honesty and trust. This includes being honest about how you believe the arrangement is working—whether your child is happy with the provider and whether you are. Although you need to be vigilant in order to safeguard your child, you should still trust your child-care provider to do the best for your child. Show your trust by asking questions rather than jumping to conclusions when apparent problems develop.

4 Advance notice of and agreement to any changes. Providers have to earn a living, too, so they deserve advance notice if you are going to stop using their services, take a vacation during which they will receive no pay or change their hours. If, for example, you want the provider to start feeding your child breakfast, this change should be discussed and agreed to and an adjustment should be made in the rate of pay. And, if you expect a month or six weeks' notice in case the provider can no longer care for your child, you owe the provider similar notice.

5 Pick up on time and follow through on all agreements. Providers have personal lives, too, and they should be able to expect that you will pick up your child at the agreed-upon time. If it takes you 15 minutes a night longer to get home than you expected or if you find it more convenient to stop at the grocery store before picking up your child—which makes you 30 minutes late three times a week—you need to work out a new agree-

ment with the provider or find a way to abide by the original one. If you agree to provide diapers, formula or other supplies, you should bring them before they are needed.

6 Not to send sick, hungry or overly tired kids. Agree with your child-care provider in advance about when you can and cannot bring a sick child. Never bring a child whom you know is not feeling well enough to be away from home and family. Likewise you shouldn't expect your child-care provider to cope with a child who has not had breakfast or who went to bed four hours late last night.

7 Payment on time and no "rubber" checks. Child-care providers have to pay the rent and buy food, too, so make arrangements to see that they get their pay on time.

8 Respect. Realize that taking care of children is a job and the child-care provider is a worker—often a working parent—just as you are. Recognize also that this is not an easy job. A child-care provider is not "just a baby-sitter." She is one of the most important people in your child's life and in yours, too.

9 No jealousy. Try not to be jealous of your child's attachment to child-care providers. Children who spend hours every day with a baby-sitter or day-care worker come to love that person. That love, though, doesn't diminish the love the child feels for you. Don't feel that you have to compete with your child-care provider for your child's affection.

Things your Child-Care Provider Should Expect from You

While expectations will differ somewhat, depending on whether your child is cared for in your home, in the home of a family day-care provider or in a child-care center, your provider or providers should be able to expect certain things from you.

10 No surprises. Your baby-sitter shouldn't learn on Friday that you have decided to take next week off from work so you won't need her or pay her, either. Your family day-care provider shouldn't learn that you now expect her to pick up your kindergarten after school because the car pool you have been using has dissolved. Child-care providers don't like surprises any better than parents do.

ACFCCA Telephone Directory

ACFCCA Main Line Number: 303-246-5146

EXECUTIVE BOARD VOLUNTEERS:

President:
Patty 303-745-6558

Secretary:
Carol 303-363-6634

Treasurer:
Lori 303-794-7278

Newsletter:
Sheri 303-507-4909

Education Coordinator:
Barb 303-340-8125

REFERRALS:

Zip Codes 80010, 80011,
80012, 80013, 80014, 80015,
80016, 80017, 80018
Patty 303-745-6558

Zip Codes 80110, 80113,
80120, 80123, 80125
Rose 303-730-2753

Zip Codes 80111, 80112, 80121
Diana 303-793-0825

Zip Codes 80122
Mary 303-221-0007

RESOURCE AND RE- FERRAL:

Childcare Innovations:
(provider updating)
303-969-9666

HUMAN SERVICES
Main Line 303-866-5958
www.coloradoofficeofearlychild
hood.com

Arapahoe County
Early Childhood Council
6436 S. Racine Circle, Ste 100
Centennial, CO 80111
720-974-9630



LICENSING:

Institute for Racial Equity and
Excellence (IREE)
10208 Dunsford Drive
Lone Tree, CO 80134
303-881-3220

OTHER COUNTY REFERRALS:

A Caregiver Network: 720-767-1862

Adams: 303-451-1061

Denver: 303-756-8901 (Mary Jo)

Jefferson: 303-969-8772

Douglas: douglascountychildcare.com

+++ If you need any telephone numbers that are not
listed on this page, please call Patty at 303-745-6558
for more information. Thank you +++

Arapahoe County Family Child Care Association
P.O. Box 473172
Aurora, CO 80047
303-246-5146

president@accfcca.org

www.acfcca.org

**Dedicated to Enriching
The Lives of Children**

ACFCCA Mission Statement

Our mission statement is to support childcare providers and the communities they serve by providing educational opportunities, outreach programs, and legislative support. In order to ensure that the association and its mission remain vital, financial stability, growth and continuous organizational improvements will be specifically targeted as part of what we do.

The Lifeline newsletter is a publication of the Arapahoe County Family Child Care Association. ACFCCA assumes no responsibility for, nor endorses the articles, opinions, or advertising listed herein. Deadline to submit ads or articles is the 15th of each month. Mail information to the above address for inclusion. The editor reserves the right to refuse any submission. Submission does not guarantee inclusion.

***ACFCCA members
are quality child-
care providers with
their community's
childcare needs at
heart***