

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

## LIFELINE NEWSLETTER

January/February 2015

### UPCOMING MEETINGS

Tue Jan 13	Castlewood
Tue Jan 27	Smoky Hill
Tue Feb 10	Castlewood
Tue Feb 17	Smoky Hill
Tue Mar 10	Castlewood
Tue Mar 17	Smoky Hill
Tue Apr 14	Castlewood
Thu Apr 16	Smoky Hill

+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 understanding.**

[Always check the website or call](#)

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

Castlewood Library  
6739 S. Uinta Street  
Centennial, 80112

Tuesday, January 13  
Tips for Building a Network

*Join us for a hands-on workshop about building a website for your child care. Bring your own laptop if you really want to be hands on!*

*1.5 hrs Professionalism*

### Aurora Area Workshop

Smoky Hill Library  
5430 S. Biscay Circle  
Centennial, 80015

Tuesday, January 27  
Taxes: Filing

*Join Jean Morgan and Laura Bloyd for Part Two of their tax workshop: Tax Laws and Preparing To File.*



We're on the web!

[www.acfcca.org](http://www.acfcca.org)

Find meeting information and newsletters there each month.

### INSIDE THIS ISSUE:

Other Workshops	2
President's Message	3
Cold Weather Guide	4
Sick Kids Allowed	5
Winter Illness	6
Valentine Projects	7
Valentine Projects	8
Telephone Directory	9

## Other Workshops/Training Information

### Other Area Association Workshops

Denver County:  
Betty@ 303-758-1289

Jefferson County:  
Marilyn@ 303-979-5952

Adams County:  
Vickie@ 303-284-6038

Douglas County:  
douglascountychildcare.com

CAFCC:  
Tricia@ 303-914-8687  
www.coloradochildcare.com

### CPR/First Aid/Universal Precautions Class Instructors

A Caregiver Network  
720-870-1161

Buster Posey  
303-870-8376

Advanced Care  
303-384-3696

Tammy Aaron  
720-851-8983

Front range CPR/first aid  
Contact: Andrew  
720-556-6742

### Medication Administration Class Instructors

A Caregiver Network  
720-870-1161

Debbie Bradley  
303-359-9553

Susan Bobka  
303-693-2762

Tammy Vigil  
303-880-6488

Coming Just for You

ACFCCA Conference  
Saturday, February 21st

Accentuate the Positive!

## President's Message

Happy New Year Everyone!

Welcome to 2015, may this new year be all you want it to be and so much more. Do you all have resolutions you'll be working on? I could pick from so many, but I rarely follow through on any of them. One of them would be to be more present in the moments of my days instead of thinking ahead so much. I ordered a t-shirt this fall that says, "Live Simply." I think I'm going to work on that more than anything. Kind of back to basics thinking I guess.

Well, with January comes thinking about and getting organized. We're busily getting organized for the conference coming up on Saturday February 21<sup>st</sup>. We'll be sending out a brochure with the details soon. So be checking your mailboxes and sending those registrations back in ASAP. Since we will be holding the conference at the same location, our seating is limited to the first 60 people that mail them back in. Please RSVP as soon as possible.

Classes at the libraries will be starting back up again now that it's January. If you have any ideas of a topic or speaker you'd like to have us invite, please let me know. We're always open to new ideas from the membership.

I'll be hosting a CPR/First Aid/ Universal Precautions class at my house on Friday, March 27<sup>th</sup> at 6:30pm with Buster as the instructor. The cost is \$45.00 per person. We'll have a pot luck dinner. Again, space is limited so if you'd like to join us, RSVP... ASAP.

I guess we just don't have a lot of news to spread at this time.

Sending you all a 'thumbs up' thank you for all your time and hard work with the wee ones. Stay the course, be refreshed with the new year starting.

Have a wonderful day!

Patty



# Do You Want to Build a Snowman?

## Child Care Cold Weather Guide

All children benefit from the fresh air and sunshine they get during daily outdoor play. During cold weather months, a child care provider should monitor weather conditions and outdoor temperatures to determine:

- The kind of clothing children need to wear
- The length of outdoor time that is appropriate for conditions and the child's age
- If stormy weather will pose a safety threat during the day

## Child Care Weather Watch

		Wind-Chill Factor Chart (in Fahrenheit)								
		Wind Speed in mph								
		CALM	5	10	15	20	25	30	35	40
Air Temperature	50	52	48	40	36	32	33	28	27	26
	40	42	37	28	22	18	18	13	11	10
	30	32	27	16	9	4	0	-3	-4	-6
	20	23	18	4	-5	-10	-13	-16	-20	-21
	10	13	8	-9	-18	-23	-28	-32	-35	-37
	0	3	-5	-21	-26	-30	-44	-48	-49	-53
	-10	-10	-15	-32	-45	-53	-59	-63	-67	-69
-20	-20	-28	-46	-58	-67	-74	-79	-82	-83	
-30	-30	-38	-54	-72	-82	-87	-94	-98	-102	

■ Comfortable for outdoor play     
 ■ Caution     
 ■ Danger

### Cold Weather Tips

- A short walk can be beneficial even on days when it is too cold for extended outdoor play.
- Mildly ill children, who are active, may also play outdoors. If children are too sick to play outdoors, they are probably too sick to remain in child care.
- Choose play areas that are protected from the wind or have a warm shelter nearby
- Children should dress in layers for warmth and wear boots, hats and mittens.
- Scarves and hoods with strings are not recommended due to risk of strangulation
- Infants and toddlers are unable to tell the care provider when they are too cold, so it's best to schedule shorter periods of outdoor play for this age group. Be sure to monitor their skin temperature to make sure they feel warm.
- Older children can tolerate longer periods outdoors, but should be monitored to ensure that they do not remove their hat, mittens or coat while engaged in outdoor winter activities.
- Watch for areas of bare skin on areas such as wrists, ankles, ears, fingers etc., that may become exposed during activities.

### Cold Weather

#### Forecasting Terms

##### Blizzard Warning - Snow

and strong winds will produce blinding snow, deep drifts and life threatening wind chills.

**Temperature** - The temperature of the air in degrees Fahrenheit.

**Wind** - The speed of the wind in miles per hour.

**Wind Chill Warning** - Sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and danger to people, pets & livestock.

##### Winter Weather Advisory -

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.

##### Winter Storm Warning -

Severe winter conditions have begun in your area.

##### Winter Storm Watch -

Severe winter conditions, like

heavy snow and



## Why Sick Kids Should Be Allowed at Daycare

I see it all the time at our practice. Parents come with kids who really don't need to go to the doctor; they are only mildly ill, or already getting better. When I ask them why they came, the answer is simple: daycare. They need a note saying the child is better in order for the child to go back. They need a note saying that a rash isn't contagious. They need an ointment for the eye infection that is probably a virus (or allergies) and doesn't need treatment -- because they can't go back without it. They want me to find a way to make the little fever or the last bit of diarrhea go away (which I can't do, sadly) because until it does, they can't go to work.

For me as a doctor, it's kind of nuts -- and not the best use of anyone's time, let alone health care dollars. In [a study just published in the journal \*Pediatrics\*](#), 88 percent of parents who have kids in daycare reported that they took them to the doctor when sickness kept them from daycare. Of those, 30 percent went because they needed a note -- and many of them went to an emergency room or urgent care site (which costs more) instead of their primary care doctor, because they needed that note fast in order to get back to work. This doesn't really make sense.

Nobody is saying that kids should go to daycare if they are really sick. They shouldn't go if they have a high fever, if they are having frequent vomiting or diarrhea, if their cough is so bad it limits activity, if they are miserable in any way. But lots of daycares exclude kids for things like the slightest fever, any diarrhea, one episode of vomiting, the mildest pinkeye or any rash besides a diaper rash. Given that these things happen fairly often in little kids, this can mean a lot of missed days from work for parents. For many families, that's a very real hardship. I've seen parents lose jobs. I've seen families make really dicey childcare decisions with sick kids because they felt that they had no other choice -- or take them to work, which rarely works out well.

I get that daycares need to think about the health of the other kids there. I can see other paying parents bumming out about having a kid with a fever playing with their well child. Already I get lots of parents complaining about how daycare makes their kids sick -- and it's absolutely true that kids in daycare are more likely to get viral illnesses than those who aren't.

But... that's not all bad. There's plenty of research these days to suggest that getting a few illnesses as a young child ends up being good for you in the long run. It helps to strengthen the immune system. And since very often we are contagious before we even realize we are sick, kids (and staff) are getting exposed anyway (hence the getting more illnesses at daycare). Besides, if your daycare would take care of your child if she gets sick, then at least you won't have to worry about missing work.

[The American Academy of Pediatrics \(AAP\)](#) says that the two most important questions we should ask in deciding whether a sick child should go to daycare are:

1. Does the child's illness keep him or her from comfortably taking part in activities?
2. Does the sick child need more care than the staff can give without affecting the health and safety of other children?

If the answer to either one is yes, the AAP says that the child should stay home. They do add a third question: Could other children get sick from being near the child? But they point out that most illnesses aren't harmful -- and that keeping a child home doesn't necessarily stop others from getting it. If we really want to support working families, then we are going to have to tackle this problem. We need to find a way to change the culture of daycare and understand that minor illnesses are part of life -- and very much part of early childhood. We need to find a new middle ground, one that takes care of not just children, but families.

[http://www.huffingtonpost.com/claire-mccarthy-md/should-sick-kids-be-allowed-at-daycare\\_b\\_5521093.html](http://www.huffingtonpost.com/claire-mccarthy-md/should-sick-kids-be-allowed-at-daycare_b_5521093.html)  
[Claire McCarthy, M.D. Become a fan](#)

Pediatrician, Boston Children's Hospital, Harvard Medical School  
 Posted: 06/23/2014 11:35 am EDT Updated: 08/23/2014 5:59 am EDT

## 7 Illnesses Your Child May Catch This Winter

By age 2, most children catch eight to ten cases of the common cold alone. And once they walk into a classroom of other kids' germs, they get sick even more often. Learn to spot the most common childhood illnesses — and what to do about them.

### COMMON COLD

**Signs:** Runny nose, sneezing, mild fever, poor appetite, cough, sore throat, swollen glands.

**Home Treatment:** Clear nostrils with a suction bulb or saline drops. Place a cool-mist humidifier in the room at night to ease sleep.

**Call the Doctor For:** Colds in children ages 3 months or younger, or for trouble breathing, blue lips or nails, a temperature of 102 degrees Fahrenheit or higher, ear pain, or symptoms that last more than one week.

### GASTROENTERITIS (stomach flu)

**Signs:** Fever, stomach or abdominal pain, vomiting, runny diarrhea

**Home Treatment:** Encourage rest, provide plenty of fluids and try to get the child to eat his/her regular diet.

**Call the Doctor For:** Blood or bright-colored vile in the vomit or signs of dehydration, such as feeling very thirsty, producing less urine, and fewer tears, and exhibiting sunken eyes or weight loss.

### RESPERATORY SYNCYTIAL VIRUS (RSV)

**Signs:** Same as colds, sometimes wheezing or grunting with each breath.

**Home Treatment:** Give fluids, use a cool-mist vaporizer, and clear the nose. Acetaminophen can relieve pain (always check labels for correct dosage, and never give a child aspirin.)

**Call the Doctor For:** The same reasons as for a cold, or extreme fatigue, thick and colored nasal discharge, or a worsening cough.

### CROUP

**Signs:** Barking, hacking cough that usually worsens at night.

**Home Treatment:** Moist air helps. Use a humidifier or sit in a steamy bathroom with the child for ten minutes.

**Call the Doctor For:** Trouble breathing or a high-pitched noise when inhaling, or dark or bluish skin around the face or fingernails.

### FLU

**Signs:** Fever, fatigue, sore throat, stuffy nose, sometimes vomiting and diarrhea (more common in kids than adults), and headaches or muscle and body aches.

**Home Treatment:** Practice prevention by having the child receive a yearly flu shot beginning at age six months. Once he or she is ill, rest and water work best.

**Call the Doctor For:** Flu in children age five or younger or with a chronic illness, or for trouble breathing, severe vomiting, lack of interaction, extreme irritability or symptoms that improve and then return.

### STREP THROAT

**Signs:** Severe pain when swallowing, tiny red spots on the roof of the mouth, high fever, white patches on the tonsils, swollen lymph nodes in the neck, decreased appetite.

**Home Treatment:** Encourage gargling with warm salt water and give acetaminophen.

**Call the Doctor For:** Any severe sore throat that might be strep.

### EAR INFECTIONS

**Signs:** Fever, earache, fluid draining from the ear, trouble sleeping or balancing, hearing loss.

**Home Treatment:** Put a warm, moist cloth over the painful ear. Acetaminophen can also ease the ache.

**Call the Doctor For:** Fever higher than 100.4 degrees Fahrenheit or blood or pus oozing from the ears.



# Share the Love with Valentine's Day Projects



Have a talk about love, friends, and why we celebrate Valentine's Day. Here are a few questions to ask your children:

- What is a friend?
- What is the difference between friends and family?
- How do you become a friend to someone?
- How do you show love and kindness? On Valentine's Day, cards, gifts, and flowers are sent to family and friends. Sharing, helping, saying kind words, doing kind deeds, and becoming considerate of one another can also express love.
- What are some ways you like to show love and kindness to your friends and family?

## Moving Valentines

Teach your child about spatial directions as they participate in this fun game. Set a decorated Valentine box on the table. Invite your child to move a Valentine card in relationship to the box according to directions you give. Ask your child to "move the card" under, behind, in front of, to the left side, to the right side of the box. Continue to play as long as your child desires.



## Sorting Hearts Game

Place several shoeboxes on a table. Fill them with different colored construction paper hearts cut into a variety of sizes. Have your child sort the hearts according to size, color, or both. This game helps your little one learn pre-math skills.



## Musical Circle of Hearts Game

Cut matching pairs of hearts from an assortment of colored construction paper. Place one heart of each pair in a box. Tape the remaining hearts to the floor in a circle. Players walk on the circle of hearts to music. When the music stops, each player must stand on one of the hearts. One heart is drawn from the box and the player standing on the matching heart gets a chance to choose a heart from the box for the next walk. Repeat as many times as your kids want to play. This is a great game to play with friends and family members.



## Memory Hearts Game

You will need:

- 20 index cards
- Colored hearts (two of each message: "Be Mine," "I Love You," and so on)
- Glue

Glue a different colored heart on 10 index cards and then make a matching set. This game is played like the traditional "concentration" game. Place all the cards heart-side down. The children take turns turning over two cards to find matches. If they don't get a match, they return the cards, and the next player goes.

# Share the Love with Valentine's Day Projects



## Valentine Candle

Give your child a short, thick candle (look for pink, white, or red). Pour out a bag of candy conversation hearts on the table. Encourage your child to place thick tacky glue on the backs of the candy pieces and press these onto the bottom half of the candle. (Remind recipients to always place the candle on a safe, stable surface, like a metal dish, and to never leave a burning candle unattended.) Make sure the messages are visible. Continue putting on the hearts, all the way around the lower half of the candle in three or four rows, leaving the top half exposed. This makes a great Valentine's Day gift. Don't forget about a clean bowl of candy for munching!

## Valentine Paper

You will need:

- various shades of tissue paper (preferably reds, pinks, and purples)
- white paper
- vinegar or cold water (vinegar will set a deeper color)
- paintbrush



Have your child begin by cutting or tearing the tissue paper into small squares. Invite her to paint vinegar or cold water over the entire sheet of white paper. While the paper is still wet, place the different colored squares onto the white paper. Allow this to dry. When the paper is dry, the tissue paper will fall off, showing your little one how the tissue paper bled onto the white paper. Turn this into a holiday project by cutting the dyed paper into a heart or use this paper to make a Valentine's Day card.

## Edible Treats

### Valentine Smoothie

- 5 strawberries
- 1/2 banana
- 1 cup milk



Place the fruit and milk into a blender and mix on high speed till blended. Pour into a plastic cup and serve with a dollop of whipped cream on top. Makes one serving.

### Edible Valentine Cards

- Graham crackers
- Vanilla frosting
- Candy conversation hearts

Use the graham cracker as the base of this tasty, edible card. Invite your children to stick the candy conversation hearts on with the frosting. Help them read their message and then enjoy this treat during snack time





# 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:  
Patty 303-745-6558

## 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  
Liz 303-220-7626

Zip Codes 80121  
Diana 303-793-0825

Zip Codes 80122  
Mary 303-221-0007

## RESOURCE AND REFERRAL:

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

## HUMAN SERVICES

Main Line 303-866-5958  
www.coloradoofficeofearly  
childhood.com

## LICENSING:

Red Rocks Community College  
13300 W. 6th Ave, Box 22B  
Lakewood, CO 80228  
303-914-6304

## OTHER COUNTY REFERRALS:

A Caregiver Network: 720-870-1161

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***