

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

LIFELINE NEWSLETTER

Summer 2017

UPCOMING MEETINGS

June	no meetings
July	no meetings
August 8	preschool curriculum
August 15	autism
September 9	mandatory training

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

ALL MEETINGS ARE FROM
7:00–8:30
And give 1.5 credit hours

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 Patty (303-745-6558) for weather related cancellations!

Monthly Workshops

County Workshop

Koelbel Library
5955 S. Holly Street
Centennial, 80121

Tuesday, August 8th
Building Your Preschool Curriculum
Speaker: TBD

September—NO Koelbel meeting

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Tuesday, August 15th
Autism
Speakers: Tiffany Jenkins and Courtney Palm

September—NO Smoky Hill meeting

Saturday, September 9

Check out page 5 for information on a training class we are providing for all mandatory requirements.



We're on the web!

www.acfcca.org

Find meeting information and newsletters there each month.

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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

Other Workshops/Training Information

<u>Other Area Association Workshops</u>	<u>CPR/First Aid/Standard Precautions Class Instructors</u>	<u>Medication Administration Class Instructors</u>
Denver County: Betty@ 303-758-1289	A Caregiver Network 720-767-1862	A Caregiver Network 720-767-1862
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	Andrew—Front Range CPR 720-556-6742	Bryan Maki 720-708-9705 *CPR/1st Aid also
	Dave Moshner—CPR Colo. 303-818-3737	

INSTITUTE FOR RACIAL EQUITY & EXCELLENCE 2821 S. PARKER Rd, AURORA, CO

FORUMS FOR ARAPAHOE COUNTY will be the 3rd Wednesday of every month from 6:30-8:30 in the conference room (basement floor) of the IREE building. This is a great opportunity for information, team building and networking with our licensing staff.

The July meeting is Wednesday, July 19. Instead of a formal topic, they would like to gather input from providers on "what you would like to discuss at the Open Forums" Then on August 16, they will begin these topics.

We encourage you to attend and get your voice heard. However if you have something in mind and can't make it to the open forum, please let Lori or Sheri know and we will happily pass along your request.

Please park in the rear of the building and enter through the southwest set of doors, which puts you right into the basement area. Hope you can make it.



In lieu of a President's Message, please be checking your mail for your

membership renewal packet!

Yes it's that time of year again. Thank you for being part of ACFCCA and we look forward to you joining us again for this coming year.

It's all about teamwork!



How to Get Your Toddler to Stop Biting, When Nothing Works! Military Wife and Mom; June 2017

You have to dig deep to find the trigger.

You probably already know that addressing hunger and tiredness is really important when addressing a biting issue. I've been gently reminded that by parents often. I'm going to assume that you are dealing with a bigger issue that you've already tried those two common-sense things and they aren't really the root of the problem here. While I can't say for sure what the trigger is for other children, each child is going to have a different circumstance or situation that tends to set them off, but look at when and where the biting is typically happening, and go from there. Dig deep to find the trigger.

Seriously, do avoid using extreme measures.

I share this with a lot of humility, but I have tried things like spanking, yelling and biting him back to curtail this biting issue. I am almost always offered this advice from other parents when sharing about our serious biting problem. This is not an exaggeration. People tell me to bite my son back all the time. **It's the number one piece of advice I get from parents face-to-face.**

So now that I have tried all of those things and they haven't worked, I can tell you with 100 percent certainty that those methods don't work when you have a legitimate biting issue at hand. The only thing biting and spanking my son back taught him was that it's okay to bite and hit people. It *perpetuated* the problem in our home. While biting, hitting and yelling to teach your child a lesson may sound awfully tempting, try to avoid going to extremes. I'm not going to say that I never raise my voice, but I am working on not yelling every day.

Think progress, not miracles.

Teaching a toddler just about anything takes a lot of diligent time and effort. Whatever you discover works best to get your toddler to stop biting, be consistent and keep trying. It's easy to convince yourself that it isn't working when a miracle overnight doesn't happen. Give your methods and interventions at least a few months to see *progress*. Yes, just progress. Not even that the biting is gone completely, but simply a few months to see that the biting is less than it was a few months prior.

How to get your toddler to stop biting.

- 1.) Say, "No biting. Please be kind and gentle. [Can you show me how to be kind and gentle?](#)" This helps toddlers learn what to do instead or what the desired behavior is.
- 2.) Remove the child from the situation / trigger. This is huge when it comes to minimizing the biting.
- 3.) Sit the child down somewhere a few feet away and stay near your child. Repeat the words "[No biting. Can you show me how to be kind and gentle?](#)" as many times as you feel is needed. I personally don't set a specific amount of time before my son is allowed to get up because of his age. At the present time, I typically allow him to get up whenever he gets up. The goal is really just to move him to another area and make him sit for a short bit—to *snap him out of it*. It's now common for him to get up and give me a hug and show me that he is gentle.
- 4.) Rethink what triggered the biting, and avoid that trigger if possible.

So are any of these things biting cure-alls? I wish that I could give you a resounding yes. They won't cure [toddler biting](#), but *they will help you* to address biting in a practical and purposeful way if you are struggling right now. You will see progress if you are consistent. I can only hope that after enough time, effort and much diligence that my son will outgrow this nasty habit completely. In the meantime, we are doing everything we can to make progress towards the goal of zero biting.

As you know, based on the rule changes last September, several of the mandatory trainings are required to be taken annually. In our attempt to keep this easy, keep on a yearly schedule, and provide this training to you without using all the monthly meetings to do so, we will be offering a one-day training class for annual required training. Our future hope is to do this each year so everyone remains up-to-date. Not all of your classes will be due but we're trying to get on a one time schedule. If you elect not to take advantage of this day, you will be on your own to meet the state requirements. Four of the five classes will be offered. Standard Precautions will remain in March to coincide with CPR/First Aid.

Mandatory Training Classes for Renewal
Saturday September 9, 2017 (9am-3pm)
Aurora Central Library, Large Community Room
14949 E Alameda Pkwy, Aurora, CO 80012

Arapahoe County Family Child Care Association Executive Board will host this Saturday class where we will participate as a group to renew our certifications for the following mandatory trainings:

- Immunizations
- Shaken Baby/Abusive Head Trauma
- Child Abuse Prevention/Mandated Reporter
- SIDS Prevention/Safe Sleep

We will use the Colorado Shines PDIS system to view and participate in the completion of these annual mandatory trainings.

To save a seat, please RSVP to
pattyk1977@yahoo.com or call 303-745-6558

***Please pack your own sack lunch to bring along as we will take just a short break when needed to eat. No food or drink (other than water bottle) is allowed in the Community Room so please plan accordingly. We will be required to eat our sack lunch outside of the facility.

Some news and information from the last IREE open forum:

- ◆ When unsafe sleep practices are observed, letters will now be sent to parents of under age 2 children in that home with notice of the violation.
- ◆ All violations must be reported and have a history even if it's "corrected at visit". This is why the violation still appears on your inspection report.
- ◆ Arapahoe County is preparing to have a caseload transition. Two new specialists have been hired to decrease the load. Marlena Grant and Eboni Justice are no longer employed by IREE.
- ◆ In an effort to help overcome inconsistencies, IREE encourages providers to make use of the Administrative Guide when writing your policies and procedures. This came out with the new rules and can be found on the Office of Early Childhood website. It gives clarification and interpretation and inconsistencies as well as ideas of how to incorporate the rules and resources for the rules.
- ◆ ACS is a new tracking program for CCAP. There will be no more cards to swipe.
- ◆ Vomiting should be treated as a fire drill because it's airborne. However children can be in the corner or other side of the classroom for supervision purposes; there is no need to go outside. Staff and children need to practice proper handwashing.
- ◆ Any food used as art must be labeled as such. *egs: sensory bucket
- ◆ Remember there are 65 specialists across the state. Although every agency ultimately falls under the DHS, each agency does handle rules differently.
- ◆ Providers should know their public view license history. It is your responsibility to look it up and make sure it is correct.
- ◆ You can sign up for email alerts from:
 - CDHS / OEC
 - IREE
 - Tri-County Health Dept.



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.coloradoofficeofearlychildho
od.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)
2821 S. Parker Rd.
Aurora, CO 80014
303-403-2677

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



LICENSING SPECIALISTS:

Brenda Beadling	Licensing Supervisor	Brenda@IREEinc.com	720-210-4751
80010, 80111			
Kimberly Homuth	Licensing Specialist	Kimberly@IREEinc.com	720-209-2397
80013, 80018, 80019, 80102, 80103, 80105, 80236			
Nicole Hubbell	Licensing Specialist	Nicole@IREEinc.com	720-212-6694
80015, 80016,			
Cammile Espinosa	Licensing Specialist	Camille@IREEinc.com	720-210-8324
80113, 80120, 80121, 80122, 80123, 80222			
Eboni Justice	Licensing Specialist	Eboni@IREEinc.com	720-207-7525
Marlena Grant	Licensing Specialist		720-209-2361
80012, 80014, 80017			
Sarah Alshaeli	Licensing Specialist	Sarah@IREEinc.com	720-209-8766
80011, 80110, 80112, 80230, 80231, 80247			

+++ 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***