

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

LIFELINE NEWSLETTER

February 2017

UPCOMING MEETINGS

- Tue Feb 7 Engaging our Families
- Tue Feb 21 Oral Health
- Sat Feb 25 Conference
- +Mon Mar 6 Developmental Pathways
- Tue Mar 21 Child Find

+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, February 7

Julie Woodruff will be speaking to us about ideas to help engage our client families in our child care.

Monday, March 6

Our topic will be Developmental Pathways. Speaker TBA

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Tuesday, February 21

Speaker (TBA) from ACECC will speak to us about children's oral health and how we play a role.

Tuesday, March 21

Someone from Child Find will speak to us about this program.



We're on the web!

www.acfcca.org

Find meeting information and newsletters there each month.

INSIDE THIS ISSUE:

Other Workshops	2
President's Message	3
Conference	4
Bilateral Coordination	5
Bilateral (cont.)	6
Kids Can Calm Down	7
A Mother's Thank You	8
Telephone Directory	9

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

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.

THIS MONTH'S MEETING is Wednesday, FEBRUARY 15. PLEASE PARK IN THE REAR OF THE BUILDING AND ENTER THROUGH THE SET OF DOORS, WHICH PUTS YOU RIGHT INTO THE BASEMENT AREA.

Hope you CAN MAKE IT.

President's Message

Hello everyone,

Thanks so much to everyone that's sent in their conference registrations. We're really looking forward to our day with our friends. Please do a 'no snow' dance for that day.

So now that the conference is squared away, let's talk about CPR, First Aid and Standard Precautions. I'll be hosting these classes at my home on Thursday March 23rd at 6:30 pm. Buster Posey will be the instructor. I'm not sure what the cost will be but I do remember that last year it was \$45 for all the classes combined. You can contact me by phone at 303-745-6558 or email pattyk1977@yahoo.com or you can text me at 303-453-9035. Please just make sure to let me know who you are if you text so I'll know who I'm putting on the sign up list.

Happy early Valentine's day to you all ! You are the sweetest of the sweet. Thanks for everything you do. Thanks for just being you. Find joy in your day,

Patty

It's not only children who grow. Parents do, too.

As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours.

I can't tell my children to reach for the sun. All I can do is reach for it, myself.

Joyce Maynard

Batya baby coach



ACFCCA 2017

A Smile In Your Heart Conference

“NOT A BOX”

Saturday, February 25th, 8:00-4:30

Community College of Aurora

16000 E. Centretech Parkway, Aurora 80011

Student Centre Building—Rotunda Room

Get some fresh ideas for food and play with

BENTO BOXES!



SIX hours of continuing education credit including three Social Emotional. Aurora Mental Health; Drum Therapy for Kids; Yoga Relaxation for Kids; Bento Box Ideas for Food and Fun; and Early Literacy.

Continental breakfast, lunch, snacks & drinks will be provided.

Door prizes and raffles!

Conference Registration Form

Conference Fee: \$50

PLEASE SEND REGISTRATION FORM AND FEE BY FEB. 17th

NAME _____

Email: _____

Phone# _____

Please make your checks payable to ACFCCA

Send registration and check to:

ACFCCA

Attn: Conference

P.O. Box 473172

Aurora, CO 80047

****Space is limited so please send in your registration as soon as possible.**

****Registration fee is non-refundable**

What is bilateral coordination and why is it important?

www.childsplaytherapycenter.com

Bilateral coordination refers to the ability to coordinate both sides of the body at the same time in a controlled and organized manner; for example, stabilizing paper with one hand while writing/ cutting with the other. Good bilateral integration/ coordination is an indicator that both sides of the brain are communicating effectively and sharing information. Children who have difficulty coordinating both sides of their body can have difficulty completing daily living tasks (dressing, tying shoes), fine motor activities (banging blocks together, stringing beads, buttoning), visual motor tasks (drawing, writing, cutting, catching/ throwing), and gross motor activities (crawling, walking, climbing stairs, riding a bike).

“Crossing the midline” is an integral skill related to bilateral coordination. Crossing the midline refers to the ability to spontaneously cross over the midline of the body during motor completion/ functional tasks- moving one hand, foot, or eye into the space of the other hand, foot, or eye (i.e. sitting with legs crossed, scratching the opposite elbow, successfully intersecting lines to draw a cross- without switching hands, reading left to right, etc.). Babies and toddlers may use both hands equally and initiate picking up or interacting with an object with whichever hand is closer (i.e. if the item is on the left side of the table he will likely use the left hand, if it the object is on the right side, he will likely use the right hand).

However, by 3-4 yrs. of age a child should typically have mastered the skill of “crossing midline.” Establishing hand dominance (a “worker hand” vs. a “helper hand”) is an indicator that the brain is maturing and lateralization is occurring- this is strongly correlated with the ability to cross midline. The child who avoids midline crossing can have difficulty coordinating both sides of the body and often times, has difficulty establishing hand dominance; tends to alternate hand use when coloring, writing, eating, throwing, etc.

Another important foundation in the development of bilateral coordination is body awareness. Body awareness refers to the ability to know where your body is in space without necessarily using vision (i.e. how high to lift your leg when climbing stairs, etc.); it involves proprioception, which is feedback from muscle and joint sensations. Children who do not have adequate body awareness may appear a bit clumsy, be cautious with movement or fearful with feet off ground (tossing in air, swinging, etc.), seek (or avoid) deep input or be too rough with peers/ toys (wrestling, crashing, carrying/ pushing/ pulling heavy objects). Subsequently, children who do not have a good sense of where their body’s/ body parts’ are in space can present with difficulty coordinating both sides of their body to complete bilateral tasks (i.e. putting on socks and shoes, throwing/ catching a large ball with 2 hands).

Continued on pg. 6

The following activities are helpful suggestions for developing bilateral coordination:

- Bopping a balloon back and forth or popping bubbles with both hands
- Tearing/ crumpling tissue paper, cottonballs (create a craft, etc.)
- Connecting/ separating construction toys; magnetic blocks, Mega blocks, pop-beads, Legos
- Playing catch/ throw games to encourage coordinating both hands
- Playing with toy instruments; banging drums, triangle, symbols
- Pinching, pulling, squeezing, play-doh (finding hidden objects, etc.); as well as using the play-doh “tools”
- Playing with a Zoom Ball
- Stringing uncooked pasta on yarn or beads on pipecleaners/ string
- Snipping/ cutting with scissors- yarn, string licorice, play-doh, construction paper (thicker), coupons, etc.
- Lacing activities/ games- i.e. use hole punchers with craft projects and have the child lace string/ yarn through the holes
- Mr. Potato Head
- Frosting cookies with a butter knife, spreading peanut butter on crackers/ toast

(Activities for developing body awareness:)

- Playing the Hokey Pokey or “Simon Says:” have the child imitate body positions as well, “Simon Says do this.....” and include symmetric and asymmetric body poses
- Climbing on the playground: up the slide (both the ladder and the incline), up/ down stairs, on/ off equipment
- Obstacle courses
- Playing on dynamic (moving) equipment- small trampoline, balance board, swings
- Pushing/ pulling weighted objects; medicine balls, weighted carts, carrying grocery bags, laundry basket, taking out the trash, etc.
- Sports/ athletics: gymnastics, karate, yoga, wrestling, soccer, basketball, baseball, etc
- Playing Tug-of-War; and crashing into a pile of pillows, beanbags
- Swimming
- Wheelbarrow walking, animal walking (bear walk, crab walk, snake crawling)
- Playing “Twister”

8 WAYS KIDS CAN CALM DOWN ANYWHERE



All kids can have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that they can do ANYWHERE, will provide them with the skills necessary to calm down in any situation.

1 COUNT TO 5.

Counting is a great way to help kids learn how to stop and think before reacting to their anger. Impulse control is difficult to come by for young kids. This simple tactic gives them a chance to think before they act.



2 TAKE A DEEP BREATH.

Deep breathing is such a great relaxation technique. Despite how they are feeling, taking a deep breath (or two) can help them calm their bodies quickly.



3 BLOW INTO YOUR HANDS.

This is another technique for promoting deep breathing. By blowing directly into their hands rather than the air, the child receives feedback and can feel the strength of their breaths.



4 PLACE HANDS IN POCKETS.

This act provides kids with some deep pressure and physical restraint. An alternative to this would be to sit on hands or clasp them tightly.



5 ACKNOWLEDGE ANTECEDENTS TO ANGER.

It is so important that kids begin to notice and realize what happens to their bodies when they become angry. What does their face feel like? Is there tension in their body?



6 MAKE A FIST, THEN RELAX THE HAND.

Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in the body. Often kids do not realize how much tension they are holding in their bodies when becoming upset.



7 DO A BODY SCAN.

Start at the head, working down the body, notice areas of tension and relax those muscles.

8 ASK FOR A HUG.

Hugs make everything better. Find someone you love and hug it out.



This is a copy of a poem I received for Christmas from one of my clients. So beautiful, I wanted to share.



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***