

dedicated to enriching the lives of children



LIFELINE NEWSLETTER

March/April 2017

UPCOMING MEETINGS

- +Mon Mar 6 Developmental Pathways
- Tue Mar 21 Guidance/Discipline Policy
- Mon Apr 10 Children's Dental Health
- Wed Apr 26 Kindergarten Readiness
- Tue May 9 Food Sensitivities
- Tue May 16 Provider Appreciation Dinner

+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

Monday, March 6
Developmental Pathways.
Speaker TBA

Monday, April 10
Children's Dental Health
Betsy H

Tuesday, May 9
Food Sensitivities
Doug McCaw

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Tuesday, March 21
The new guidance/discipline as required by the Sept. 2017 rules/regulations.

Wednesday, April 26
Kindergarten Assessing
*with LIVE child participation
Kara Moody

Tuesday, May 16
Provider Appreciation Dinner



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

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/Standard Precautions Class Instructors

A Caregiver Network
720-767-1862

Buster Posey
303-870-8376

Advanced Care
303-384-3696

Tammy Aaron
720-851-8983

Andrew—Front Range CPR
720-556-6742

Dave Moshner—CPR Colo.
303-818-3737

Medication Administration Class Instructors

A Caregiver Network
720-767-1862

Debbie Bradley
303-359-9553

Susan Bobka
303-693-2762

Tammy Vigil
303-880-6488

Bryan Maki
720-708-9705
*CPR/1st Aid also

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.

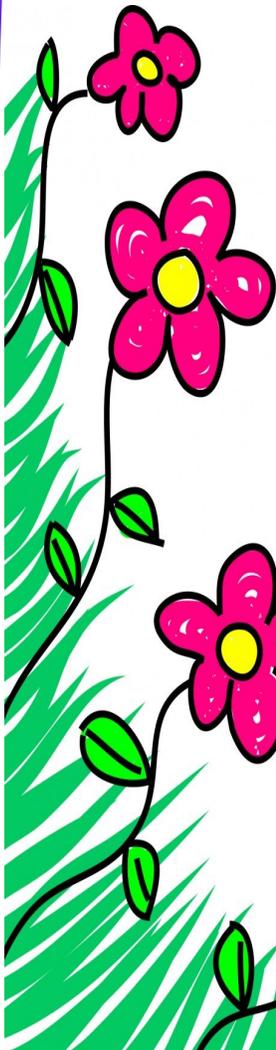
THIS MONTH'S MEETING is Wednesday, MARCH 15. THE TOPIC is "OBTAINING LEVEL II". PLEASE PARK IN THE REAR OF THE BUILDING AND ENTER THROUGH THE SET OF DOORS, WHICH PUTS YOU RIGHT INTO THE BASEMENT AREA.

Hope you CAN MAKE IT.

Hopefully each of you have now had opportunity to meet the new training requirements which became effective in September, 2016. Also effective at that time was the change to the guidance and discipline regulations which must now be a mandatory part of your policies and procedures or parent handbook.

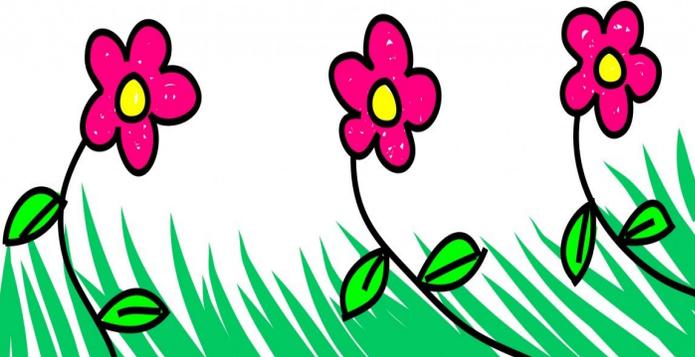
At the Smokey Hill Training on March 21, we will go over this section of the regulations in detail so that you can be sure to have it represented accurately in your handbook. Please be sure not to miss this important information.

On Tuesday, April 26 we will learn about Kindergarten Assessing which should be a great help with our preschool curriculum. During this training, we will watch the speaker do an actual assessment with a child who will be entering Kindergarten next fall.



Ode to a Child Care Provider

Little children come to me for hugs and
books and such
I care for all their simple needs and I also fix
them lunch.
I pick up toys, I mop their spills and often
dry their tears.
I change their diapers, settle fights, and kiss
away their tears
I tie their shoes, I button coats and push
them on the swing.
I really love these kids, you see, but there is
just one thing
Call me Mom or Aunt or Anne, and those
names just might fit.
But please don't call me SITTER, because I
never get to SIT!



CONFERENCE DONATIONS

A huge thank you to the following companies who helped make our conference a success by their generous donations.

4 G's	Littleton Home Depot
Act II	MacAlister's
Blackeyed Pea	McDonald's
Black Jack Pizza	Melting Pot
Bonefish Grill	Merle's of Littleton
Buffalo Wild Wings	Noodles & Company
Café Rio Mexican Grill	Old Chicago
Cakes by Karen	Olive Garden
Cheesecake Factory	Outback Steak House
Chick-Fil-A	Qdoba
Chili's	Red Lobster
Chipotle Mexican Grill	Rib City
Edible Arrangements	Romano's Italian Restaurant
Einstein Brothers Bagels	Pirate's Cove
El Parral Mexican	Sam's Club
Frank the Pizza King	Savory Spice Shop Littleton
Golden Corral	Smashburger
Hurricane Grill & Wings	Starbucks
Jersey Mike's Subs	South Restaurant
Julie's Hallmark	Texas Road House
King Soopers	Twisters
Lcha Cantina	Village Inn
Littleton Café	WalMart

RIGHT VERSUS EASY

One of the best examples of a parent doing the right thing instead of the easy thing I have ever seen happened on a cold fall afternoon. Maddie, almost three, did not want to put on her shoes and socks when it was time to go home from child care. Her mother tried reasoning, sweet-talking, and the mommy voice. None of them got the shoes and socks on Maddie's little feet. Finally mom stood up and said, "Okay, don't wear your shoes and socks, but your feet are going to get mighty cold walking to the car." Maddie smiled victoriously, and out the door they went. She made it across the porch and down the steps without much problem, but as soon as her little piggies hit the icy cold concrete driveway, her eyes got huge and she wanted to be carried. Mom walked on to the car. Maddie quickly followed on the tips of her tiptoeing feet. Maddie made a questionable choice and lived with the consequences. She also did a much better job listening to mommy after that when it was time to put on her shoes. The easy thing would have been to carry Maddie; seeing her baby tip-tip-tiptoeing across the driveway was tough on mommy but the right choice for Maddie.

When caring for infants and toddlers, parents and other grown-ups have to make a clear choice between what is right and what is easy. Sometimes this boils down to choosing between being the adult and being the buddy. Over the last forty to fifty years, grown-ups have been more interested in being children's friends or peers than figures of authority. They have become more interested in being liked than listened to, more concerned with being an equal than a role model. This has influenced adult decision making. Many adults are choosing to abdicate their long-term responsibilities for children in favor of short-term companionship. The groundwork for such dynamics starts in infancy and toddlerhood.

Choosing easy is like being Peter Pan or Santa Claus or Batman. Choosing easy means late nights and soda pop; it means ice cream for breakfast five days a week. Easy means saying yes more than saying no. Easy means no limits. Choosing easy means fun and games.. These examples are pretty extreme but what about more common examples: putting off bedtime to avoid the struggle; buying a candy bar from the checkout display to avoid a scene; giving in to random toddler tantrums just to make them stop; giving "one more chance" six or eight times; counting to three using fractions. These things *are easier*, but are they *right*? What are we really teaching when we choose easy over right in these everyday situations?

In contrast to choosing easy, choosing right can just plain suck. Choosing right is work. Choosing right means saying no and sometimes causing tears. Choosing right means setting limits. Choosing right means fruit instead of fruit pies. Choosing right means regular bedtimes. Choosing right means little toes on cold driveways, when the owner of those little toes chooses not to put on her shoes. Our duty is to help children grow into thinking, compassionate, responsible, mature *adults*. Our duty is to choose right.

Since every time we are in the presence of a young child we are looked upon as a role model, it is imperative that we thoughtfully choose right over easy. The problem here is that choosing easy is so — easy. It is easy to let them drink soda. It is easy to feed them fast food. It is easy to give in to their calculated smiles and tantrums. It is easy to let them stay up a little longer. It is easy to become caught up in all the marketing and hype for this product or that. It is easy to believe standing our ground is wrong and going with the crowd is right. It is easy to renounce our responsibility and abdicate our authority. It is easy to choose the easy way out. Nevertheless, it is not right. It is not right to fill small children with unhealthy food and drink. It is not right to teach them that emotional manipulation is the most effective way to achieve their goals. It is not right to deprive them of much needed sleep. It is not right to buy everything marketers make us think we need. It is not right to teach children to follow blindly, and it is certainly not right to hand over our adult responsibilities and authority to small children. What's more, when we choose easy over right, we are teaching the children in our care that it is acceptable for them to do the same. This means that choosing easy over right affects young children not only in the short term but for their whole lives. Seeing us make easy choices now will lead them to do so later.

Parents and child care providers are professional role models. Our job is to model consciously and consistently the behaviors we want the children we interact with to emulate. They are looking to you as a model while they work to understand the world and gain control of their physical and mental abilities. Simply being the adult that they see means you are the adult they aspire to be. In the end, choosing easy and being the buddy is easier, but it is also the easy way out. Choosing right and being the adult, the professional role model, means acting with more intention, mindfulness, and wisdom. It means that when you say to a group of toddlers, "Pick up the toys, and then we will eat lunch," you do not eat lunch until they have picked up the toys. It means that you follow through when you say, "If you don't quit goofing around and get your coat and boots on, we will go outside without you." Here are some questions to ask yourself when considering your thinking about right versus easy:

- What are the long-term ramifications of this choice?
- What am I *really* modeling with this choice?
- How does this choice fit into my belief system?

Resources for Parents and Caregivers

What is normal?

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html>

<https://www.autismspeaks.org/what-autism/symptoms?gclid=CN6g4+HLqtICFQqQaQodPDcOBw>

Pediatrician, Primary Care Physician

Teachers

WIC

Where can I go for help?



Aurora Mental Health Center	(303) 617-2300
Community REACH Center	(303) 853-3500
All Health Network	(303) 730-8858
Mental Health Center of Denver	(303) 504-6500
Jefferson Center for Mental Health	(303) 425-0300
Mental Health Partners	(303) 443-8500
Gateway Domestic Violence Services	(303) 343-1851
Child Abuse Hotline	1-844-CO-4-KIDS
Statewide Crisis Number	1-844-493-TALK

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***