

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

LIFELINE NEWSLETTER

October 2017

UPCOMING MEETINGS

| | |
|--------------------|---------------------------|
| Tue. Oct 10 | Pediatric Optometry |
| Mon. Oct 16 | Connect Education |
| Tue. Nov 14 | Tax Questions/Answers |
| Tue. Nov 21 | Speech Pathology for Kids |
| December | NO MEETINGS! |

+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, October 10
Pediatric Optometry
Speaker: Dr. Jena Steffan

Tuesday, November 14
Tax Questions/Answers
Speaker: Judy Adams

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Monday, October 16
Early identification of learning disabilities
Speakers: Pam Gates and Breanna Stewart
** see flyer inside the newsletter p.4

Tuesday, November 21
Speech Pathology for Kids
Speaker: Sonja Gruszcynski



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 OCTOBER MEETING is Wednesday the 18th. THE TOPIC OF DISCUSSION will be "HEALTH DEPARTMENT RULES; STRENGTHENING AND IMPLEMENTING THEM".

AT THE BEGINNING OF EACH MEETING THERE IS ALWAYS AN OVERVIEW OF THINGS THAT HAVE COME UP, THINGS THAT HAVE CHANGED, ANYTHING NEW FROM LICENSING, ETC. THIS IS ALWAYS AN EXTREMELY INFORMATIVE TIME.

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.



It's coming.... It's coming....
please be checking your mail for your
membership renewal packet!

Please complete the application and return it quickly.
We look forward to you being part of ACFCCA again
this coming year.

What's been happening:

On Saturday, September 9th, ACFCCA offered a half day session where we had speakers training us on 3 of our annual required classes. There were 60 members in attendance. What a great way to accomplish the mandatory education requirements!

Following that, on Thursday, September 21st, we offered a computer lab where all of us registered on PDIS and went through the Immunizations class together and everyone passed the test and received their certificates! We had 24 take advantage of this opportunity.

If you missed this chance of completing your required training, unfortunately you are on your own this time, but we hope to offer this each September for all of our members to take advantage of.

Your ACFCCA Board

Trying to work for you!

Patty, Barb, Carol, Lori, Sheri

CONNECT Education



Presents: Identifying and Addressing Learning Issues Early

Add immeasurable value to your Child Care program!

To: Arapahoe County Family Child Care Association

When: Monday, October 16th, 7:00-8:30 PM

Where: Smoky Hill Public Library

At CONNECT Education, we work with many school-aged children who are struggling with learning and/or attention/behavior issues. We provide healing intervention to move these children from struggling academically to learning with ease. We are excited to share our personal story and our philosophy with you as we believe there are many warning signs that parents and child care providers observe long before a child starts kindergarten.

In speech, for example:

- They are not talking as early as the other children.
- They have a difficult time pronouncing some words (“busketti” for spaghetti, “mazagine” for magazine).
- They have difficulty remembering colors, shapes, numbers, days of the week, etc.

In behavior, for example:

- They have frequent “meltdowns” or anger outbursts, when things don’t go their way.
- They have sensory processing issues – tags, noises, textures, etc. bother them.
- They cannot seem to settle down for naptime.

In this workshop, we will teach you:

- an easy physical exercise you can do to make learning and retention easier,
- simple suggestions to help settle down a preschooler’s nervous system, and
- a quick way to teach phonics using (and training) the visual memory

Pamela Gates and Breanna (Gates) Stewart are co-owners of CONNECT Education.

We understand how frustrating it is when your child is working hard to learn but not making the progress he/she should be. Often for these bright kids, traditional teaching methods are not making the break-throughs they need.

In our consultation practice, we will come alongside you
 ...to answer the “What now?” for the child with or without an official diagnosis.
 ...to offer measurable improvement in academics within three months.
 ...to raise self-confidence by proving to your child that they are as smart as you know they are.

[W: connectededucationco.com](http://connectededucationco.com) [E: info@connectededucationco.com](mailto:info@connectededucationco.com) [T: 303.680.5551](tel:303.680.5551)

4 Ways to Make Halloween Less Scary

Survive the spooky season with these tips for 'fraidy cats.

By Marisa Cohen from [Parents Magazine](#)

Ghosts and goblins, grinning jack-o'-lanterns, scary skeletons... Some [preschoolers](#) love the spooky spectacle of this holiday (not to mention all the candy!), but others can get freaked out around creepy masks, costumes, and crowds of kids. "Halloween can present a challenge for parents of 3- and 4-year-olds because this is the age when children first truly show an interest in trick-or-treating, and yet they're still young enough to get frightened or overstimulated," says Bonnie Zucker, Psy.D., a psychologist in Rockville, Maryland, and author of *Anxiety-Free Kids*. It's hard to know how much your child will be up for on Halloween. But you can try to anticipate any potential problems before then so you can keep the day low-key and fun for everyone.

Demystify Decorations

While kiddie parades and preschool parties are pretty tame (apple cider and candy corn, anyone?), it can be nearly impossible to avoid all deathly imagery that appears on front lawns, in malls, and on TV at this time of year. But don't start mapping a detour around the cackling witches and graveyard scenes in your neighbors' yards. Experts caution against completely going out of your way to bypass anything that could give your kid the creeps. "That can actually worsen any anxiety a child might be feeling, because it reinforces the idea that there is something to be afraid of," says Dr. Zucker. That doesn't mean you should take your tyke into a haunted house that will scare the bejeezus out of him, but you can help familiarize him with the scary stuff. "Take mini steps. Go to a Halloween store. Find pictures of people in costumes online, or go to a local farm stand that has some decorations up," suggests Dr. Zucker. You can also desensitize your preschooler by doing a crafts project that portrays a scary character in a fun way, say, carving a smiling pumpkin or making crepe-

paper ghosts.

Chill Out on Costumes

Posting an adorable photo on Facebook of your little one dressed as a pirate or a bumblebee the day after Halloween can be a rite of passage. But don't be surprised if your preschooler upends that plan by suddenly refusing to get into character on the big day. Last Halloween, my friend Deborah Starr, of Ithaca, New York, was delighted when her two daughters decided to make their own cupcake costumes out of pillowcases, tin foil, and fabric paint. But when Halloween rolled around, 3-year-old Dina wouldn't wear the costume. "She loved making the outfit, but she had no interest in actually wearing it," Starr told me. Dina was just being a typical fickle pickle. "Preschool-age children are very changeable – they may be excited and absorbed by something on Tuesday and completely over it by Thursday," says Susan Engel, Ph.D., professor of child development at Williams College, in Williamstown, Massachusetts, and author of *Real Kids*. Not only have their interests moved on, but they may also decide that the costume is too itchy, that a heavy cape keeps them from running around, or they just don't feel like putting on a hat that day. If your child balks at wearing the costume you made or bought, offer a compromise – she can take it to school and put it on there for the class party, or she can wear the superhero boots but skip the cape. If she still won't budge, then let it go. "Save your power struggles for more important things," says Dr. Zucker. To avoid disappointment, it's best not to spend a lot of money on a costume in the first place, since there's no guarantee she'll actually wear it. Working with what you have at home – turning a favorite pair of overalls into a train-conductor costume or pairing jeans and a cowgirl hat from the dress-up box – may have better results, since your child is already comfortable wearing them

And remember, flexibility and on-the-fly creativity can go a long way. "When it was time for trick-or-treating, we just put a winter hat we had that looks like a strawberry on Dina's head and we called it a costume," Starr recalls. "She was happy, and it was cute!"

Unmask Goblins

Even if your child is only interested in dressing as an innocent puppy, there may still be lots of other people around him in elaborate face paint, scary masks, and creepy costumes, which can unnerve even the coolest cucumber of a child. "Last year my 9-year-old daughter dressed as a witch, which involved black lipstick and other dark makeup, and my 3-year-old was completely freaked out by her," reports New York City mom Katie Reeves. "She refused to go trick-or-treating or anywhere near her until she took the makeup off." Although a preschooler may be aware that his sibling is underneath the grisly disguise, it can still be a difficult concept to get his head around, says Dr. Engel. "Research shows that young children can have trouble distinguishing appearance from reality, so it's very common for kids ages 2 to 4 to be freaked out by masks or makeup – even their own," she explains. Rather than trying to one down any big siblings' costumes, Dr. Zucker suggests letting

your child be in-volved in the transformation, so he can absorb the fact that the scary witch is just his silly older sister. "Not only should he watch his sister put the makeup on, but he could participate, putting a few dabs of lipstick on her," says Dr. Zucker. Visit the costume store together, and show him that masks are really nothing more than plastic and paint. Of course it may also help to limit your trick-or-treating to the daylight hours – even an innocent pumpkin costume can look a lot scarier in the dark.

Adjust Expectations

Your child may be thrilled to get a chocolate bar at the first two or three houses on your block, but by house number four, she may be done. "That's fine—she still gets the experience of trick-or-treating," says Dr. Zucker, who suggests having a backup plan: "If you have an older child who wants to stay out longer, you can take your preschooler home to hand out candy while your partner or another parent keeps going with the older one." And remember, a 3-year-old who doesn't want to participate in the Halloween activities this year will be at a completely different developmental stage next year—she may become the 4-year-old who dresses like a ghost and runs around shouting "boooo!" And what a great Facebook photo that will make!

Chaos is not a
sign of failure...
It's a sign of
Children

-Paula Rollo

From the book -When Baby Becomes Big Sibling

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 (Supervisor) 80111 | Brenda@IREEinc.com | 720-210-4751 |
| Cammile Espinosa 80120, 80121, 80122, 80123, 80222 | Camille@IREEinc.com | 720-210-8324 |
| Daralyne Davis-Moody 80015 | Daralyne@IREEinc.com | 720-419-7381 |
| Kimberly Homuth 80013, 80017 | Kimberly@IREEinc.com | 720-209-2397 |
| Nicole Hubbell 80012, 80016, 80113 | Nicole@IREEinc.com | 720-212-6694 |
| Ralph Williamson 80010, 80014, 80018, 80019, 80102, 80103, 80105, 80230, 80231, 80236, 80246, 80247 | Ralph@IREEinc.com | 720-419-7388 |
| Sarah Alshaeli 80011, 80110, 80112 | Sarah@IREEinc.com | 720-209-8766 |

+++ 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***