

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

LIFELINE NEWSLETTER

April, 2018

UPCOMING MEETINGS

Sat, May 5	Medication Administration
Tues, May 22	Smoky Hill Library
June	No Meeting
July	No Meeting
August	Koelbel Library
September	Smoky Hill Library
Sat, Sept 8	Mandatory Training Day

+Please note days and dates. Meetings no longer fall always on a 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!

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

Koelbel Library
5955 S. Holly Street
Centennial, 80121



No Meeting in June



Date: August TBA
"Strengthening Your Report of Inspection Response"



Saturday, May 5 from 9-1
Medication Administration (required)
Southeast Church of Christ
14601 E. Yale Ave, Aurora



Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015



Tuesday, May 22
Provider Appreciation Dinner



No Meeting in July



Date: September TBA
Annual Immunization Training



We're on the web!

www.acfcca.org

Find meeting information and newsletters there each month.

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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

It's that time of year.
Elections for the ACFCCA Board of Directors.



If you are interested in being on the Board,
please send an email to pattyk1977@yahoo.com

Please state how you are interested in serving,
what you can bring to the Association,
and your time frame and availability.

Being on the board will require you to put in
many volunteer hours for the Association.
Please be sure you are willing and able to commit to this.

Your interest must be received by email
no later than midnight, Friday, May 4



WHAT'S HAPPENING:

Hello friends!

So tell me please, how would you complete this sentence:

"When life hands you lemons . . . "



Of course, you make lemonade! It can also be a fun way to describe our days with the wee ones, right? We try our best to stay on a schedule and have a routine but somehow, many times we are required to resolve a situation that has appeared before we can follow those schedules and routines. We are a flexible bunch of people, don't you think?

Our provider appreciation dinner is coming up on Tuesday, May 22nd from 7-9pm at Smoky Hill Library. We have chosen this "When Life Hands You Lemons" theme. Join us and see what the creative minds of Sheri, Lori, Carol, Barb and I have come up with for an evening of food, fun and information. Please RSVP a seat by sending me

a text (with your name on it) to 303-453-9035

or an email to pattyk1977@yahoo.com

or a phone call to 303-745-6558

Just a reminder that we have the Medication Administration class scheduled for Saturday May 5th from 9am to 1pm. The cost is \$45 payable to the instructor that morning. Please enjoy a big breakfast before you come because there is no food allowed in the church sanctuary where we'll be meeting.

Some providers have been given the impression that you can take this mandatory class online with PDIS. That's kinda true. You can take a portion of it but you still have a portion that you would need to take face to face with a certified instructor. This May class covers the full 4 hours required for a certificate.

Like the flowers that are blooming, thank you for blooming the growing minds of those wee ones. You're the best!

Have a splendid day,

Patty



When Life Hands You Lemons

You're invited to our Provider Appreciation Dinner
On Tuesday, May 22 at 7:00 pm
At the Smoky Hill Library



Children and Lemons!

Is there really more to do than just snap pictures and videos
as they make those funny sour lemon tasting faces?



Come and find out, as we
have fun with lemons!

There's only room for the 1st 60 so please RSVP right away to
pattyk1977@yahoo.com **or** 303-745-6558

But before that happens . . .

We are offering you a chance to take the Medication Administration Class on
Saturday, May 5th from 9:00am to 1:00 pm.

This is one of the state required classes and you can NOT complete the whole thing online.
So, rather than split it up, come and get the entire training at once.

The class will be held in Aurora at the Southeast Church of Christ located at
14601 E. Yale Ave.

The Cost is \$45 payable when you arrive, to Tender Care Consulting .



The Importance of Taking Infants and Toddlers Outdoors

By Brenda Cobb

Why is it important to take infants and toddlers outdoors? How do you set up a safe outdoor environment for them? And finally, what do you do with them once you get them outdoors?

Importance of Outdoor Play

During the first few years of life, infants and toddlers are trying to make sense of their world. One of the ways they do this is by soaking up every noise, every sound, and every experience that they have. They then take this information and come up with ideas about how the world works. So, not only is being outdoors an enjoyable experience for infants and toddlers, it's critical for cognitive development. During the first three years of life, brain synapses form at a rapid rate. These synapses are formed based on the richness of the child's sensory environment. So, it would make sense that child-care providers would want to provide a stimulating environment for infants and toddlers, both indoors and outdoors. In addition, the knowledge they gain outdoors provides a foundation to literacy and science learning. Outdoor experiential learning also promotes early language development. Having a rich sensory experience gives your children something to talk about. When an infant feels the leaves or the toddler notices the airplane in the sky, they are more inclined to verbalize this experience because it will elicit a favorable response by their caregivers. This verbalization to others also promotes social development. Even infants, who do not have the ability to physically play with others, are able to watch others, which is the first step in social development. Finally, outdoor experiences are critical for infant and toddler physical development. According to Gabbard, the "window of opportunity" for acquiring basic motor movements is from prenatal to five years of age. During this time the brain gathers and stores information, and a solid foundation for movement activities is built. Infants need interesting things to look at from a horizontal and vertical position. They need materials and space to practice crawling and things to pull up on, so that they can learn to walk. Toddlers need space and materials that will help them act out prepositions - over, under, on top, inside, outside, behind, in front, up, and down.



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How to set up an Outdoor Play Environment

Infants and toddlers require constant supervision when they are outdoors. Because they are exploring their world, they often taste it first, which can result in more exposure to germs or to choking hazards. Therefore, it is necessary to make sure that all potential choking hazards are removed from the area and that caregivers are in close proximity to children so that they can remove unwanted objects from mouths. Infants and toddlers also need a surface that will allow them to move around easily. This surface should be accessible to all children. It should be made of materials that will not get too hot in the summer or too icy in the winter. It should provide comfort, tactile experiences, and protect children when they fall. Because children are still mastering balance, there must be enough room to move without hitting a hard surface or sharp edges. The surfacing material should be around all equipment over 18 inches tall so that when children fall, it won't cause any life-threatening head injuries or broken bones.

The outdoor equipment should challenge children, but should be based on realistic expectations about what children at this age can and cannot do. All anchored equipment should be designed for toddlers, based on the new guidelines for children ages 6 months to 23 months. Many playground manufacturers are not aware of the new standards therefore, it is important to check with them before purchasing equipment. Also, keep in mind that young toddlers are just learning to walk. They do not need high equipment, ladders, or climbers because they haven't mastered taking large steps. Walking across a low, wide bridge or balance beam is challenging to them. Playing with riding toys, trikes, wagons, and different sizes of balls are just as interesting as climbing onto a structure. For infants, providing grass, balls, push toys, tunnels, and a ramp for crawling is just as stimulating as having a slide or a baby swing.

A playground should be like a small-scale replica of the world, with as many as possible of the sensory experiences to be found in the world included in it. Experiences for every sense are needed for instance: rough and smooth; objects to look at and feel; light and heavy things to pick up; water and wet materials as well as dry things; cool materials and materials warmed by the sun; soft and hard surfaces; things that make sounds or that can be struck, plucked, plinked, etc; smells of all varieties; shiny, bright objects and dull, dark ones; things both huge and tiny; high and low places to look at and from; materials of every type - natural, synthetic, thin, thick, and so on. The list is inexhaustible, and the larger the number of items that are included, the richer and more varied the environment for the child.



Continued next month:

What to do with infants and toddlers outdoors

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***