

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

LIFELINE NEWSLETTER

Summer, 2018

UPCOMING MEETINGS

Tue, Aug 14	Koelbel Library
Wed, Aug 15	IREE Open Forum
Sat, Sept 8	Aurora Central Library
Thur, Sep 13	Smoky Hill Library
Wed. Sep 19	IREE Open Forum
October	Koelbel Library
November	Smoky Hill Library

+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!

Monthly Workshops

County Workshop

Koelbel Library
5955 S. Holly Street
Centennial, 80121

Tuesday, August 14
“Strengthening Your Report of Inspection Response”
Speaker: IREE representative

October ??
TBD

December—no class

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Thursday, September 13
“Immunizations”
REQUIRED ANNUAL TRAINING

****you must bring your own internet device to be able to complete this Training**

November ??
TBD

IREE Open Forums

Held the 3rd Wednesday of the month

6:30 pm

2821 S. Parker Road

Aurora, CO

Basement Lower Level Conference Room



We're on the web!

www.acfccca.org

Find meeting information and newsletters there each month.

INSIDE THIS ISSUE

Other Workshops	2
President's Message	3
Immunization Training Notes	4
Parenting One-Liners	5
Parenting One-Liners (cont)	6
Telephone Directory	7

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

When your sweet baby cries all night.

While you're shushing, swaying, praying sleep will come.

When her body is wracked with sickness, and you don't know what's wrong.

When we worry... Are they happy? Have we taught them enough?

When eyes once filled with laughter now roll skyward...

And we feel unable to find our way into their world.

When she's out on a date, when he's out with friends.

When the car is packed, and she pulls away.

Yes, the nights are long. But the years? Oh, the years are short.

When our littles become our bigs. When our way becomes theirs.

When our love is stretched and aching.

We will remember . . .

The nights were so very long.

But the years are so very short.



WHAT'S HAPPENING:

Be on the lookout for a letter from the President in your mailbox.

Meanwhile:

Here's some important information you should know.

The association will now be offering all required training each year on the following schedule:

March	Medication Administration	every 3 years
March	CPR/First Aid	every 2 years
March	Standard Precautions	annually
September	Immunizations	annually
September	Safe Sleep	annually
September	Shaken Baby	annually
September	Mandated Reporter	annually

We will try to keep on this schedule and will not be offering this training any other time during the year. If you cannot attend this Association training, you will be responsible for completing this required training on your own.

THIS YEAR:

Saturday, September 8	Aurora Central Library 14949 E. Alameda Pkwy Aurora, CO 80012	11:00a–5:00p	Safe Sleep Shaken Baby Mandated Reporter
-----------------------	---	--------------	--

*Notes: Please eat before you come. No food is allowed in the conference room. All snacks must be eaten in the hallway or outside. All drinks must be in a completely closed container so there are no spills. Thank you for your cooperation.

Thursday, September 13	Smoky Hill Library	7:00-9:00p	Immunizations
------------------------	--------------------	------------	---------------

*Notes: You must have your own internet device to be able to complete this training. You need to know **HOW** to sign on with your device to the Immunizations course through PDIS, **BE** signed on, and be completely ready to begin promptly at 7:00. We ask that you arrive early enough to have yourself time for setting up. We spent 30-45 minutes on this last year and **DO NOT** have time for that again. **PLEASE COME EARLY!**

* see PDIS login information on the next page*

Immunization Training information

HOW TO LOGIN TO THE PDIS SYSTEM

By this time everyone should have taken the required Immunizations class at least once.

Therefore, everyone should have a login ID and Password to the PDIS system.

Hopefully you stored that password in a secure place because you will need it again for the Immunizations Training Class on September 8th.

Sometime *before this class takes place*, you need to make sure you can login to PDIS.

Coloradoofficeofearlychildhood.com

> click on “for providers” (across the top)

> click on “training” (on left side)

> click on “Colorado Shines Professional Development System PDIS” (center of page)

Just under this title >click on “view the PDIS course catalog”

At the top left corner of the page

> click on “Welcome! Login”

**this is where you need to remember your login information from last year. I had my login information but it was not recognized after an entire year so I had to create a new password. If this happens to you, just click on “forgot my password” and follow the step-by-step directions. You will have just ONE HOUR to reset so be sure you are ready and have a place to write it down when done.*

Once signed in:

>click on “course catalog”

Then look for “Pre-Service and Orientation Training”

“Child Care & Preschool Immunizations Class”

>click on “get item” and you’ll be ready to go.

The item will to into your dashboard and you will be ready to access it the night of the class.

If you have any questions,

Please send a text with your name and phone number to Sheri Roberts at 303-507-4909.

I will call you back as soon as possible.

If you need to start at the beginning with Registration to PDIS, send me an email (smbkj@aol.com) and I will forward the instructions to you for registering. Hopefully nobody needs to do this.

ONE LINERS ARE GOOD PARENTING

By Shelley Jepsen from afamilymeeting.com
candid parenting for raising great kids

I'm all about as few words as possible. Children are too busy both in their bodies and in their brains to listen to long speeches. Parenting in the early years of a child's life is all cause and effect. This is why one-liners are so great. They train your child to respond to a short string of words in a particular way. This is the same reason correctly counting 1-2-3 for toddlers and preschoolers is so effective, if you do it right. So for today, I am going to give you my list of super-effective/favorite parenting one liners. But before I do, I want you to know that while these words can be very effective, it's actually the actions that back up the words that make them so powerful. I'll give you one example of what I mean before we move on so that you can carry the understanding with you as you read through the list.

WHAT IS A GOOD PARENTING ONE-LINER?

For instance, one of my very favorite parenting one-liner is: "I can't understand your words when you sound like that!" This is what I use when my toddler/preschooler is trying to communicate something but doing so in a whiny voice. While I actually do understand him and know what he wants, I won't respond until he talks in a pleasing voice. I'll coach him a handful of times on the right words to use and the right tone to say them in. I make him repeat after me 3-4 times until he gets it right, then I'll give him what it is he wants. After a few times of this, all I need to say is, "I can't understand you." And he knows what to do. He'll try again and again until he gets it right, knowing that he won't get what he wants until he does.

OK then, so you get it, right? Great!

TOP 10 PARENTING ONE LINER'S FOR CORRECTING A CHILD'S BAD BEHAVIOR

#1. I CAN'T UNDERSTAND YOU!

I used this as the example because it's just so stinkin' good! A family member once told me how nice it was to be around my kids because they didn't whine. At that moment, I considered all the time and effort I had put into training them how to speak pleasantly and knew it was all worth it. Their communication made people enjoy their company. Win!

#2. IS IT WORTH IT?

The longer your are intentionally parenting your child, the better this works. After months and years of both good and bad consequences, you can use this line to make them pause; stop and consider their behavior; and respond appropriately instead of irrationally.

#3. WHAT WOULD YOU WANT ME TO DO TO YOU?

When trying to help a child understand the "[Golden Rule](#)" use yourself as the example instead of other children. If you treated your child poorly, he would be more hurt than if another child treated him that way. So when you say, "do unto others as you want done to you" it's more effective to put it into the context of "what IF I WAS the one who did that to you?" Your child will feel more empathy and see more objectively that way. He'll also consider the fact that you would never do that, which deepens your bond. Win/Win!

#4. WHAT WOULD YOU WANT ME TO SAY TO YOU?

As with number 3, this works well to make your child consider the words she is using. Asking herself this question forces her to think objectively about her words. What if mommy was saying them to me? How would I feel? Wow, that would hurt, I should not be saying these words to others.

#5. THAT'S NOT WHO YOU ARE!

This is another one that works great with intentional parenting. When you have spent a lot of time teaching a child who she is, what your family represents, and what it stands for, considering whether her actions line up with these things or not will help her refocus her perspective.

#6. YOU MUST (FILL IN THE BLANK) NOW.

I heard another parenting expert use the must & now example at a conference once and we have implemented it ever since. The man speaking was asked to come up with processes to help the military train new recruits. He found that when an authority figure delivers commands, he or she must be completely clear. Meaning you should say exactly what you want done and when you want it done. For instance using the words, "You Must Go To Bed Now," lets your child know it is unarguably bedtime right now.

#7. I WANT TO SAY YES.

For a while, we had a hard time with forts in our house. The kids wanted to make forts in their rooms and sleep in them, like every night. I am all about saying yes to as much fun and bonding as possible, but they were not picking up their rooms afterward. So we had a talk about how I won't be saying yes anymore to forts until they started showing me improved responsibility. Let your child be responsible for getting a 'yes!'

#8. I LOVE YOU TOO MUCH TO LET YOU DO THAT.

You get this, right? My favorite song right now is Reckless Love by [Cory Asbury](#). Google it and give it a listen. Then you'll understand why I tell my kids this: If I saw you walking towards a cliff, I would run as fast as I could and tackle/pummel you if it meant stopping you from going off the edge.

#9. YOU DON'T HAVE TO UNDERSTAND.

A trap parents regularly get caught up in is falsely thinking they have to explain everything to their children. You don't. It is great to discuss what your family stands for, why you function like you do and what your vision is as a whole. However, there are all kinds of cognitive abilities that your child does not have yet. So trying to explain every decision you make is a huge waste of time and counter productive as it only serves to exasperate a kid.

#10. NO.

There is so much information floating around about what is and is not good parenting. What is good for your child and what isn't. You know why there's so much information? Here's the honest-to-goodness truth... there's a crap ton of information because there's a crap ton to know!!! One thing you'll read lots of conflicting information about is using the word NO with your child. Here's what you should consider: your child will hear NO for various reasons for the rest of his life. Sometimes the answer is just NO. It's good for him to know how to deal with and respond to life when the answer is NO.

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 (Deputy Director)	Brenda@IREEinc.com	720-210-4751
Tina LePage (Licensing Supervisor)	Tina@IREEinc.com	720-206-8476
Cammile Espinosa (Licensing Lead)	Camille@IREEinc.com	720-919-0118
80120, 80121, 80122, 80123, 80222		
Nicole Hubbell (Licensing Lead)	Nicole@IREEinc.com	720-212-6694
80012, 80016, 80113		
Daralyne Davis-Moody	Daralyne@IREEinc.com	720-419-7381
80015		
Unfilled Position		
80013, 80017		
Ralph Williamson	Ralph@IREEinc.com	720-419-7388
80010, 80014, 80018, 80019, 80102, 80103, 80105, 80230, 80231, 80236, 80246, 80247		
Sarah Alshaeli	Sarah@IREEinc.com	720-209-8766
80011, 80110, 80112		

+++ 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***