

dedicated to enriching the lives of children



## LIFELINE NEWSLETTER

March/April 2016

### UPCOMING MEETINGS

Mon Mar 7	Food/Nutrition
Mon Mar 21	Stories & Language
Tue Apr 12	Computer Programs
Tue Apr 26	Transitions
May ?? (Date TBA)	Provider Appreciation Summer Make & Take Project Ideas

+Please note days and dates. Meetings no longer fall always on a 1st or 3rd Tuesday.

ALL MEETINGS ARE FROM  
7:00–8:30

**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 7  
*Food/Nutrition*  
*Paula Pierce - A Child's Choice*  
*1.5 hrs nutrition*

Tuesday, April 12  
*Understanding Your Computer Programs for Business Practice*  
*Zerain Martinez - Red Rocks Comm. College Tech Club*  
*1.5 hrs child care business*

### Aurora Area Workshop

Smoky Hill Library  
5430 S. Biscay Circle  
Centennial, 80015

Monday, March 21  
*Stories and Language*  
*Lynette Disharoon - Kempe Center*  
*1.5 hrs child growth & development*

Tuesday, April 26  
*Making Transitions Easy & Fun*  
*ACFCCA Executive Board*  
*1.5 hrs developmentally appropriate practices*



We're on the web!

[www.acfcca.org](http://www.acfcca.org)

Find meeting information and newsletters there each month.

### INSIDE THIS ISSUE:

Other Workshops	2
President's Message	3
Decline of Play	4
Merry-Go-Round	5
Miscellaneous Info.	6
ABCs of Teaching	7
Conference Donations	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 720-870-1161	A Caregiver Network 720-870-1161
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	

**Arapahoe County Early Childhood County  
Open Forum 6:30 pm  
3rd Wednesday evening of each month**

**Next Open Forum:**  
Wednesday, March 16th  
ACECC Office  
6436 S. Racine Cir. #100  
Centennial 80111

This is a great way to find out what's going on, stay connected AND receive two hours of annual continued education training. Come, meet your licensing specialist, and get answers to any questions you may have.

March's meeting will be directly related to centers rather than family child care providers.

The topic of the April meeting on April 20th is unknown at this time.

Brenda@acecc.org	720-668-0434	80011, 80111
Kimberly@acecc.org	720-668-0431	80013, 80018, 80019, 80102, 80103, 80105, 80236
Nicole@acecc.org	720-668-0432	80015, 80016
Camille@acecc.org	720-668-0433	80113, 80120, 80121, 80122, 80123, 80222
Eboni@acecc.org	720-670-8255	80012, 80014, 80017
Salshaeli@acecc.org (Sarah)	720-670-0342	80011, 80110, 80112, 80230, 80231, 80247

Hello everyone,

I'm excited...we're getting closer to spring! This is the first year that we've had to actually cancel not one but two of our meetings because of snowy weather. I can't remember any other time we've done that. Even though the weather was pretty chilly last Tuesday, we still went ahead with our speaker at our smoky hill meeting. Nicole Gonzales came to talk to us about ways to restore, repurpose and reuse toys and their pieces. She even has a box truck she drives around to providers by appointment and she took those in attendance out to see what she had for sale. If you missed the meeting but would like to contact her about purchasing some gently used learning materials, please email her at: [teacherstreasuretrunk@gmail.com](mailto:teacherstreasuretrunk@gmail.com) or call at **720-496-3049** and make sure to let her know you heard about her from us.

Elections of executive board members will be coming up when we have our May meetings. If you'd like to jump in and run for a position within the board, please email your bio's to me so we can run them in the May/June newsletter.

We're thinking about how fun it would be to have another Tour of Homes too. If you'd like to volunteer to show your home to your peers, please let me know. Everyone's homes are perfect for their businesses and we can all get some great ideas from each other. Please consider coming forward to volunteer!

I'm pretty sure you all get the emails from ACECC but I wanted to let you know that if you haven't already done your safe sleep class that is mandatory, they will be hosting a class.

Safe Sleep Training- Wednesday, March 23, 2016 from 6:00-7:30 pm. Held at ACECC Office- 6436 S. Racine Cir. Ste. 100, Centennial, 80111. Includes 1.5 hours of continuing education training at no cost! For more information and to RSVP contact Kacee Miller: 720-974-9630  
[kacee@acecc.org](mailto:kacee@acecc.org).

I'd also like to tell you about a class we're going to be having at the koelbel library on April 12<sup>th</sup>. Mr. Zerain Martinez from Red Rocks Community College Technology Club will be coming to give us some tips and information about using our computers. So if you have a laptop you work on, please bring it and he'll be explaining some basic and detailed information about how to use them to their potential for our business needs.

I came across an article I found really interesting in my email this past week. I want to pass it along for you to read. I've been hearing from providers that they'd like to have a class about the 'autism spectrum' and kids with sensory behaviors. It kinda makes sense what she's talking about in this article. I'll keep researching this and try to find another speaker who can present us with some information. We've had some really great PT's come out in the past.

As I close for this time, let me take a few lines to tell you how wonderful you are to be doing what you do with those wee ones. Last week I had an almost 4 year old bite me when I asked him to just try to zip up his own jacket before going outside. He went from zero to 100 in the mad sense way too fast. Of course, I know he just wanted to get outside and get to his favorite swing before the girls got there, but still, it came out of left field. I was completely shocked that this normally mild mannered little boy thought this was an okay way to get what he wanted. We really do have a lot of different scenerios and feelings to negotiate with on a daily basis. Thank you for your patience when you need it, your empathy with others, and your willingness to always be learning along with those you care for and work along with. You're the best !

Be joyful in your days,

*Patty*

## The decline of play in preschoolers — and the rise in sensory issues

By [Valerie Strauss](#) September 1, 2015

Here is a new post from pediatric occupational therapist Angela Hanscom, author of a number of popular posts on this blog, including [“Why so many kids can’t sit still in school today.”](#) as well as [“The right — and surprisingly wrong — ways to get kids to sit still in class”](#) and [“How schools ruined recess.”](#) Hanscom is the founder of [TimberNook](#), a nature-based development program designed to foster creativity and independent play outdoors in New England.

By Angela Hanscom

I still recall the days of preschool for my oldest daughter. I remember wanting to desperately enrich her life in any way possible – to give her an edge before she even got to formal schooling. I put her in a preschool that was academic in nature – the focus on pre-reading, writing, and math skills. At home, I bought her special puzzles, set up organized play dates with children her age, read to her every night, signed her up for music lessons, put her in dance, and drove her to local museums. My friends and I even did “enrichment classes” with our kids to practice sorting, coloring, counting, numbers, letters, and yes....even to practice sitting! We thought this would help prepare them for kindergarten.

Like many other American parents, I had an obsession: academic success for my child. Only, I was going about it completely wrong. Yes, my daughter would later go on to test above average with her academic skills, but she was missing important life skills. Skills that should have been in place and nurtured during the preschool years. My wake-up call was when the preschool teacher came up to me and said, “Your daughter is doing well academically. In fact, I’d say she exceeds expectations in these areas. But she is having trouble with basic social skills like sharing and taking turns.” Not only that, but my daughter was also having trouble controlling her emotions, developed anxiety and sensory issues, and had trouble simply playing by herself!

Little did I know at the time, but my daughter was far from being the only one struggling with social and sensory issues at such a young age. This was becoming a growing epidemic. A few years ago, I interviewed a highly respected director of a progressive preschool. She had been teaching preschoolers for about 40 years and had seen major changes in the social and physical development of children in the past few generations.

“Kids are just different,” she started to say. When I asked her to clarify, she said, “They are more easily frustrated – often crying at the drop of a hat.” She had also observed that children were frequently falling out of their seats “at least three times a day,” less attentive, and running into each other and even the walls. “It is so strange. You never saw these issues in the past.”

She went on to complain that even though her school was considered highly progressive, they were still feeling the pressure to limit free play more than she would like in order to meet the growing demands for academic readiness that was expected before children entered kindergarten.

Research continues to point out that young children learn best through meaningful play experiences, yet many preschools are transitioning from play-based learning to becoming more academic in nature. A preschool teacher recently wrote to me: “I have preschoolers and even I feel pressure to push them at this young age. On top of that, teachers have so much pressure to document and justify what they do and why they do it, the relaxed playful environment is compromised. We continue to do the best we can for the kid’s sake, while trying to fit into the ever-growing restraints we must work within.”

As parents and teachers strive to provide increasingly organized learning experiences for children (as I had once done), the opportunities for free play – especially outdoors is becoming less of a priority. Ironically, it is through active free play outdoors where children start to build many of the foundational life skills they need in order to be successful for years to come.

In fact, it is before the age of 7 years — ages traditionally known as “pre-academic” — when children desperately need to have a multitude of whole-body sensory experiences on a daily basis in order to develop strong bodies and minds. This is best done outside where the senses are fully ignited and young bodies are challenged by the uneven and unpredictable, ever-changing terrain.

Preschool years are not only optimal for children to learn through play, but also a critical developmental period. If children are not given enough natural movement and play experiences, they start their academic careers with a disadvantage. They are more likely to be clumsy, have difficulty paying attention, trouble controlling their emotions, utilize poor problem-solving methods, and demonstrate difficulties with social interactions. We are consistently seeing sensory, motor, and cognitive issues pop up more and more in later childhood, partly because of inadequate opportunities to move and play at an early age.

What is our natural instinct as adults when issues arise? To try and fix the problem that could have been prevented in the first place.

When children reach elementary school, we practice special breathing techniques, coping skills, run social skill groups, and utilize special exercises in an attempt to “teach” children how to be still and to improve focus.

However, these skills shouldn’t have to be taught, but something that was developed at a young age in the most natural sense — through meaningful play experiences.

If children were given ample opportunities to play outdoors every day with peers, there would be no need for specialized exercises or meditation techniques for the youngest of our society. They would simply develop these skills through play. That’s it. Something that doesn’t need to cost a lot of money or require much thought. Children just need the time, the space, and the permission to be kids.

Let the adult-directed learning experiences come later.

**Preschool children need to play!**

## ExchangeEveryDay

### Bring Back the Merry-Go-Round

February 22, 2016

"Children need rapid, changing, and accelerating movement on a daily basis. They need to swing high up into the air, they need to sled down large hills, they need to spin in circles just for fun, and even hang upside down from the monkey bars." These are the observations of Angela Hanscom in her **Washington Post** article "[Rethinking 'ultra-safe' playgrounds](#). "These types of movements are very therapeutic to the growing child and support attention and school-readiness. When children's movement opportunities are chronically restricted or limited due to insufficient playtime outdoors, playground equipment that no longer challenges, or too much time sitting at a desk, we often start to see problems with sensory and motor skills, body awareness, self-regulation, and simply focusing in the classroom.


"Believe it or not, the metal playground equipment of the 1960s and 1970s were actually highly therapeutic for children. One great example is the merry-go-round. As a child, I loved the merry-go-round! It was such a thrill. I remember holding on to the metal posts as we ran around and around, finally jumping onto the merry-go-round at the last second, hanging on for 'dear life' as we experienced the thrill and funny sensation only the merry-go-round could provide. As a therapist, I believe the merry-go-round is one of the most powerful therapeutic pieces of playground equipment ever invented....

"Merry-go-rounds, teeter-totters, tall swings, and slides all help children establish strong balance systems. They give us our 'center' and allow us to move through space safely. By taking these away, we are limiting children's exposure to sensory input that actually helps children become sturdy on their feet and prepares them for learning. If our goal is to do 'no harm' to our children, we need to re-think our playground equipment. We need to start providing equipment that actually challenges, stimulates growth, and prepares the brain for learning."

*Contributed by Zvia Dover*

For those of you who attended our self-defense training, this is the information received from the Council on having/owning self-defense products:


It is okay to have as long as it is inaccessible to children. It can be kept in your purse, but your purse must then be inaccessible. There are no restrictions. It could be pepper spray or stun gun or anything in between. If you are wearing the item on your person (example: purse on shoulder or pepper spray on belt) that is okay even around the children. The item needs to have a child proof lock so the kids can't accidentally spray it, for example.



Our own Tracie Vaughan Hastings has offered all ACFCCA Providers a chance to discover her other business as a Usui Reiki Master by making available to each provider a free 30-minute session in cleansing/clearing of property.

"Reiki is an ancient Japanese technique which activates the body with Universal Energy strengthening the immune system for the healing and transformation of self and others." Dr. Usui  
The main benefits of Reiki are stress reduction and relaxation. Although there are many other benefits as well. Reiki addresses the physical, emotional, mental and etheric imbalances throughout the body.

You can learn more about this by visiting Tracie's website at [www.angelsarrowflight.com](http://www.angelsarrowflight.com)  
If interested, contact her at 720-732-6369.



## The Provider

To provide care, to young or old,  
You must be born with a heart of gold.  
You take on responsibilities families pay you to do,  
You are challenged every moment, but  
they become part of your family too.

You teach them, you feed them, you hold them near.  
You teach them manners and wipe their tears.  
You had no idea your heart would melt  
and you would love them this much.  
As they fall asleep, by your loving touch.

Reading to them is my favorite part,  
It makes me feel like I'm effecting their mind as much as their heart.  
I complain sometimes, about how exhausting it can be,  
But I couldn't imagine, without them, how boring my life would be.

~ Kelly Rae Patton ~

# The ABCs of Teaching

**Your job is to teach the curriculum, right? Sure—for part of the day. But when you stop to think about it, you also play a wide array of other roles every day . . .**

- Actor** You prepare for each class as if it were a command performance.
- Builder** You build in the wonder, the awe, and the fascination to inspire tomorrow's engineers, doctors, nurses, teachers, politicians, and parents.
- Caregiver** Many students excel because a special person helped them along the way: a teacher.
- Director** You're in charge of the whats and whens in your classroom.
- Enforcer** You're the one who enforces the classroom rules.
- Fighter** Sometimes you have to take a stand for what you believe is best for a child.
- Giver** You give of your time and of yourself—in and out of the classroom.
- Helper** Perhaps the most important help you give is helping students learn to help themselves.
- Instructor** Truly, this is the heart of teaching.
- Joiner** You need a support network, so you reach out to colleagues and you join professional organizations and community groups.
- Keeper** You keep track of attendance, grades, milk money, hot lunches, permission slips, line leaders, library books, mittens, and much more.
- Listener** Every day you listen to your students to find out what their interests are. Then you build these into your lessons.
- Magician** Learning is magic. As you teach students to read, write, calculate, and investigate, you unlock the magic for them.
- Nurturer** You care for your students like you would care for blooming flowers.
- Optimist** You see the good things happening in schools—even when the evening news says otherwise.
- Psychologist** You're a keen observer of kids.
- Questioner** You ask your students thought-provoking questions; then you guide them in searching out the answers.
- Role Model** You let your students know that you care and that you believe in them.
- Strategist** A well-planned lesson helps you get your students' attention—and keep it.
- Tutor** You give your students individual attention whenever you can. You also find times when they can tutor each other.
- Umpire** You live by these watch-words: you're fair, firm, and consistent.
- Victor** You celebrate your teaching victories, and you congratulate your colleagues on their successes, too.
- Writer** When you have an activity or a project that works well, you write it up and submit it to a teaching magazine like THE MAILBOX.
- Xerox Specialist** Who else can "unjam" paper, change toner, and make a ream of paper last for months?
- Yourself** Your students know and love you as a person.
- Zealot** You do your job with enthusiasm and energy—it's the most important job in the world!

*\*Make some word substitutions. Trade students for the children you care for; class/classroom for your own child care home; lesson plans for each fun day at your home. You do care for these children as your own and learning is magic. So have fun in your business each day as you love, teach, and prepare them for their future.*

***A great big thank you to these great businesses that generously donated prizes for our conference:***

Fazoli's	Village Inn	Olive Garden (the salads)
Mary Jane Sterling/Wine Basket	Melting Pot	Lowes
Lucha Cantina	El Parral Mexican Rest	Frito Lay
John Elways Dealership	Lakeshore Learning	The Melting Pot
Bonefish Grill	O'Reilly Auto Parts (Littleton)	McCallisters (the iced tea)
Colorado Rockies	Big Daddy's Burger Bar	Pirate's Cove
The Home Depot	Qdoba	Cakes by Karen (the cupcakes)
Lotus Jewelers Inc.	Bumble Valley Soaps	Hacienda Colorado
3 Margaritas	Noodles and Company	Texas Road House
Denver Zoological Foundation	Dunkin Donuts	Hurricane Grill – Wings
Buffalo Wild Wings	Café Rio Mexican Grill	The Outback
Tagawa Gardens	McDonald's (the yogurts)	Red Lobster
Jersey Mike's Subs	Littleton Café	Smashburger
Sweet Tomatoes	Einstein Bagels	Luigi's Italian Restaurant
The South Restaurant	4 G's	DQ Orange Julius
A-Town Pizzeria	King Soopers	Edible Arrangements
Black Eyed Pea	Romano's Italian Rest.	Ace Hardware
Cheddars Rest.	Walmart	Gunther Toody's Diner
Frank The Pizza King	Savory Spice	Celebrity Lanes
Finish Line Car Wash and Detail	Sams Club	Jimmy Johns
Rib City	Jason Fleming	Golden Corral
Hand Stone	Starbucks (coffee and supplies)	Celebrity Lanes
Bill's Sports	Leota Stoneges	Brandon Dodge
Freddy's Burger and Fries	Chic-fil-a	Bed, Bath and Beyond
Old Chicago	Merles of Littleton	The Chocolate Therapist
	Chili's (the soups)	

**And most of all, a great big huggable thank you to Diana Barrett and Carol Richardson for getting out there and talking with these businesses and successfully gathering up so many goodies! You're the BEST !!!**



# 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:  
Patty 303-745-6558

## 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  
Liz 303-220-7626

Zip Codes 80121  
Diana 303-793-0825

Zip Codes 80122  
Mary 303-221-0007

## RESOURCE AND REFERRAL:

Childcare Innovations:  
(provider updating)  
303-969-9666

## HUMAN SERVICES

Main Line 303-866-5958  
www.coloradoofficeofearly  
childhood.com

## LICENSING:

Arapahoe County  
Early Childhood Council  
6436 S. Racine Circle, Ste 100  
Centennial, CO 80111  
720-974-9630

## OTHER COUNTY REFERRALS:

A Caregiver Network: 720-870-1161

Adams: 303-451-1061

Denver: 303-756-8901 (Mary Jo)

Jefferson: 303-969-8772

Douglas: douglascountychildcare.com



+++ 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***