

dedicated to enriching the lives of children



Arapahoe County Family Child Care Association

LIFELINE NEWSLETTER

May/June 2016

UPCOMING MEETINGS

Tue May 10	The Difference We Make
Tue May 24	Provider Appreciation Dinner
June	no meeting
July	no meeting

+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

Tuesday, May 10
*The Stories We Tell Ourselves and
The Magical Difference We Make*
Janet Buntrock from
Candlelight Counseling
1.5 hrs Childcare Business

Aurora Area Workshop

Smoky Hill Library
5430 S. Biscay Circle
Centennial, 80015

Tuesday, May 24
Summer Make and Take Ideas
Lori Staton—ACFCCA Board
2 hrs Developmentally Appropriate
Practices



We're on the web!

www.acfcca.org

Find meeting information
and newsletters there
each month.

INSIDE THIS ISSUE:

Other Workshops	2
President's Message	3
Provider Apprec. Dinner	4
Budget	5
Summer Fun Activities	6
Getting Along Together	7
Giant Sun Weaving	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, May 18th
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.

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

President's Message

Hi there everyone,

Here we are at May already! The year is going by so fast.

Happy Provider Appreciation day on the 6th of May !!! I sure do hope you're feeling like the families you work with are appreciative of you.

Happy Mother's Day too! Have a wonderful celebration with those you love.

Be sure to check out the page in this newsletter with the information about the Provider Appreciation Dinner. Please RSVP quickly to reserve a seat. It will fill up fast.

We'll be taking a couple of months off from meetings for the summer. No meetings in June and July. Enjoy those lazy days of summer all you can. Be looking for your membership renewal brochures to come in the mail around the end of June. Yep, it's going to be time to do that again already too!

We applaud you and your tireless, selfless commitment to your wee ones and their families. Be proud of the work you do and please continue to be the sunshine in their lives. They need you so much in this hurry up world. Thank you ever so much just for being you.

Be joyful!

Your appreciative president,

Patty

IF YOU THINK
MY HANDS
ARE FULL
YOU SHOULD
SEE MY
HEART.
ella levy.



You are cordially invited to...

Provider Appreciation Dinner 2016

*When: Tuesday May 24th
Where: Smoky Hill Library
Time: 7-9pm*

*Please RSVP by May 20th
We only have 50 seats available so respond ASAP
to Patty at 303-745-6558 or pattyk1977@yahoo.com*

*Menu:
Fried Chicken
Potato Salad
Lettuce Salad
Watermelon
Cookies, Brownies
Iced Tea and Lemonade*

ACFCCA Proposed Budget 2016-2017
(Fiscal Year July 1, 2016-June 30 2017)

Estimated Income

Membership	
ACFCCA (100 members)	\$3,500.00
Advocate (1)	\$25.00
Total Membership	\$3,525.00
Conference (60 participants)	\$3,333.00
Total Conference	\$3,000.00
Fundraiser	
(Tour Of Homes) (50)	\$500.00
Total Fundraisers	\$500.00
TOTAL INCOME	\$7,025.00

Estimated Expenses

Newsletter and Special Mailing Expense	
Postage /Mailers	\$323.00
Total Newsletter Expense	\$323.00
Organizational Expense	
Affiliate Dues	\$80.00
Membership CAFCC (3) (We pay own)	\$00.00
P.O.Box	\$56.00
Telephone (Cell)	\$783.00
Copies and Service	\$656.00
Sec. of State Fee	
(Member in good standing with State)	\$10.00
Total Organizational Expense	\$1,908.00
Workshops/Speaker Fees	\$600.00
Conference/Room	\$1,060.00
Provider Appreciation	\$420.00
Tour Of Homes	\$500.00
Total Projects/Events	\$ 2,580.00
Publicity/Advertising	
Website Domain Name/Go Daddy	\$90.00
Hosting/Weebly	\$49.00
Total Publicity/Advertising Expense	\$139.00
TOTAL EXPENSE	\$4,627.00

Summer Fun Activities

- Bake cookies for ice cream sandwiches.
- Have a luau in the backyard.
- Make a fort out of cardboard boxes.
- Visit a farmer's market.
- Stage an A to Z scavenger hunt, where you have to find something that starts with every letter.
- Build a sandcastle.
- Make homemade pizza.
- Go for a walk and then make a collage from nature objects you find along the way.
- Head to a creek and look at the ducks.
- Set up a lemonade stand.
- Have a water balloon fight.
- Plan a picnic at a local park -- or in your backyard.
- Visit the local library throughout the summer and try to read as many children's books as you can.
- Create salad spinner art: Place circles of paper inside a cheap salad spinner, dab tempera paints on top, cover and spin away.
- Practice making interesting shadow puppets and then put on a show with your characters.
- Plant a garden of herbs and veggies.
- Make a sidewalk chalk mural.
- Plant a butterfly garden with flowers.
- Pretend to be pirates for a day -- dress up in costumes, plan a treasure hunt and talk like a pirate.
- Turn the backyard into a carnival -- set up a face painting area and games like ring toss.
- Make totem poles out of paper towel rolls and decorate them.
- Make a giant hopscotch or Twister game on the lawn (with spray paint) or driveway (with chalk).
- String beads into jewelry.
- Create leis with wildflowers.
- Make paper boats and race them in a kiddie pool using straws to propel them.
- Visit a fire station.
- Collect rocks and paint them to use as pet rocks. Or use your favorite colors and a few rocks to make a cute Very Hungry Caterpillar for your garden.
- Visit a zoo or aquarium to learn about animals.
- Run through the sprinklers.
- Blend your own smoothie.
- Let kids paint the sidewalk or patio with plain old water and sponge brushes. When their creation dries, they can begin again.
- Create a backyard circus -- kids can pretend to be animals and dress up as clowns.
- Paint canvas sneakers with fabric paint pens or acrylic paint.
- Make bird feeders with pine cones, peanut butter, and bird seed or cheerios.
- Have a fancy tea party.
- Let kids paint each other with washable tempera paint, then wash it off in the sprinklers.
- Set up a tent in the backyard to use as a summer playhouse.
- Make sun melted crayon art using summer's extreme heat.
- Plant herbs or flowers in a pot and turn it into a turtle.



Getting Along Together: Developing Social Competence in Young Children

<http://www.pbs.org/wholechild/providers/getting.html>

Childhood is the time for children to learn how to get along with others. As caregivers, we play a crucial role in helping young children understand social behavior and form satisfying relationships. As caregivers, we play an important role in developing a child's personality and character. Our challenge is to learn how to help each child begin to develop into a socially-competent person who can express his own feelings, empathize with others' feelings, and be cooperative, generous and kind.

Modeling Behavior

As adults, we often forget how important imitation is to children. Try to model the behavior you wish to encourage rather than just talking about it. Every time we say "please" to a child or every time we lend a helping hand, we are teaching children how we'd like them to act. Pay more attention to behaviors you like and less attention to behaviors you don't like. Look for the things the children are doing right and find opportunities to comment on those.

Active Teaching

When and how we respond to a child's behavior is part of something we call active teaching. Active teaching means giving attention and praise to children in ways that enhance their sense of satisfaction from within - communicating favorably on specific things they do well. Active teaching also means providing good examples and role models for children.

Never underestimate the power of play when it comes to teaching youngsters how to get along with each other. Children learn from other children so we need to give them plenty of opportunities for play and interaction among themselves. Play is one of the most important ways children learn about and explore how to behave with other people.

Conflict Resolution

It takes a lot of patience on our part to help children develop the ability to control their feelings and consider the rights of others. Conflict resolution defuses the problem and allows all the participants a chance to express their feelings. For example, if a child is having a hard time waiting for a turn on the swing, we can talk about it with her rather than simply repeating the rule, "You have to wait until Rosie is done." It is so reassuring to a child when an adult says something like, "I know you've been waiting a long time and you're dying for a turn, but you'll need to wait until Rosie is done. Maybe you can ride the trike while you're waiting." Sharing is always a big issue with youngsters. But "taking turns" is very different from really sharing from the heart. Often teachers establish policies to regulate turn-taking, but what do you think that really teaches children? Our goal is for children to be able to get along and resolve their problems among themselves - not to rely on adults to constantly make decisions for them.

Sharing From the Heart

Our challenge is to create a climate of kindness and generosity so that children can work together and take responsibility for each other. But where do we begin to teach such young children how to "share from the heart" and not share because we want them to? First of all, we can talk with children about being generous with each other. Point out that it makes the other person feel happy and makes you feel good, too. We can encourage acts of generosity throughout the day. We can be generous ourselves in providing enough satisfying experiences and materials for the children, then perhaps we can allow the children to make their own decisions about the use and sharing of equipment. Learning to "share from the heart" internalizes a child's generous feelings. We can't even begin to talk about kindness and generosity without introducing the concept of empathy - the ability to sense or feel what another person is feeling. A little empathy can go a long way in teaching children to share from the heart. Here are several practical techniques we can use with young children to help them develop empathy:

- Encourage children to assume different roles in their pretend play.
- Help them express their own feelings and encourage them to listen to other people's feelings.
- Try to link one child's feelings to another child's by reminding them of their own past experiences in similar situations.

Helping children feel good about themselves and others is our primary goal in teaching social competency. We can accelerate the process by incorporating the value of helping and being kind to others into our daily curriculum. Start by asking for and accepting a child's offer to help other children and ourselves. There are endless possible ways in which we can ask children to provide support and assistance, thereby creating a climate where kindness and generosity is noted, discussed and highly valued. Of course, kindness and thoughtful attention is always welcome, but keep in mind that sometimes the kindest thing children can do is to simply include others in their play.

Teaching Fairness

Like adults, children will have their bad days, their off-moments. Letting off a little steam is fine as long as the child doesn't physically hurt himself or others. But children can hurt each other in non-physical ways, too. Youngsters know from their own experiences that words can hurt, and that name-calling, teasing or excluding another affects how other people feel. Teachers should discourage these kinds of hurtfulness, too.

All children want to be treated fairly but they don't always understand how to treat others the same way. One way to teach fairness is to explain what a particular rule is to a child and how it applies to him as well as to others, emphasizing that his rights will be respected, too. For example, rather than simply saying "There's no hitting," we can explain, "I won't let anyone hurt you and I won't let you hurt anyone, either." We can also help children learn to respect other's personal privacy by insisting that children and teachers have the child's permission before handling a personal possession. Children have the right to have their feelings and choices respected, and we have ample opportunities to model this throughout the day. As teachers, we should always acknowledge and respect a child's feelings, never insisting that he stop crying or say he's sorry when he isn't. A child is never too young to learn how to respect themselves and others.

Cooperation vs. Competition

It's important to focus your teaching on substituting cooperation for competition. When children compete, only one person or one team wins and everyone else loses. Children will have plenty of opportunities to express their competitive spirit later on. They'll have fewer chances for learning to care for and get along with each other. A teacher can model cooperation. If the room needs cleaning up, the teacher's attitude and her behavior can communicate, "Here, I'll help - let's do this together. This is my room too. Let's share the responsibility for getting it cleaned up so we can move on to the next activity." Children especially love it when an adult has a problem and everyone is encouraged to pitch in with their ideas and cooperate solving it. We can also teach children some useful, non-violent ways of getting what they want by practicing the art of compromise. Help them bargain with each other, make a trade or use something together. "I'll pull you in the wagon while you sit in it," or "I'll trade you my purple pen for that red one." Learning to negotiate is a valuable part of becoming socially competent.

Here Comes the Sun!!! Why Not Weave a Giant Sun!!!

Start by collecting some sticks...4 of them cut into 4 foot lengths, laid into a star shape and then bound by twine,



Then gather up all the yellow material, roving, and yarn in the house, or have parents donate what they can find at their homes. Cut the material into 2-3 inch strips, then attach the strips to make huge pieces by tying them together.



Begin by weaving in the roving first. Tit it to the first branch and then just go over and under the branches...pulling it tight as you go through each one. After the roving start on the other material. Doing it like a God'e Eye, (which is essentially what this is)...going under and over the first branch and then over and under on the next branch. Again...pull your material tight when you weave through each branch!

Weave until the kids get sick of it, at which point declared it DONE!! Then this massive art piece goes outside and into a tree...your own giant sun/art piece to enjoy every day! It will get weathered over the season and change...maybe birds will get bits of the yellow roving to use for their nests!

It's a super fun project that the children will enjoy doing together...and a great BIG way to welcome the sun to your own backyard!!!



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***