

DCCCA NEWSLETTER

NOV. & DEC. 2016



...a fun place to
play and learn!

Paula Williams,
Newsletter Editor

A LETTER FROM OUR PRESIDENT

It's Playtime! A Prescription for Learning and Wellness!

I know it is wet and the sun is not sunny, but we can have lots of good fun that is funny."

— Dr. Seuss, The Cat in the Hat

Children are hard wired for activity and play. They are born kicking and screaming, and it just continues from there! The more we learn about infants, toddlers and children... the more "back to the basics" we go. Intuitively and scientifically, they need lots of human connection, lots of room with opportunity to move, and lots of unstructured playtime. It is the *modus operandi* to optimal whole child growth and development, social, emotional, cognitive and physical.

Our job is to keep them safe, fed, nurtured and rested, while creating environments and experiences that lends to their best learning practices. My motto for this is...KISS.. keep it simple #*^#* and do get back to the basics. Less is more and more is less! Community and opportunity cannot be necessarily found or purchased at a "big box " baby or toy store. If so, it would be priceless!

A recent Denver Post article by Eric Weiner, Special to the Washington Post, debunks five myths about genius. Genius is less about heredity and IQ and more about "the ability to look at what everyone else is looking at, and see something different." Children do that quite regularly and let's get out of their way! That's where unstructured, open and free play comes in.

The Family Childcare Environment Rating Scale states under it's program structure sub scale, that ideally free play should occur daily for much of the day, some indoors and outdoors, with ample and varied toys, materials and equipment, under supervision used as an educational interaction. This is a recommended mandate for higher quality care and state accreditation.

The American Academy of Pediatrics just this October 2016 announced new recommendations for childcare's media use. See www.aap.org. Some recommendations include.... for children under 18 months discourage use of screen media other than video- chatting. In children 18-24 months avoid solo media and choose high quality programming and use media together with the child. In children older than 2 years, limit media to one hour or less per day and again shared between adult and child. Recommend no screens during meals and for one hour before bedtime. Very limited media use creates the window for more playtime!!

A book by Angela J. Hanscom copyright 2016 and titled Balanced and Barefoot, goes even further in recommending and examining the countless benefits of unrestricted outdoor play for children. One cannot help but see a trend of "back to the basics" for our children of today.

“When he worked, he really worked. But when he played, he really PLAYED.”

— Dr. Seuss

As teacher's, it is our duty to create an environment that both appreciates and honors the fact that children learn best having fun while actively engaging in experiences both structured and unstructured. Do we include countless open ended toys, materials and access to nature to facilitate that? Do we believe that allowing children to be physically active and intensely focused in free playbuilds a strong body, mind, and spirit? That it facilitates learning, a healthy diet, sound and adequate sleep, social interaction skills, independence, creativity and confidence, just to name a few! These needs begin at birth and continue through a lifetime.

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

— Eleanor Roosevelt

We adults, stand to learn much from the very children we teach and care for. Lest we forget that we are created for physical activity, working and learning best in the context of fun and real time experience. Lest we forget to laugh, let go, choose better, inject fun and play into our work and lives!

You can be childlike without being childish. A child always wants to have fun. Ask yourself, 'Am I having fun?' Christopher Melon

Work hard, play hard, have FUN!

Angela Rosales

YOUR DCCCA VOLUNTEERS!

YOUR DCCCA BOARD:

President:	Angela Rosales	303-766-9241	amagr8rose@q.com
Vice President:	Vickie Scholl	303-707-0812	gtscholl@hotmail.com
Secretary:	Wanda Sprague	303-841-2108	wandasprague@gol.com
Treasurer/Membership:	Susan Taboada	303-841-5899	susantboada@comcast.net

REFERRALS:

<u>Castle Rock:</u>	Sabrina Fulks	303-814-2103	Sabricustomemb@gmail.com
<u>Highlands Ranch:</u>	Paula Williams	303-358-2377	paulasue10@q.com
<u>Lone Tree:</u>	Paula Williams	303-358-2377	paulasue10@q.com
<u>Acres Green:</u>	Paula Williams	303-358-2377	paulasue10@q.com
<u>Centennial:</u>	Paula Williams	303-358-2377	paulasue10@q.com
<u>Parker & Elizabeth:</u>	Joanne Payne	303-805-0824	tjsspayne@msn.com

Alliance for Kids Referral ————— 1-877-338-2273

QRIS Quality Improvement Funding - Here are step by step instructions for providers:

<https://ecconnect.ecclacolorado.org/opportunities>

OTHER DCCCA POSITIONS:

Newsletter Editor:	Paula Williams:	303-358-2377	paulasue10@q.com
Advertising:	Ivanka Stuchlik	720-517-3370	ivankastuchlik@yahoo.com

OTHER VOLUNTEERING OPPORTUNITIES BELOW:

We're all volunteers & can use your help too, Thank you for your consideration.

Education Coordinator:

2 CAFCC State Representatives: Reysie Beekman

Hospitality Committee: Rita Predmore & Maria Ciurczak

Continuing Education Committee: Shelley Stackpole

Dept. of Human Services, Map of Licensed Childcare Facilities
<http://www.colorado.gov/apps/cdhs/childcare/lookup/map.jsf> -

LICENSING SPECIALISTS:

Castle Rock – (Zip Codes 80104, 80108 & 80109) – Heather Sporrer–303-866-5958
Heather.sporrer@rrcc.edu

Highlands Ranch – (Zip Codes 80129 & 80130) – Teresa Ribble - 303-866-5948
Teresa.ribble@rrcc.edu

Highlands Ranch - (Zip Codes 80124 & 80126) – Aleece Barr – 303-866-5958
Aleece.barr@rrcc.edu

Parker – (Zip Codes 80134 & 80138) – Elizabeth Chase – 303-866-5958
Elizabeth.chase@rrcc.edu

ZONING – 303-660-7460

EIN – EMPLOYEE IDENTIFICATION NUMBER:

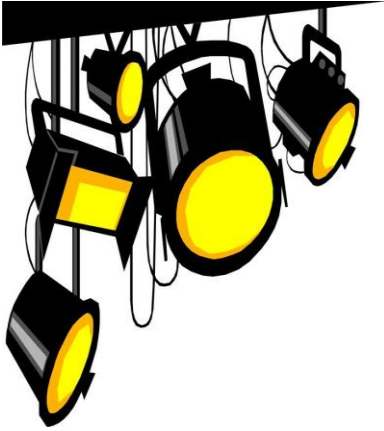
An **employer identification number (EIN)** is a nine-digit **number** assigned by the IRS. It is used to identify the tax accounts of employers and certain others (Self-Employed) who have no **employees**. The IRS uses the **number** to identify taxpayers who are required to file various business tax returns. Or give receipts to customers, families etc.

SO, instead of using your personal Social Security # on business documents,
consider getting an EIN (Employee Identification Number) it's very easy to obtain.

CALL - 1-800-829-4933 – An operator will walk you through the process.

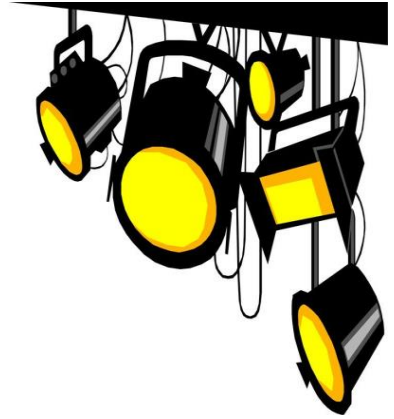
or their website:

<http://www.irs.gov/businesses/small/article/o,,id=97872,00.html>



In the SPOTLIGHT!

Connecting with early childhood education
peers on a personal and professional level!



Heather Sporrer - Licensing Specialist Douglas County

I am the licensing specialist for Castle Rock and the surrounding areas. I have BS in Elementary Education with continuing education in Early Childhood Education. I have worked in the field of early childhood education since 1997 and have been a preschool teacher, director, district manager and licensing specialist. Early Childhood is important to me because it is the foundation young children will build on as they continue to grow and learn. I am passionate about partnering with child care providers to ensure that highest quality of care for young children. In my free time, I am involved in my 3-son's education and activities, including multiple sports and theater. I look forward to continue building relationships with early childhood professionals in Douglas County.

Heather Sporrer, Licensing Specialist

**Heather Sporrer,
Licensing Specialist**

Loving the Lights!!!!





Ready or Not Kindergarten. Here We Come!

By Tracy Galuski, Associate Professor and Mentor at Empire State College

Sammy was a bit of a late bloomer. Maria, his mother, spent a lot of time helping him with the kindergarten readiness activities, but she wasn't sure if he was really prepared. The morning of the first day of school was a whirlwind for the family. Maria dropped Sammy off with a kiss, then made her way to work, where she worried about him off and on all day.

While many of us focus on the basics of letter and number recognition or reading skills, kindergarten readiness encompasses more than a few isolated skills. We need to look at the whole child and all the skills and strengths each child has developed. That's what makes them unique. As an example, Sasha may love books and have exceptional reading abilities, but she struggles with shyness that prevents her from engaging with other children. Joshua might be very strong socially but still has difficulty holding and using a pencil correctly. Emma can do both these things, but she can be very silly and wiggly and gets distracted in group settings. Despite these differences, all these children are ready for school.

Here are some tips to help you prepare your child for Kindergarten:

Help him to develop independence at home. Encourage your child to dress himself, take his coat on and off and hang it up, use the bathroom without assistance and wash his hands without constant reminders, and put on his own shoes. Provide serving spoons so your child can serve himself at the table and clear his own dishes. These skills will take him from the coatroom to the lunchroom and beyond.

- **Focus on self-help skills.** Your child should know how to wipe her face after lunch without prompting and blow her nose without assistance. But be sure she is also comfortable asking an adult for help when necessary.

Teach responsibility. Start transferring small responsibilities over to your child, if you haven't already. After a family trip to the pool, you might put your child in charge of emptying the backpack, refilling the water bottles, or hanging up his wet swimsuit. Even when it may be easier for you to complete these tasks, let him accept the responsibility.

- **Develop and follow routines.** Set up morning routines that will transfer into a school setting. Getting up around the same time every day, getting dressed, and having an early breakfast together is a great way to transition to school.

- **Read aloud to your child.** Get your child a library card, take her to the library to check out books, and be sure to read to your child every day. Read a variety of books, read the captions under pictures in the newspaper, even share the comics. Just read!

- **Engage her in meaningful literacy activities.** Encourage your child to help you with thank you cards, shopping lists, or notes. They may start with scribbles or pictures, move into scattered letters, and finally some recognizable words as they enter school. Appreciate their attempts and watch their skills develop with practice.

Acknowledge his feelings. Avoid talking about school too much, or wait until the end of summer is near. Your child may express being nervous, not wanting to go or, alternately, feeling very excited to start school. Whatever they feel, take time to appreciate where they are.

Rather than worry about whether your child is ready to read and write, think about his or her skills as a whole. What can they do well that will help them succeed? The quiet child who has reading abilities will find her way to the social butterfly that needs help writing his name. The silly, wiggly child will find a spot as the classroom helper. Rest assured, they will all navigate kindergarten together.



Building Social and Emotional Skills at Home

Source: Adapted from the Message in a Backpack, Teaching Young Children 4 (4): 12

School classrooms are busy places where young children learn all sorts of things, including social and emotional skills such as how to express feelings and how to work together with friends on a project. Here are some suggestions for helping your child develop social and emotional skills at home.

Puppets. Teachers sometimes talk with children about conflicts and help them think about solutions while using puppets and families can try this technique at home. Puppets are a great way to introduce children to feeling words like *happy*, *sad*, *angry*, and children will sometimes talk to puppets about their feelings. Puppets can also help in discussions about challenging topics, like getting to bed on time.

Think out loud. When your child hears your thinking process, it helps her understand how to cope with frustration and solve problems: “Whoops. My favorite shopping bag has a hole in it. I’d better take another one with me to the grocery store.”

Read bedtime stories. There is something magical about this end-of-the-day routine that makes it the ideal time for talking about feelings. Discuss the characters and events in the story. Invite your child to share her thoughts and feelings by asking questions: “What do you think he should do? How do you think she feels? What would you do if you were this character?”

Do a job together. Instead of asking your child to do a chore alone, do it with her. The two of you might fold laundry, set the table, rake leaves, or paint a wall. Help your child join in by shortening the handle of a broom to make it child-size or providing a small paintbrush or roller.

Play games. Card and board games and outdoor games such as tag or hopscotch offer built-in opportunities for helping children learn to take turns, cooperate, handle frustration, and more. While playing games together, focus on fun instead of winning or losing.

Prevent potential problems. Before a friend comes to play, help your child put away toys he does not want to share. Before taking a bus to the zoo, provide a step-by-step explanation of what you will do: “We will wait at the bus stop for 5 minutes, then get on the bus and sit together and watch the sights go by for about 30 minutes [explain this as the length of one episode of a favorite TV show]. Then we will walk three blocks to the zoo and tour the lion house before anything else!” During the trip, remind your preschooler of what will happen next.

Teaching Tidbits

Let's share simple ideas about our work...environment, practices, playtime, curriculum, policies, procedures that make a big difference.

Outdoor unstructured water play- On a hot day, dump a bag of ice on the lawn before the children arrive.

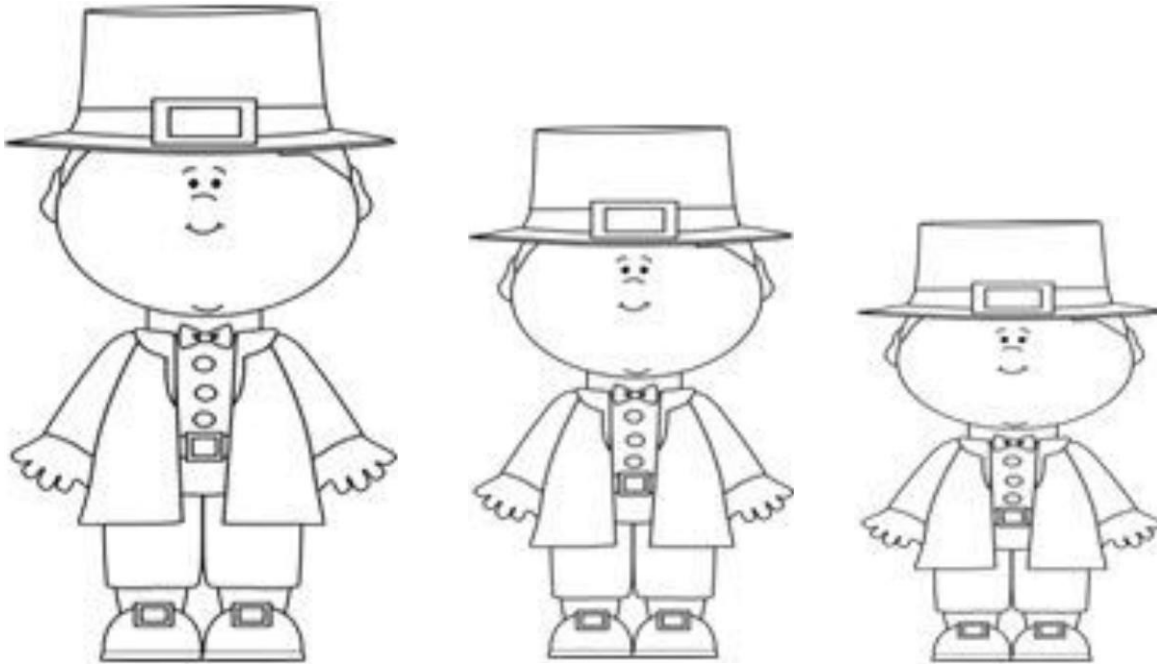
Wait and see what happens! A big bonus, the children don't get that wet, dry off fast, and have a blast!!

Inside unstructured water play- In the dead of winter shovel snow and fill a water table, or long deep container (like a plastic gift wrap container) with snow and items to mold or scoop etc. Kitchen area

works best. Watch for cold hands and take breaks to warm up. They don't want to stop!

Soaps- We may not keep products accessible to children that include a warning" Keep away from children." The gentle foaming hand soaps from Bath and Body Works do not have a warning and can be later filled with a Softsoap and water combination for foaming and quick group hand washing. Be sure to check all labels as product formulation can change.

Name _____ Following Directions



1. Color the hat of the tallest boy green.
2. Color the hat of the shortest boy orange.
3. Color the hat of the middle boy yellow.
4. Color the shoes of the shortest boy green.
5. Color the shoes of the tallest boy yellow.
6. Color the shoes of the middle boy orange.
7. Color the jacket of the shortest boy yellow.
8. Color the jacket of the middle boy green.
9. Color the jacket of the tallest boy orange.
10. Color the pants of the shortest boy blue.
11. Color the pants of the middle boy purple.
12. Color the pants of the tallest boy black.



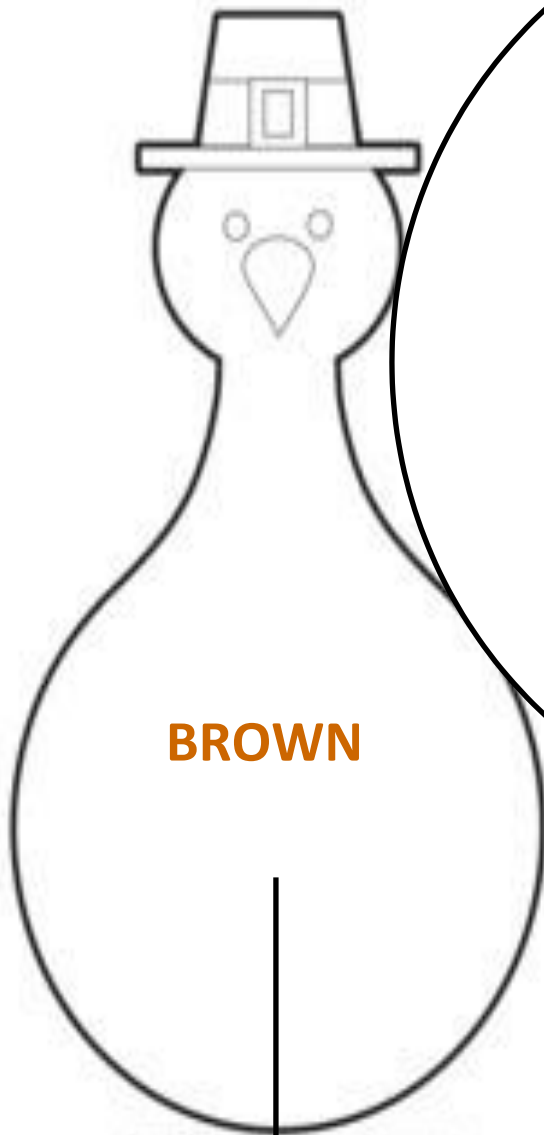
craftymorning.com

FOUND ON:
Crafty Morning.com

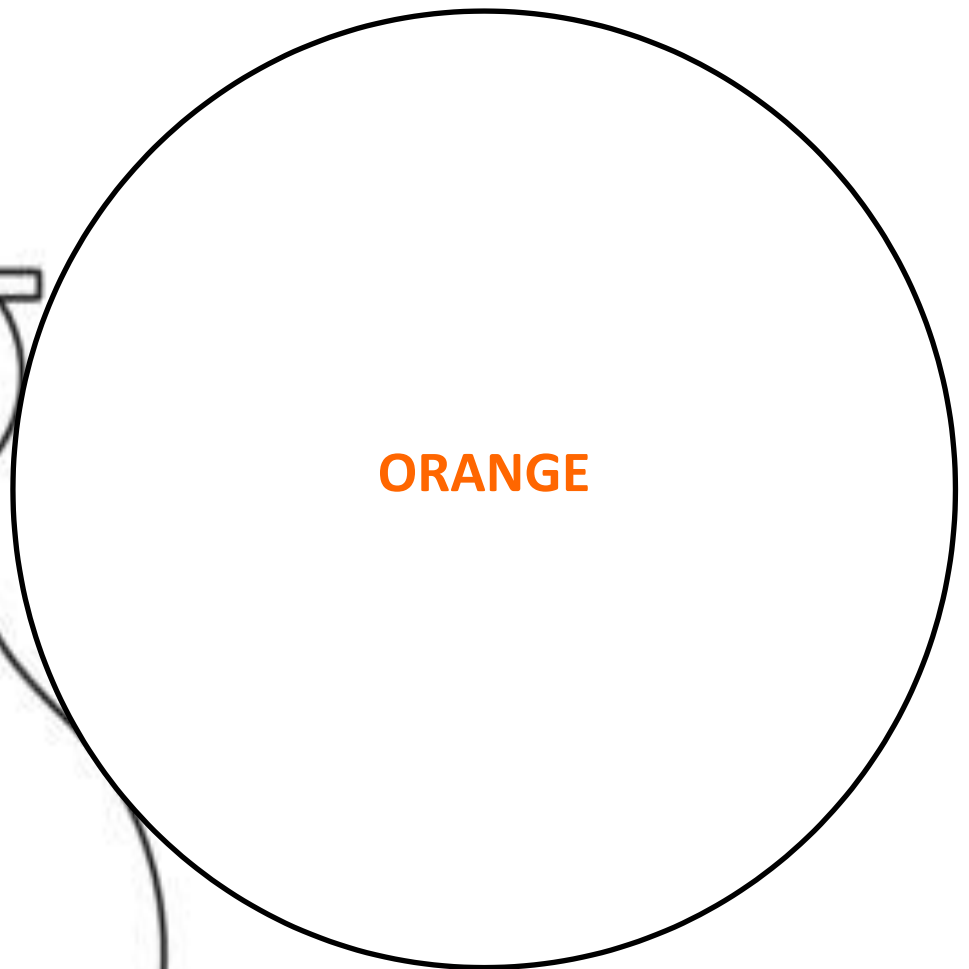
I'VE ATTEMPTED
PATTERNS BELOW

Just need Candy Corn

CRAFTYMORNING.COM



BROWN



ORANGE



SIMPLE THANKSGIVING CRAFTS FOR ANY AGE



Using 1 long and 1 short pipe cleaner wrap the short cleaner about 1 inch above the end of the long pipe cleaner and bend to resemble a turkey foot.

Straighten out the long pipe cleaner to use as a handle and dip the foot part into paint (use Thanksgiving colors) and stamp onto white paper as turkey tracks.

(Fun a day)



Teepees

Using 3 Jumbo popsicle sticks. Glue together to look like a Teepee as shown. Cut a triangle from a brown paper bag to fit over the popsicle sticks leaving just a little bit of the stick showing. Have the kids decorate using paint, or glue and glitter. Or even glue and colored sand etc.) Let dry then glue onto the teepee.

MYCRAFTSBLOG.COM



Using 1/2 paper plate. Spread diluted glue (glue mixed with water until runny) paint over plate. Child lays tissue paper squares over the glue until the plate is covered. Add a brown circle for head and decorate face. Add feet.

WHATTOEXPECT.COM



Turkey Puppet—Lunch bag decorated as a Turkey. Just add feathers, beak, eyes, and waddle. You can find a lot of “Patterns” going to www.Google.com and type in “Templates for turkeys, or for anything that you need help with.

(Paula)

HAPPYHOMEFAIRY.COM



On paint paper, Trace around a bowl to use as the body and cut out using brown paper. Using the same bowl, draw with pencil a circle shape on the paper, towards the bottom of the page leaving enough room for the feet. Have the kids stamp their handprints using different colors lining their palm on the line of the circle. Decorate the turkey (For feet, use triangles and cut out small triangles for the tails. **(Paula)**

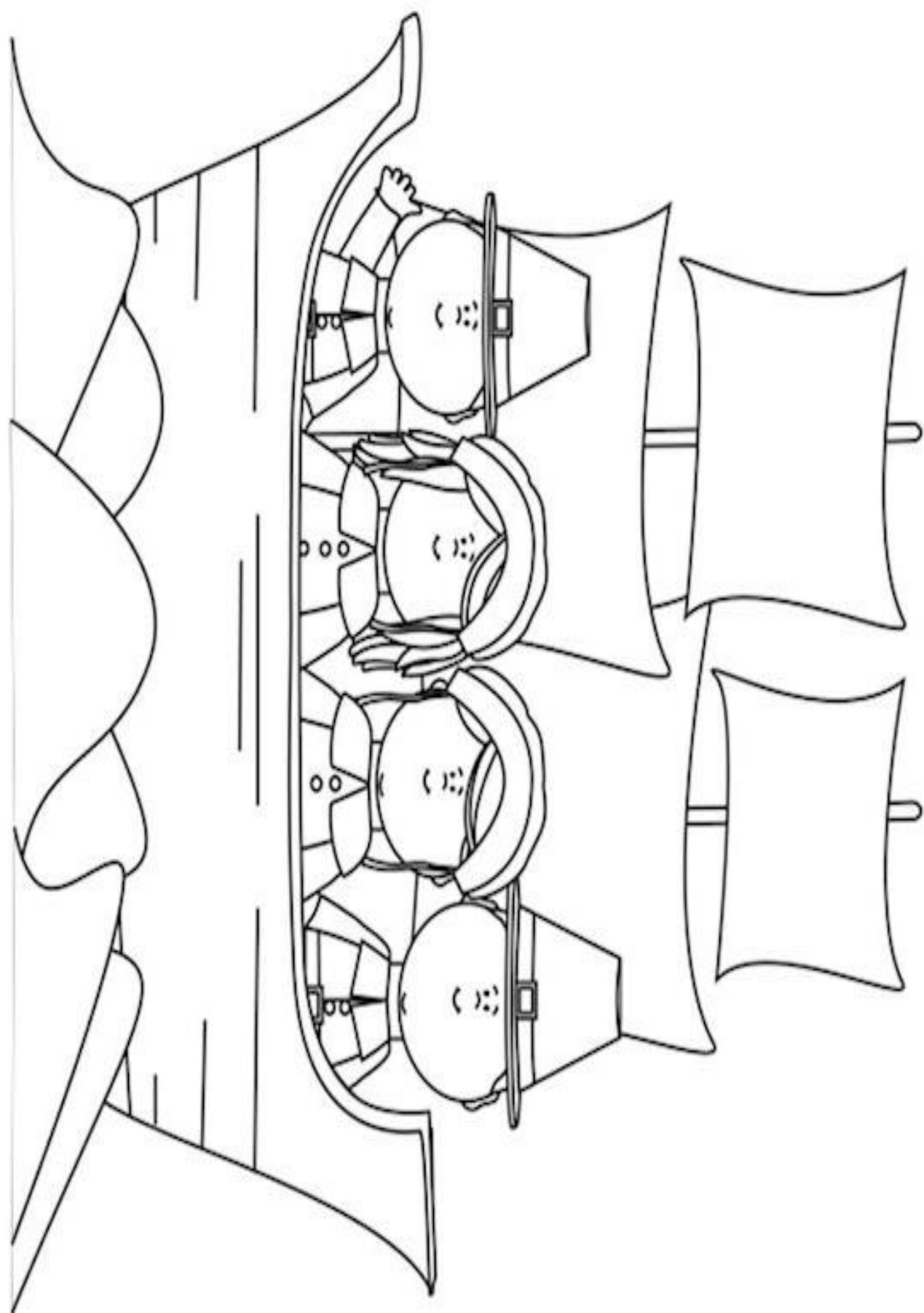


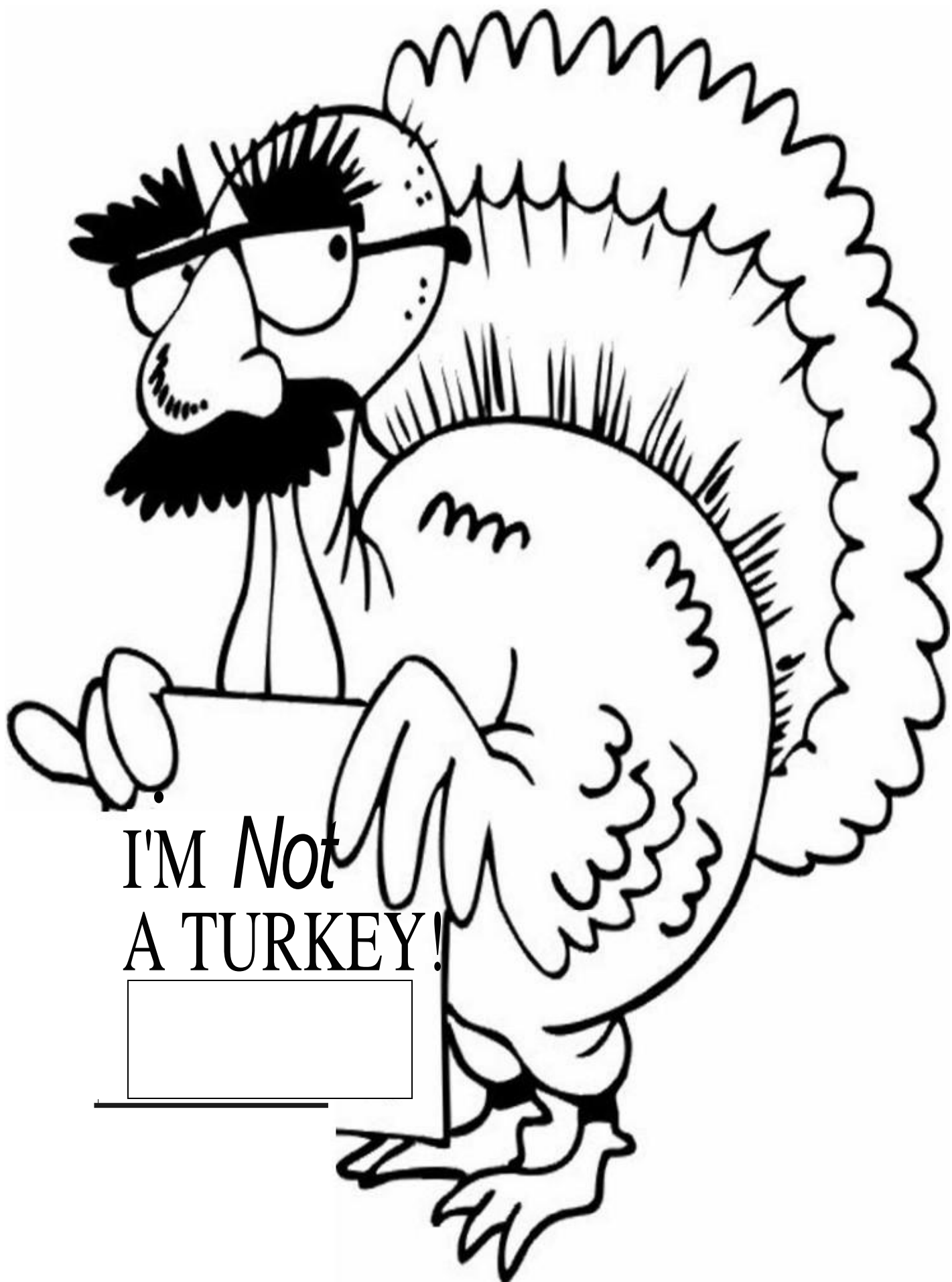
Paint paper, light blue paint for the sky and dark blue paint for the water. Brown hand print stamped on paper. 3 White paper squares as sails. Paint white clouds in the sky. The Mayflower.

mamasmonkeysblogspot.com



Turkey Dinner. Turkey leg is brown lunch bag stuffed with newspaper twisted and taped at about 1 1/2 in from the end. Mashed Potatoes are cotton balls, pat of butter yellow paper square. Peas and Corn tissue paper wadded up stuck to glue **(Paula)**





I'M Not
A TURKEY!



WHAT A GREAT FUN DIFFERENT LUNCH:

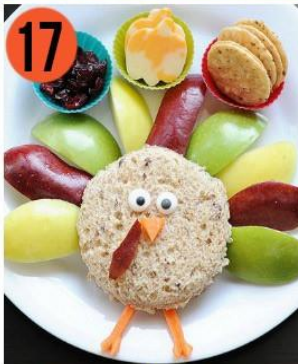
1 REGULAR SIZE EGGO HOMESTYLE WAFFLE

3 MINI EGGO WAFFLE FOR HEAD

1 LG CANTALOUPE, 2 LG STRAWBERRIES, E2 PINEAPPLE SLICES AND 2 EDIBLE EYES PER TURKEY.

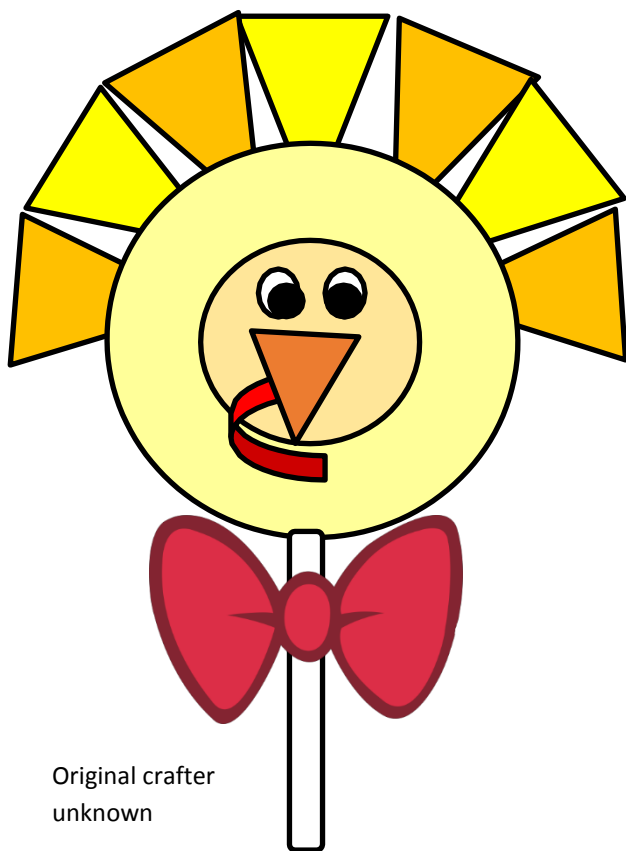
1. Toast all waffles. Place large waffle on plate. Add 1 mini waffle for head. Cut around 2 more mini waffles using kitchen scissors for wings. Place them on the sides. Cut up different fruits and place the slices on the top as feathers. The beak and feet are cut up Cantaloupe, strawberry waffle & then add edible eyes. Maybe use pieces of bacon and scrambled eggs in between as feathers rather than the fruit as a different option??

CREATIVE EATING



Fun sandwich ideas here. All bread cut into circles and different ideas for the feathers. The bottom left turkey's feathers is a piece of Bologna trimmed with fancy edges, and a piece of lettuce behind the bologna. The "face" is crust of the bread, beak is cheese, edible eyes, and red pepper for the waddle. The bottom right is circle cheese with fancy edges instead of bologna. Puffy Cheetos or pretzels would be cute for the tail as well. Another thought would be a cheese Quesadilla folded in half for the feathers!

CREATIVEEATING.COM



Original crafter
unknown

Use a vanilla sandwich cookie. Put a Lolli-pop stick into the icing. Using red tube icing, “glue” on a mini Nutter Butter Cookie as the head.

Using the red icing, using a small blob as the waddle, then stick on about 3/4 of a candy corn as the beak. Then use about 7 Candy Corns pushing the pointed end in the cream of the cookie as the feathers. Use edible eyes, put a bow around the stick to finish it.

(Please excuse my Turkey art, just attempting to get my idea across.)



Pillsbury.com

Pillsbury sugar cookie dough slice and bake.

Decorate the face with tub frosting, eyes, beak and feet. Then using frosting as “glue” spread out some of the frosting along the top of the cookie and press candy corns into the frosting as feather. EASY PEASY. Kids can even help make their own snack.



The Herber Family

Use a Fudge Stripe cookie, turned upside down. Using frosting “glue” a mini un-wrapped Reese cups turned over onto the frosting so the smaller end is in the frosting. Using yellow tube frosting, decorate the rim of the hat to resemble a Pilgrims hat. (Can also use, a large marshmallows instead of Reese Cup, otherwise decorate the same.

Little Pilgrim: Original Author Unknown

Sung to: "Twinkle, Twinkle"

Little Pilgrim dressed in gray
on that first Thanksgiving Day.
Little Indian dressed in brown,
came to visit Plymouth Town,
They both came to eat and pray
on that first Thanksgiving Day.

=====

Mr. Turkey Original Author Unknown

I have a turkey, big and fat.
(Make a fist with one hand-thumb Out for turkey's head)
He spreads his tail and walks like that.
(Attach "tail" by spreading Out fingers of other hand and join together)
His daily corn he would not miss.
(Poke with thumb at floor)
And when he talks, it sounds like this:
Gobble, Gobble, Gobble

=====

Presents—Original Arthur Unknown

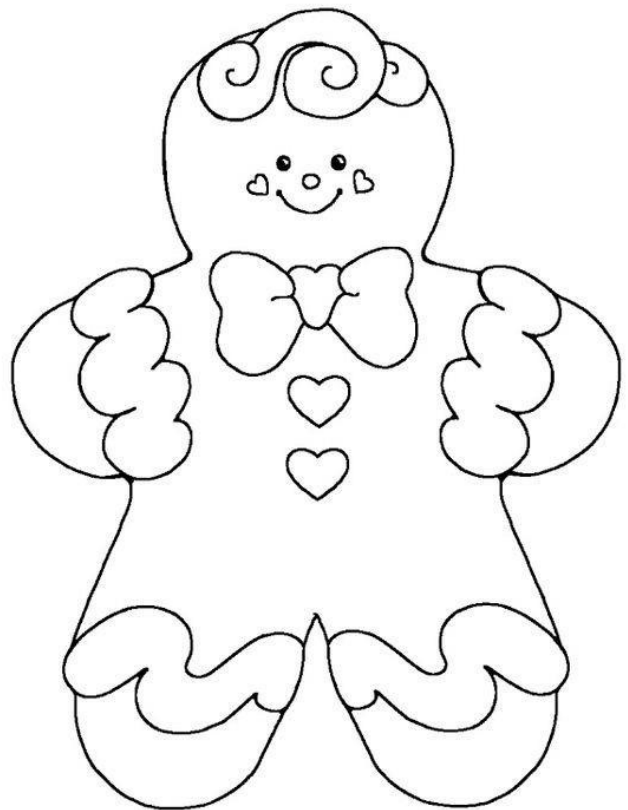
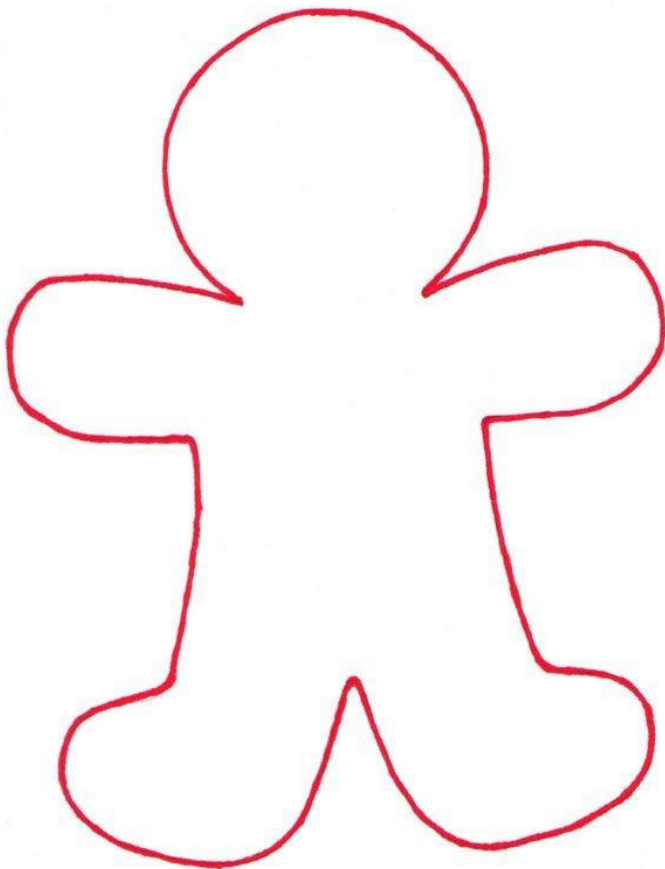
See all the presents by the Christmas Tree (hands shade eyes)
Some for you (point) - And some for me (point)
Long ones (extended arms) Tall ones (measure hands up from floor)
Short ones too (hands down low to the floor)
And here is a round one (circle arms) wrapped in blue.
Isn't it fun to look and see (hands shade eyes)
All the presents by the Christmas Tree (arms wide open)

Five Little Gingerbread (Refer to the Gingerbread Man Book)

Author: Unknown

Five little gingerbread lying on a tray,
one jumped up and ran away,
shouting "Catch me, catch me, catch me if you can...
I run really fast, I'm the gingerbread man!"
Continue counting down until there are none left
No more gingerbread lying on a tray.
They all jumped up and ran away!

This is a fun song to use with props. A cookie sheet with felt or paper gingerbread men are a cute visual.



The Mitten in the Snow (Refer to The Mitten book)

Author—Unknown

Sung to the tune of The farmer in the dell.

The mitten in the snow,

the mitten in the snow

Help us please so we don't freeze

the mitten in the snow.

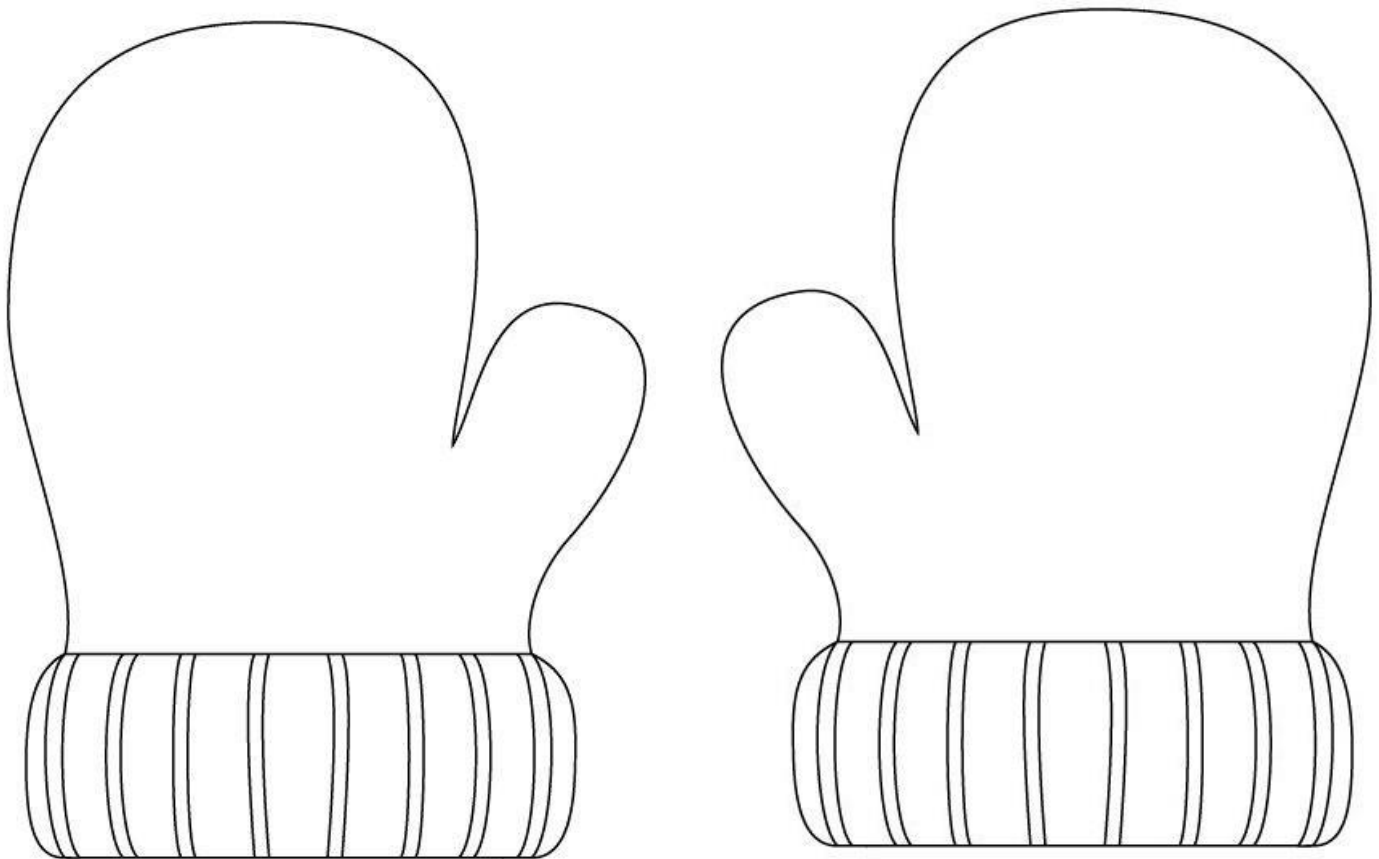
A _____ squeezes in, (name an animal)

a _____ squeezes in, (name an animal)

Help us please so we don't freeze

The mitten in the snow.

A great prop for this song is a large mitten made of felt or fleece. Add your favorite stuffed animals or



FUN CHRISTMAS CRAFTS



My kids made these last year as a parent's gift. Turned out very pretty and the kids were so proud. Just use a clear ornament, plastic is perfect. Drop in a few drops of paint (I used acrylic,) let the kids pick 2 or 3 different colors, do not put the lid on yet, and they simply just swirl the paint around the inside of the ornament until the ornament is covered with paint, then let dry. **DON'T PUT A LOT OF PAINT INSIDE.** You can always add additional paint if needed. Let dry, then turn ornament over on top of paper towels to let the wet paint out and dry again. Add a ribbon to the top to hang. ([Paula](#))



Just need letter pony beads, solid pony beads and a pipe cleaner and string away. Great small motor skills and learning to spell their name.

Fun-a-day.com



Have kids dip their dish scrubber brush into green paint and make a circle shape like a wreath. Let dry. Then squirt a little red paint onto a plate and have them dip their pointer finger in it. Tell them to put dots all over the wreath to make it pretty! Finish off the craft with a shiny red bow.

Crafty Morning.com



Painted green hand on white paper (or canvas) Yellow paper, or painted on star and brown paper or painted trunk.

blah-to-tada.blogspot.com.au



Painted or green feet (use your finger or paint brush to get the foot completely covered) Stamp each foot on white paper or Canvas with help. Dip circle sponges in paint and have the kids dab around the feet. Label with Mistletoes

www.thewhoot.com



All popsicle stick crafts—easy to follow

<http://www.momto2poshlildivas.com>



Melt either caramels, or chocolate in microwave to use a “the dip.” Pour into tall skinny drinking glass. Using Pretzel Rods, dip the pretzel into “the dip” then sprinkle the coverings onto the pretzel. Then lay the pretzel on wax paper to set. Then enjoy!!!! (Ideas for coatings: mini M&M’s, sprinkles, granola, nuts, etc. colorful and yummy.).

Fashionandpopculturmagic.com



Allrecipes.com

Using any cookie recipe, and a Gingerbread Man cookie cutter (upside down). Bake as directed. Melt chocolate Melts and pour onto the head and upper arms, and a skinny drizzle to resemble antlers (the feet of the Gingerbread Man) of the cookie. The red nose can be a Cherry, a sour cherry candy ball, a M & M. The eyes can be mini M&M’s any color or Sprinkle “Candy Shop Decors.” Using Mini M&M’s or Candy Shop decors, decorate the antlers to resemble Christmas lights.



These are easy, cute and good. Use Nutter Butter Cookies. 1 mini Pretzel, 2 M&M eyes and 1 Red M&M nose. Per Reindeer. “Glue” on each face piece with white frosting,

m.justapinch.com



Smallfamilybigworld.com

Make pancake mix, stir in some green food coloring. Bake the pancake. And cut into thirds. Stack on top of a sausage link to resemble a Christmas Tree. Decorate with M&M's and top with a spray of Whip Cream.



The tip Junkie

Rudolph Pancakes:

Make large circle, & Small circle pancakes. Then make 2 tiny circles for the ears. Eyes are a little squirt of Whip Cream, topped with a chocolate chip, or M&M, and the nose is a Raspberry or Strawberry. Antlers are bacon strips. So cute



Andeverythingssweet.blogspot.com

Make any kind of sandwich. Cut out a shape using any cookie cutter. Then use large Pretzel Twists for the antlers, a red cherry or M&M nose and 2 M&M eyes.

How easy is this?