

Douglas County Child Care Association Newsletter

July-August-September 2019 Issue





DCCCA

July - September, 2019

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Sizzling Summer

Summer Salutations DCCCA Members,

A few matters to bring to your attention and for your consideration. A *"sizzling summer"* update, if you will! So, pour a sweet mint tea, salted margarita, chilled white wine or any refreshing beverage of choice, and read at your leisure! Cheers!!!

Many thanks and a shout out to those of you who participated in two surveys and one focus group of late, originating from the Douglas County Early Childhood Council and the Department of Public Health that elicited our feedback on two fronts...dealing with challenging behaviors in our profession, and local early childhood caregivers/ teachers needs and concerns.

Bringing our voices to the forefront is how we get "heard"! While it remains difficult/ impossible to attend state and local meetings given our long work hours.....completing surveys takes a relatively short amount of time and is the easiest way for many to give feedback. At times it feels that we get so many requests...Yet, this is a great problem to have! An indication that we are being considered and included professionally at many levels. Thanks again!

Regarding continuing education classes.... Due to availability issues for Saturdays at South Metro, we are not able to do a fall 2019 conference. We are currently working on a set of four weeknight classes to be scheduled in August, September, October and November. These two-hour classes will cover interesting topics and include knowledgeable speakers, amounting to a total of eight available credit hours. We are wanting to organize one or two potluck mealtime gatherings before a couple of these meetings. Hope you will join us!

Looking into 2020, we will schedule Deb Bradley from Tender Care Consulting in January for the yearly renewal of two classes she has been conducting for our membership. This leaves a spring conference come March/April 2020 for 5/6 hours on a Saturday.

Consider a new opportunity to volunteer for our organization! Paula Williams has been so kind to continue as DCCCA newsletter editor beyond her retirement. She is ready to pass the baton and we are needing an editor and team to work on future newsletter editions. Please consider this creative and fun volunteer opportunity! Express your interest as we look forward to new input, ideas, suggestions and direction as we hope to continue this valuable resource.

On that note, please help us “name” our DCCCA newsletter. Submit your suggestions by August 1, 2020 and we will then take a vote.

Other association volunteer needs to consider are education committee and state representative. Both these areas are very interesting and personally valuable in networking, while also being fun and professionally uplifting.

Approach a board member with inquiries!

Next on the board’s agenda is to review and update our by-laws. Would you kindly review what exists and offer your input/suggestions. Upon completion, new revisions will be submitted to membership and voted on for approval.

This past March, we rolled out our new updated DCCCA website. Please know that this is a “living document” and will be expanding and growing as time, money and ideas permit. Do become familiar with it and use as a resource. Consider updating your provider profiles with changes and content. Parents are contacting providers through our website!

Below is some interesting information to share regarding our early childhood profession. Especially Senate Bill 19-063.

Remember.....what we do MATTERS and we MAKE A DIFFERENCE!!

The 2019 legislative session wrapped up on May 3, and advocates for pregnant people, young children, and their families have a lot to celebrate. Thanks to the efforts of Clayton Early Learning staff, partners and

HB19-1262 makes free full-day Kindergarten a reality for Colorado families beginning in the fall of 2019;

HB19-1005 provides eligible early childhood educators the opportunity to receive a tax credit;

HB19-1194 limits out-of-school suspensions and expulsions for Colorado’s youngest students (Pre-K through 2nd grade) to only when a serious health and safety threat exists;

HB19-1122 strengthens Colorado’s Maternal and Mortality Review Committee (MMRC) to help them review recent cases of maternal mortality and develop recommendations to prevent maternal deaths through legislation, policies, rules and best practices; and

SB19-063 requires the Colorado Department of Human Services to create a strategic action plan in an effort to increase the availability of family child care homes and infant child care across the state.

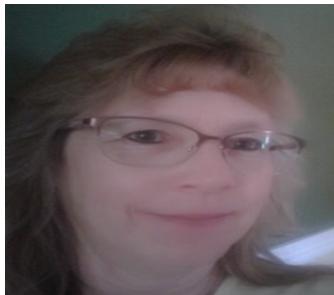
Have just enough summer fun.....and don’t forget the sunscreen!!

Angela Rosales



IN THE SPOTLIGHT

Sabrina Fulks Castle Rock Referral Agent



I have lived in Colorado since early 80's, and love this state. When I am not doing childcare, I like to read, garden, and walk. I have done the American Cancer Society walk 8 years with friends. I

remember wanting to be a teacher when I was small, but life took me in a different direction. When I worked and my kids were small I could not bring myself to take them to a daycare center, but was fortunate to have a job for 20 years where they could be with me. I kind of fell into this profession when I started watching my grandson. Not only did he need playmates, but why not make money and help parents who wanted in home care.

Even though it is a challenging profession, it is very rewarding when I see a child go from infancy to kindergarten and thrive.

We all become a part of a child's life, and sometimes I forget that I am a very important person in that child's life, but I love it when I am reminded by a parent.

I believe we should try to remember that we are the cement that their futures are built on so we must try to do our best for them.

Treasury Report

July 1 - September 30, 2019

		Balance Forward	\$6,384.48
Income:	Spring Conference Donation	\$750.00	
	Total Income	\$750.00	
Expenses:	Telephone	\$159.93	
	Spring Conference	\$780.52	
	Total Expenses	\$940.45	
Ending Balance:			\$6194.03
Respectfully Submitted, Susan Taboada, Treasurer/Membership			

Referral Calls

April-May-June

<u>CASTLE ROCK</u>	April May June	<u>HIGHLANDS RANCH</u>	April May June	<u>PARKER</u>	April May June
Under 2	21	Under 2	10	Under 2	20
Full Time:	16	Full Time:	7	Full Time:	10
Part Time:	5	Part Time:	5	Part Time:	10
Over 2	10	Over 2	1	Over 2	11
Full Time:	7	Full Time:	1	Full Time:	9
Part Time:	3	Part Time:	0	Part Time:	3
School Age	1	School Age	0	School Age	0
CCAP	0	CCAP	0	CCAP	0
Total	28	Total	11	Total	31
DCCCA WEBSITE	3	DCCCA WEBSITE	3	DCCCA WEBSITE	23
PROVIDER/FRIEND	3	PROVIDER/FRIEND	1	PROVIDER/FRIEND	3
OTHER:		OTHER:		OTHER:	

EXECUTIVE BOARD AND ADDITIONAL DCCCA VOLUNTEERS

President	Angela Rosales	303-766-9241	amagr8rose@q.com
Vice President	Vickie Scholl	303-707-0812	gtscholl@hotmail.com
Secretary	OPEN		
Treasurer Membership	Susan Taboada	303-841-5899	susantboada@comcast.net
	Referrals	Volunteers	
Castle Rock	Sabrina Fulks	303-814-2103	sabricustomemb@gmail.com
Highlands Ranch Lone Tree Acres Green Centennial	Cathleen Zeiler	303-791-3386	highlandsranchereferal@gmail.com
Parker/Elizabeth	Joanne Payne	303-805-0824	tjsspayne@msn.com
Election Coordinator	Cathleen Zeiler	303-791-3386	
Continuing Education Committee	OPEN		
Continuing Education Committee	OPEN		
State Representative	OPEN		
State Representative	OPEN		
Craigslist	Molly Williams	720-488-6405	
Hospitality	Maria Ciurczak Violy Lindner Rita Predmore	303-470-8909 720-344-4505 303-690-0610	
Newsletter Editor	OPEN		
Douglas County Zoning	OPEN		
Employer Identification	EIN#	1-800-829-4933	http://www.irs.gov/businesses/smallbusinessesself-employed/employer-idnumbers

LICENSING SPECIALIST INFORMATION AND OTHER USEFUL NUMBERS

Castle Rock: 80104, 80108, 80109	Heather Sporrer	303-866-5958 heather.sporrer@state.co.us
Highlands Ranch: 80129,80130	Jodie Gillespie Lead Licensing Specialist	720-415-6141 Jodi.gillespie@state.co.us
Highlands Ranch: 80124, 80125, 80126	Amanda Schoniger	303-866-4453 amanda.schoniger@state.co.us
Parker: 80134, 80138	Nicole Hubbell	303-866-5958 Nicole.Hubbell@state.co.us
Centennial: 80122	Cammile Espinosa	303-403-2677
Colorado Department of Human Services	303-866-5958	Coloradoofficeofearlychildhood.force.com
24 Hour Child Protective Line	303-271-4131	
Immunization Line	303-237-7178	
Rocky Mountain Poison Control	303-222-1222	
NAFCC (National Association for Family Child Care)	800-359-3817	
Child Find for Douglas County	720-433-0020	
	Food Programs	
Kids Nutrition Company	303-987-4851	
Southwest Food Program	719-573-2246	
Wildwood Food Program	303-730-0460	

Child Care Insurance Options

Dawna Nolan, Broker	720-519-0291	dawna@cowest.com
ADCO General Daycare Insurance	303-893-5770	
Adults & Children Alliance	800-433-8108 x2028	acainc.org/partners.html
Allstate Insurance	303-833-5588	
Assure Child Care	855-818-5437	Assurechildcare.com
Cherry Creek Insurance Group	303-799-0110	travelers.com
Child, Inc. Liability Insurance	800-844-8288 x108	
Child Care Insurance Professional	800-819-9992	
Dan Gillespie, Insurance Broker	303-656-6912	
Daycare Defender	800-414-1066	scdefender.com
DC Insurance Services, Inc.	800-624-0912	dcins.com/contactus.html
Farmers Insurance—Daniel Cashmore	303-970-0315	
Mike Boling Markel	888-515-8537	
New England Ins. Services, Inc.	888-845-8288	neisinc.com
State Farm Ins.—Daniel West	303-790-4333	



The Child Care & Preschool Teacher Poem

Although I am not their parent,
I care for them each day.
I cuddle, sing, & read to them
And watch them as they play.
I see each new accomplishment
And help them grow and learn.
They come to me for comfort.
I soothe away their tears.
They proudly show their work to me.
I give the loudest cheers.
No, I am not their parent,
But my role is just as strong.
I know some day the time will come,
When we may have to part.
But I know each child I have cared for,
Is forever in my heart.

-Author Unknown

4 Discipline Mistakes

The Pushover's Parents Make

Even if you're usually totally in [control](#) as a parent, don't be surprised if you fall into one of these discipline traps some day.

By **Jacqueline Burt Cote**



Softie. Spineless. Pushover. These are a handful of the words that have been used to describe [my discipline style](#)—by everyone from my husband to my mom to strangers at the [grocery](#) store. And I fully admit, I'm guilty as charged. Of course, my intentions are good. I'm no confrontational by nature, and every attempt to impose a consequence makes me feel like Bad Mommy. My clever kids, with their tears and whines? Well, they know exactly how to [play](#) me.

“Some parents believe there shouldn't ever be conflicts with their children,” says Thomas W. Phelan, Ph.D., author of the 1-2-3 Magic series of [discipline](#) books. However, the reality is that kids need the structure that setting limits provides—and some, like mine, aren't getting it at home. Discipline helps them learn self-control and appropriate behavior. In fact, researchers have shown that children of lenient parents are more likely to act aggressively at school and are at greater risk for [underage drinking](#).

RELATED: [7 Discipline Mistakes All Moms Make](#)

You've probably heard that moms and dads typically fall into one of three categories: authoritarian, authoritative, or permissive. Experts generally agree that the middle-of-the-road authoritative style tends to produce the most well-adjusted and happy kids.

I'd argue that the firm-but-fair approach is better for parents too. I can only imagine how much less stressful my life would be if I could figure out how to say, "This is what we're having for dinner tonight," instead of "What does everybody want to eat?" And I'd love to know [how to motivate](#) my older children to be on time for school—and what to do when they're late for the third day in a row besides make vague threats that they believe I'll never carry out. Yeah, I know: **Good** luck with that, pushover. Still, it's possible to get better at taking charge—once you own up to mistakes like these.

1. You don't follow through on consequences.

Allison Charles, a mom of three from Westfield, New Jersey, has a hard time with this. "If my kids argue and won't stop, I'll say, 'That's it, we're not going to the [birthday party](#).' Then I'll feel bad and say, 'Okay, you can go, but you can't have cake.' Then, of course, I give in and let them eat cake when we get there."

Why It Happens: If you have a tendency to backtrack, you probably don't think about what [enforcing a punishment](#) will feel like, says Parents advisor Jenn Mann, Psy.D., author of *The A to Z Guide to Raising Happy, Confident Kids*. Only later do you realize that carrying it out will be as big a bummer for you as it is for your kid.

How To Fix It: Before you announce a consequence, leave the room and take a couple of deep breaths. This will give you a little time to calm down and come up with a more manageable solution. If you forget to take this pause and later need to modify the plan, let your child know that the change works better for you, not him. You might say, "We're going to the [birthday party](#) because I promised Emma's mom I would help out. Instead, you'll lose 30 minutes of your screen time tomorrow."

2. You ask for cooperation rather than insist on it.

It's laundry day, and you ask your 7-year-old if she'll help you carry the dirty clothes to the washer. She stares at you and says, "That's not my job." At a loss for words, you ignore her rude response and DIY.

Why It Happens: You want your child to like you and are afraid you might come off as a meanie. I speak from experience. My M.O. is to present my children with queries instead of expectations: "Hey, would you mind taking out the garbage before dinner?" or "You should get your homework started soon, okay?" As a result, they don't take me seriously and then don't understand why I get upset when they fail to empty the trash or finish their school assignments on time.

How To Fix It: Embrace the idea that just because you enforce the rules doesn't make you a dictator; it makes you an effective parent. It's critical to use the right language as well. Instead of saying "okay?" at the end of a sentence or asking kids to do something, make a more definitive statement ("I need you to help me bring the laundry basket downstairs"). This becomes a directive for your child to follow rather than an option that she can refuse. "It's also important to try to avoid spontaneous requests," says Dr. Phelan. He [encourages having routines](#), such as laundry day on Saturday and homework starting at 4 p.m. This way, your child doesn't feel put out by an unexpected demand and also feels respected.

3. You let your child bend the rules.

Every time you ask your 6-year-old to carry his dishes to the sink, he has a ready excuse ("I have to finish my reading log"). But as long as he completes the chore eventually, you let his delay tactics slide.

Why It Happens: You'll do whatever it takes to keep the peace, even if it means letting your children call the shots. Rachel Burt Loventhal, of Atlanta, says that whenever she lets her 3-year old son, Theo, watch "one more show," he starts to bargain. "I'll say, 'Okay, that's it,' and then he'll say, 'Wait, I have an idea. What if I watch only half of another show?' " She usually gives in to his attempts to negotiate

watch only half of another show?’ ” She usually gives in to his attempts to negotiate a deal. “I rationalize that since he asked me nicely, I should let him have what he wants.”

How To Fix It: Keep your [directions](#) simple and clear, and don’t leave room for debate. While it’s fine to give kids control in certain situations (such as having them choose between two snack options), you [shouldn’t be drawn into a negotiation](#). In Loventhal’s case, the effective response to her son’s comeback would be to simply repeat the rule—“One show, that’s it”—and then turn off the TV.

4. You try to keep your child happy at all costs.

Let’s say you’re in Starbucks with your 5-year-old when she has a huge meltdown because they ran out of chocolate-chip [cookies](#). You know that you should just leave, but instead you try to pacify her by suggesting that she have a giant blueberry muffin instead. However, rewarding her tantrum all but guarantees that she’s going to throw a fit the next time she encounters a small disappointment.

RELATED: [10 Ways to Tame Your Kid's Tantrums](#)

Why It Happens: When your child is hungry or tired, you’re more likely to give in. After all, even if the situation isn’t your fault, no one wants her kid to be miserable. “But sometimes we put our kid in positions we shouldn’t, like running errands with her when she needs a nap or a snack,” says Dr. Mann. This sets her up to fail—and then makes us feel guilty.

How To Fix It: [Validate](#) your child’s feelings rather than trying to appease her. You might say, “I know that you’re disappointed about the cookie.” Then remind yourself that when you set boundaries and stick to them, you’ll also help build the skills your child needs to deal with whatever challenges life throws at her.

BUGS



THE KIDS NEED BINOCULARS TO FIND THE BUGS. RECYCLE THOSE TOILET PAPER TUBES, BUG STICKERS AND YARN TO HANG THEM AROUND THEIR NECKS.

Ingredients:

- 1 13oz Jar of Nutella
- 2-3 Cups of powdered sugar

Instructions

1. Empty the 13oz jar of Nutella into a medium mixing bowl.
2. Add in 1/4 cup powder sugar and mix with your hands (or spoon) until combined.

NEUTELLA SLIME



LOVE BUG

PAPER PLATE

PAINT (FINGERPRINTS UNDER HEAD)

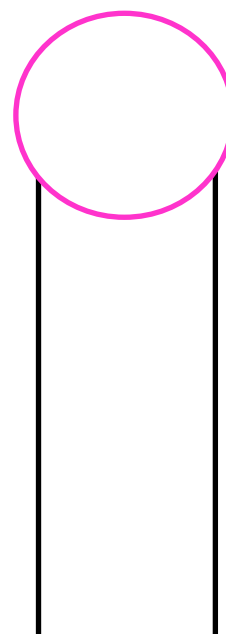
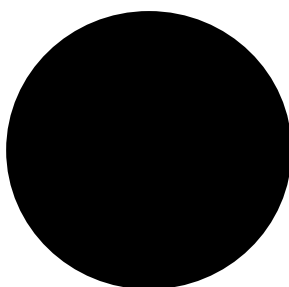
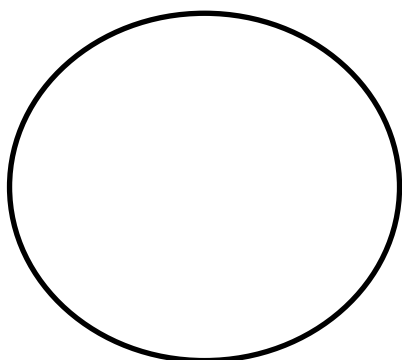
MISC. CONTRUCTION PAPER

(SEE PATTERNS ON page 17)

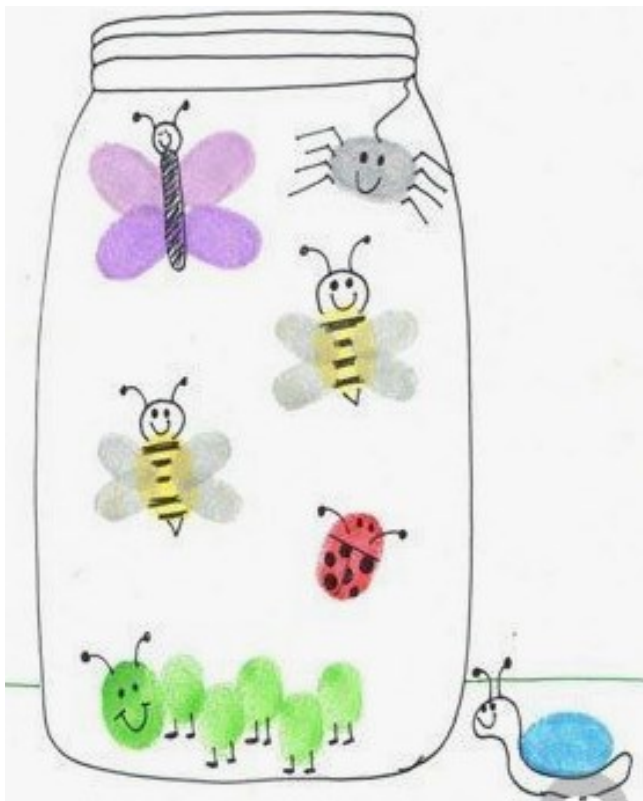




CUT 2 WINGS



LOVE BUG PATTERNS



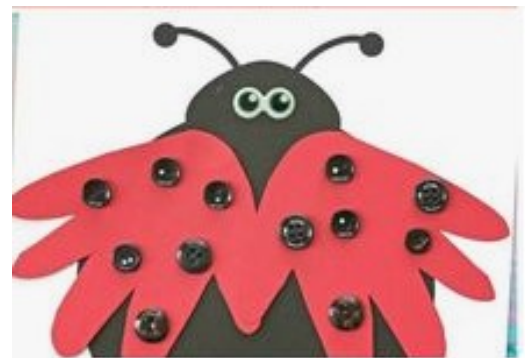
BUG JAR PATTERN
ON PAGE 19

THUMB PRINT BUG
COLLECTION JAR

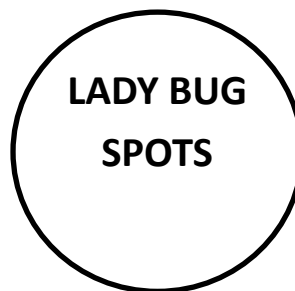
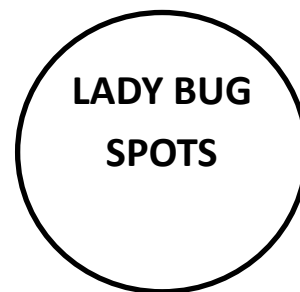
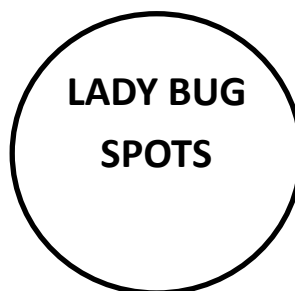
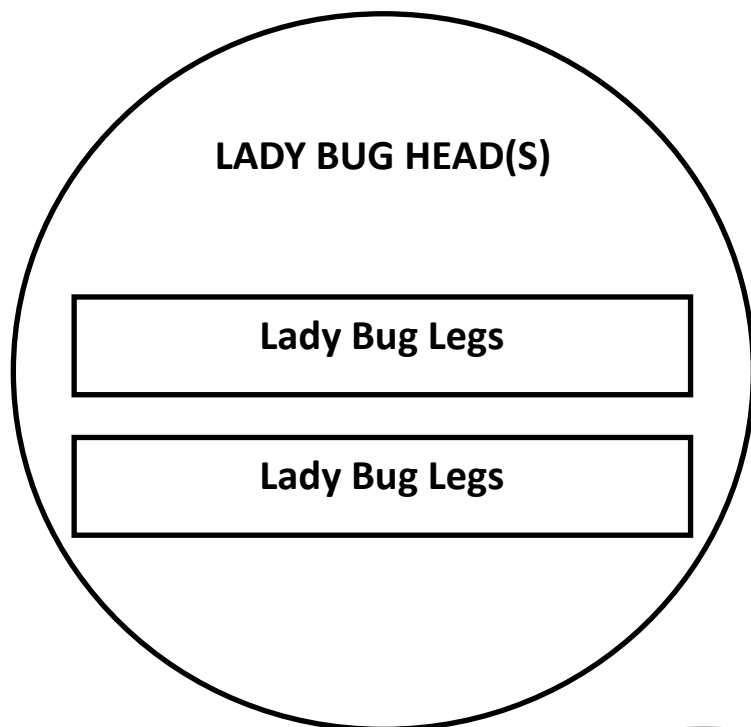
BOWL LADYBUG
PATTERNS ON PG 20

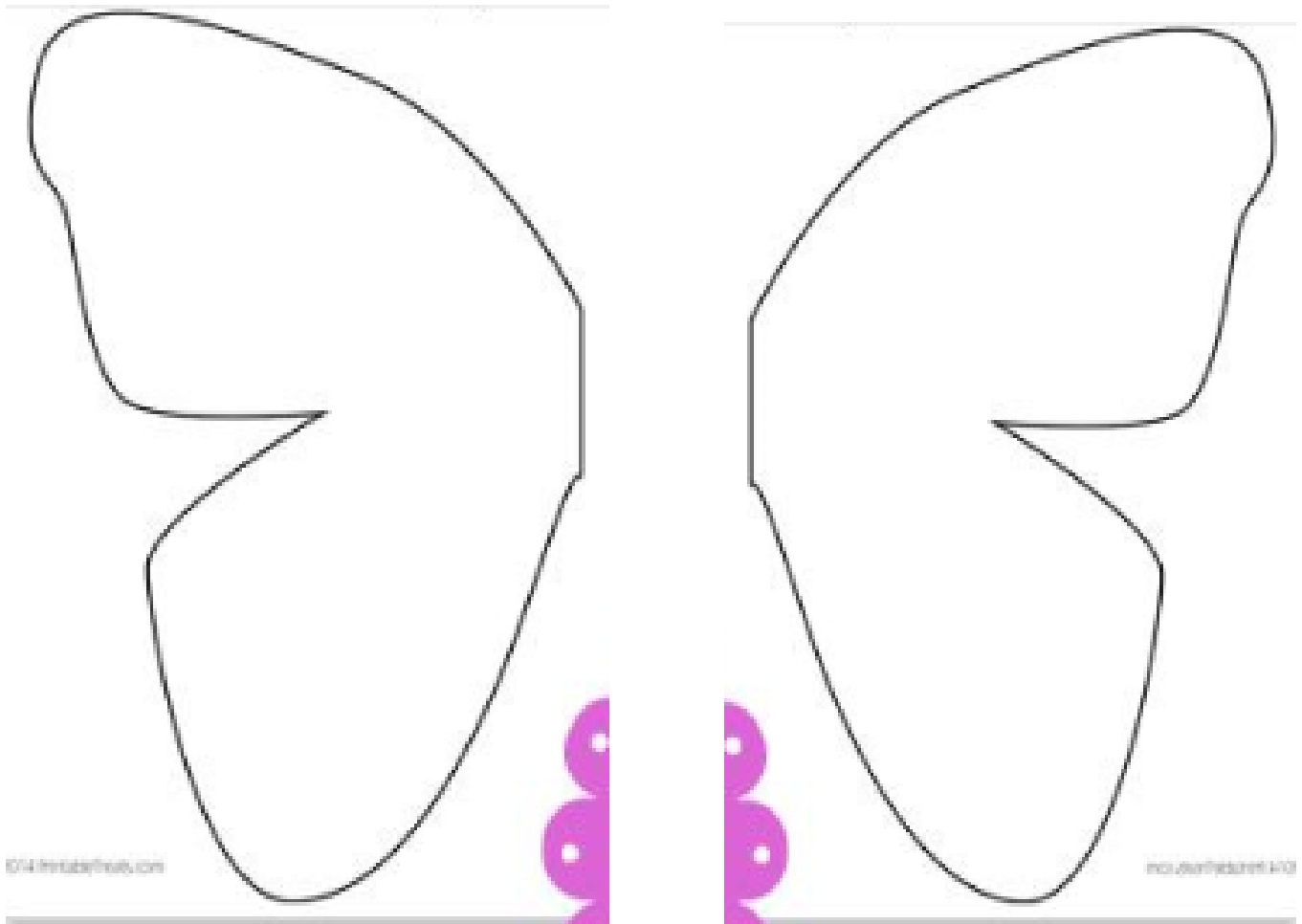


HANDPRINT
PATTERNS ON PG 21-22









**LADY BUG HEAD
FOR PUPPET**

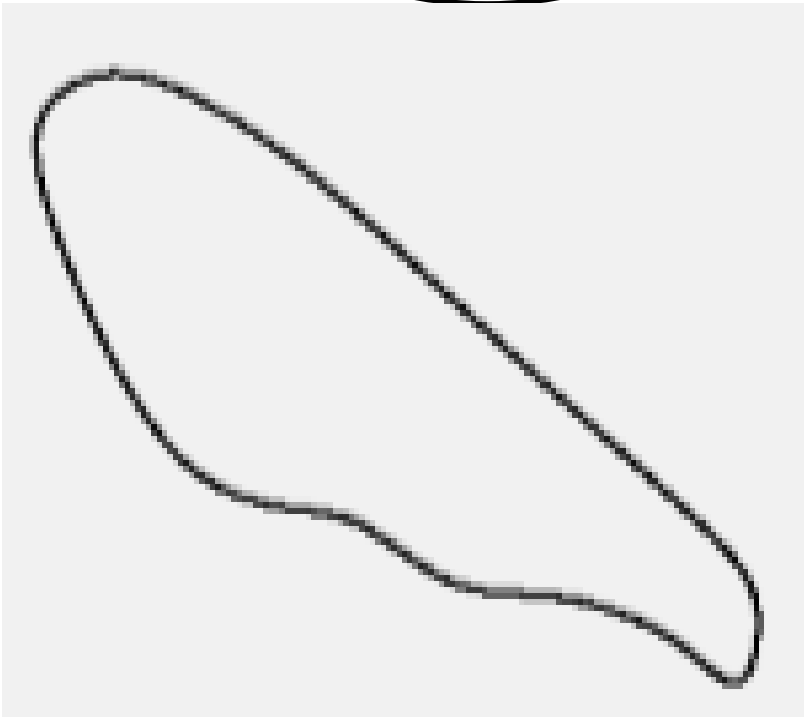
**LADY BUG BODY PATTERN FOR
PUPPET**

CUT 6 LADY BUG LES

**BEE PUPPET
PATTERN PIECES
FROM PG 18**

BEE STRIPES

BEE'S HEAD



CUT 6 BEE LEGS