

Douglas County Child Care Association
Newsletter
July - September 2020 Issue





DCCCA

July-September 2020

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President's Letter

A Novel.....

.... idea, theory, concept, plan, challenge, position, issue, creation, product, enterprise, **virus!**

COVID-19, a novel virus, quietly entered our population and quickly became a global pandemic in early 2020. From surprise, to shock, fear and disbelief.... to learning, mobilizing, adapting, planning, sharing, communicating, helping, inventing, processing, organizing, supporting, reaching out, drawing from within.... to the present, having come a long way in six months! Stop and acknowledge all the hard work and tough decision making you have done to get to this point! Given our differing experiences and outcomes, you rose to the challenge and are doing the best you can.

“I did the best that I knew how. Now that I know better, I do better.”

Maya Angelou

Reasons for optimism provide hope, while the seriousness of this collective challenge remains.

As early childhood educators, “essential workers”, mothers, wives, daughters, given all the hats we wear and roles we play, our entire life has prepared us for this moment in history. While there is nothing easy to this, we have the knowledge, skills, commitment, training, best practices, work ethic, mentors, support systems, resources in place to help facilitate better outcomes. We are experts at cooperating, learning, growing, problem solving, teaching, decision making, navigating, pitching in, adapting, making due, improvising, organizing and so much more! Our life knowledge and resourcefulness will serve us well. Even given all that, self-care remains crucial. Simplifying, letting go, lowering expectations, doing the little things that really are rejuvenating, focusing on the things we can control, and being consistent, is a requirement!

“When you come to the end of your rope, tie a knot and hang on.”

Franklin D. Roosevelt

Our child care homes are a shining example of best practices in place that meet the challenges of a pandemic. If all the adults in the world could only see and learn from our kiddos! For starters.... Trust the expert, your teacher! No tantrums allowed, just follow the new rules in place for our community's own interest. Well tantrums do happen.... they just don't work! Frequent hand washing for 20 seconds, tolerating the smell of bleach, covering cough/sneezes, playing outside all day, learning new procedures and developing new habits, wearing masks and considering it dress up, taking turns, trying to social distance with creative help, believing that this crisis “is for now, not forever”, and we are all getting through this together. They are little experts at listening to their bodies and not “sharing germs”! If most of these best practices were in place.... their adjustment went easier. Same goes for the adults. With some obviously needing to repeat preschool!



President's Letter

Tough times don't last, tough people do!

Your DCCCA remains ready to support you and see our organization through this crisis. These difficult and unprecedented times can be opportunities for personal growth and professional development. Some challenging tasks before us, among many, are to face our fears with plans and action, draw closer together, strengthen our focus, network, expand our vision, build upon what is working, embrace transcendental change, expand our comfort zones, remember we always have options and that small steps really do add up, be present in our feelings, take care, intentionally create new “fun” and adventures, laugh,survive to thrive!

Nothing “novel” in this letter. Just a small sampling of what it takes, who is in your corner, and how powerful you really are, in difficult times.

Peace be with you,

Angela Rosales

The image features a central white, cloud-like shape containing a handwritten-style quote. The background is a soft-focus collage of pastel colors (pink, yellow, light blue) with several five-pointed stars in shades of orange, pink, and blue scattered around. The entire composition is enclosed in a thin blue rectangular border.

there are
so many
beautiful
reasons to
be happy

In the Spotlight



Welcome Katie Nester

I am the new Douglas County Early Childhood Council Quality Improvement Coach and QI Navigator. Previous to this, I worked in Arapahoe County at the Early Childhood Council in a similar role. Before joining with the councils, I spent a decade in direct instruction teaching Infant-Pre-K and Second grade.

What made you decide on your profession?

I'm a first born. I enthusiastically accepted the role of mommy's helper from very young. This transferred very naturally into pursuing a career in education.

What are some of your biggest challenges in your current position?

My biggest challenge so far has been getting to know everybody virtually. Though I'm grateful for the opportunity to communicate, I miss sitting down with you to chat.

What are some of the most satisfying things in your position?

Working as a coach/consultant, my greatest victory is when my coachee can see their own growth. Working as a team to provide quality care opportunities for children is rewarding. Seeing your additional efforts pay off and children benefitting from them is MAGIC!

Tell us a little about your life outside of work. Family, hobbies, etc.

I've lived in Colorado for 13 years. My birthplace is St. Louis, MO (go CARDINALS!) where much of my immediate family still lives. I moved to Colorado with my cat, Mr. Bojangles to see what adventures we could find. We've embraced Colorado as our own and are devoted to being productive members of the community we live in. But really, Bojangles is 16 now and mostly sleeps He's a great cuddler when I get caught up in a good novel. Digit and Mickie are my rambunctious boy cats and round out our sweet family.

Supporting Children Who Are Experiencing Stress

Recent social and political changes have brought up feelings of fear and anxiety in many communities. In some communities, protests or even violent conflicts may be happening near children. It is not surprising, then, that these communities' children may be exhibiting signs of anxiety. Child care providers can take steps to help children cope with worry and the uncertainty that change brings. First and foremost, it's important to reaffirm to children that when they are in child care, they are with people who care for them and will support them. Small and large signs that your program is committed to diversity, inclusion, and support for each and every child may lessen anxiety. In addition please take a moment to read the following information about stress in young children, and strategies providers can take to reduce children's stress levels.

** **Infants and toddlers (ages 0-2)** cannot understand that difficult changes are underway, but if their parent or other caregiver is upset, children will sense it. They may start to show the same emotions as their caregivers, or they may act differently than usual like crying for no reason, withdrawing from people, or not playing with their toys.*

** **Children 3-5 years old** can understand the effects of a major shift in the world around them. They may have trouble adjusting to change and loss and, if they witness violence, may become traumatized. They depend on the adults around them to help them feel better and to explain what is happening, and why.*

What Stress May Look Like and How to Respond—Infants

Age Group/Behaviors

- * Crying more than usual*
- * More clinginess*
- * Difficulty sleeping or sleeping more than usual*
- * Changes in eating or bowel movements*

What You Can Do

- * Keep routines in care normal and consistent*
- * Hold and rock more, be affectionate*
- * Keep a positive attitude*
- * Reassure as needed*
- * Be patient*

What Stress May Look Like and How to Respond—Toddlers

Age Group/Behaviors

- * Loss of appetite*
- * May regress to action younger, for example, wanting a bottle AND using “baby talk”*
- * Clinginess*
- * Cries or screams a lot*
- * Being more aggressive—hitting or pushing*

What You Can Do

- * Play with them*
- * Continue to hug and give affection*
- * Pay attention to how they play*

Supporting Children

- * Keep routines normal and continue favorite rituals or activities*
- * Maintain a “peaceful” atmosphere*
- * Make sure children are eating regular, healthy meals*
- * Always reassure children that you will do whatever you can to keep them safe*
- * Limit exposure to the media and adult conversations about the change that’s underway*

- * Answer any questions children have. Be honest without giving a lot of detail*
- * Talk about the event when children bring it up—don't try change the subject*
Correct any "false" ideas young children may have about what happened.
The language you use and information you give should always be age appropriate.

Help children feel in control by allowing them to have choices. Choices give them a voice and allow them to feel in charge of a situation, no matter how small. Example: Giving a 4 year old a choice of playing with blocks or doing an art activity.

Teach children ways to calm themselves like dancing to music, breathing deeply, or doing art activities

Give opportunities for emotional expression through activities like playing with Play Dough, drawing, building, and dramatic play.

Treasury Report

April 1, 2020-June 30, 2020

		Balance Forward	\$6,335.22
Income:	Membership	\$0.00	
	CAFCC Membership	\$0.00	
	Other	\$0.00	
	Total Income	\$0.00	
Expenses:	Telephone	\$160.61	
	Website SSL Cert. IP	\$120.00	
	Consulting Fee	\$50.00	
	Total Expenses	\$330.61	
Ending Balance:			\$6,004.61
Respectfully Submitted, Susan Moberly DCCCA/Treasurer/Membership			

April-June 2019 Referrals

Castle Rock		Highlands Ranch		Parker	
Under 2	6	Under 2	6	Under 2	9
Full Time:	5	Full Time:	4	Full Time:	6
Part Time:	1	Part Time:	2	Part Time:	3
Over 2	7	Over 2	4	Over 2	7
Full Time:	5	Full Time:	3	Full Time:	6
Part Time:	2	Part Time:	1	Part Time:	1
School Age	1	School Age	0	School Age	0
CCAP	0	CCAP	0	CCAP	0
Total	14	Total	10	Total	16
DCCCA WEBSITE	1	DCCCA WEBSITE		DCCCA WEBSITE	14
PROVIDER/FRIEND	3	PROVIDER/FRIEND		PROVIDER/FRIEND	
OTHER:		OTHER:		OTHER:	2

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) Moberly	303-841-5899	susantboada@comcast.net
	Referrals	Volunteers	
Castle Rock	Sabrina Fulks	303-814-2103	sabricus-tomemb@gmail.com
Highlands Ranch Lone Tree Acres Green Centennial	Cathleen Zeiler	303-791-3386	highlandsranchereferral@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		
Hospitality	Maria Ciurczak Violy Lindner Rita Predmore	303-470-8909 720-344-4505 303-690-0610	
Newsletter Editor	Vickie Scholl		
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 Cammile.@IREEInc.com
Colorado Department of Human Services	303-866-5958	Coloradoofficeoffearlychildhood.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	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	

Sponge block water play puzzles

I am always adding to my supply of sponges I get from the dollar store on hand for a variety of uses. These sponges come in three bright colors (red, yellow, and blue) and they are easy to cut and don't have any type of scratch pad on the bottom plus I can purchase a whole set for just one dollar. I like to use these sponges for art, science, math and they make a fun addition the water play table...

To promote conversation and recognition of shapes through our water play, I cut up several of our sponges into basic shapes for our water play table. The children found the shapes along with a tub of water, a few tongs for play, and tape squares on on our DIY magnet board to serve as a puzzle board (or an invitation to play outside of the tub)... Some of the children would remember to squeeze the water out first and others didn't but I wasn't worried about it either way...



For some of the children, the focus was on exploring the water filled sponges and for others, there was an interest in the puzzle-making. Since this process involved several levels of play or thinking, there was plenty of room for each child to explore the center in a way that was most interesting to him or her...



After the morning of play was over, we simply rinsed our sponges in hot water, then squeezed the water out of our sponges and set them aside to dry and use for another day or another process...

A super simple and fun of water play with shapes



way to blend the processes and puzzles!



This is a cute and fun activity to do outdoors. Decorate a tin can, make sure to pop some holes in the bottom to drain the water! Let the kids decorate the cans (we actually just used paint pens! no mess) Then plant the seeds and watch them grow!



Hair gel Sensory bags



<https://mostlyundercontrol.com/>

Graham Cracker Chocolate Banana “Cake”



- Graham crackers
- 2 tablespoons Nutella chocolate hazelnut spread
- 4 oz cream cheese (softened or at room temperature)
- Sliced bananas

Summer Color Page

