

Douglas County Child Care Association
Newsletter
July-September 2023 Issue



President's Letter

July 2023



American Pie

Apple. Pecan. Cherry. Pumpkin. Key Lime. Rhubarb. Peach. Peanut Butter. Strawberry. Mississippi Mud. Blueberry. Lemon Meringue. Boston Crème. Sweet Potato. Huckleberry. Chokecherry. Shoofly.

Whoopie. Coconut Crème. Green Tomato, Custard. Did I miss your favorite? Brush up on some pie trivia? Nebraska is number one in ordering pie! The southern states prefer to home bake their own pies! Pie remains the most popular dessert choice for the holidays followed by cake and cookies!

No matter how you slice it... and given the proprietary recipe challenges, we have embraced a profession that many shy away from. Donning a baker's hat, apron, oven mitts, while creating masterpieces in a HOT kitchen surrounded by miniature apprentice'sis not appetizing to the masses. Yet we understand the creative process, the hard work and preparation involved, the difference of outcomes with quality ingredients, the importance of following not only the recipe directions, but incorporating the "in- between the lines" knowledge imparted from those famous chefs before us! Perfecting the recipes and improving the assembly line will always be a work in progress. Our home spun, comprehensive creative baking process and labor of love.... likely turns out custom desserts for the world to embrace! Our hard work pays off!

This recent 4th of July holiday may have featured favorite pies on your dessert table! America annually celebrates its independence from Great Britian and the 1776 anniversary signing of the Declaration of Independence. Fireworks, parades, concerts, barbeques, American flag displays and yes.....pie eating contests mark the day. While we value our independence, we also realize the critical importance of community! Family, neighbors, extended organizations, professional and peer groups, lend to our successes and provide essential support as needed. Your Douglas County Child Care Association, and the Colorado Association of Family Child Care remain committed to serving and working beside you. Chefs on the run!

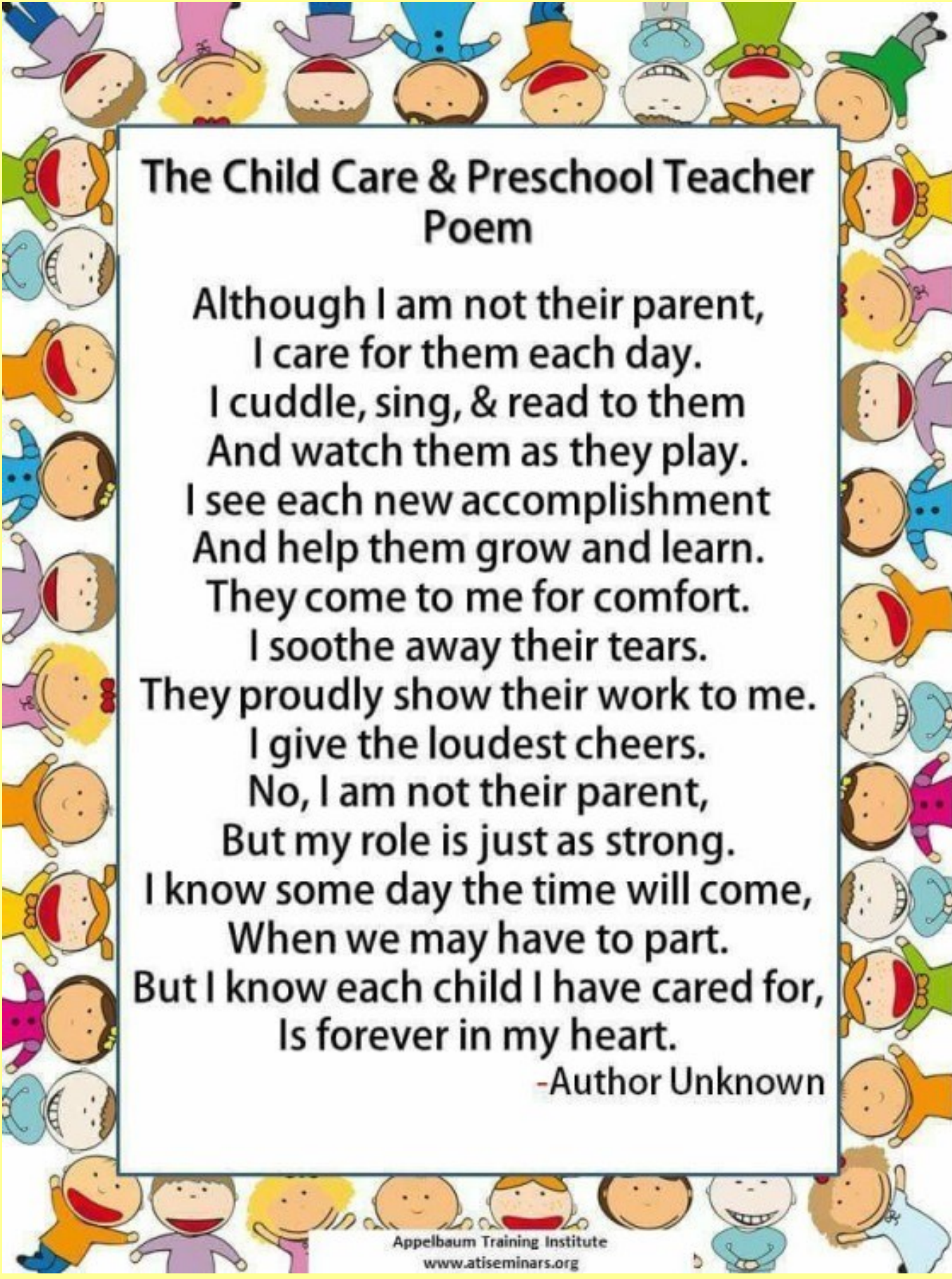
So, early childhood master chefs.... pre-heat the oven, gather your ingredients, assemble the measuring items and pans, open the door to your infants, toddlers and preschoolers....and let the bake off begin!

To our health, independence and community,

Cheers!

Angela Rosales





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

In the Spotlight



Jean Newell, MPH, CHES
Maternal and Child Health Coordinator

What is your profession/with whom and how long?

I am the Maternal and Child Health Coordinator with the Douglas County Health Department. The goal of my role is to support connections between our community and partners to ensure that all children, youth, and families in Douglas County have the resources and supports they need to feel valued, be healthy, and thrive. I have been with the Health Department since January 2023, shortly after they opened their doors.

What made you decide on your profession?

I decided on the field of public health as a profession because I believe that the health of our body, mind, and spirit is our true wealth. This reaches beyond the doors of our doctor's offices and hospitals. Our health is interconnected with everything we do. I have a personal passion for the health of families that has stemmed from my own experience of being a mother.

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

The biggest challenge in my position right now is learning about Douglas County. I've lived in Colorado since 2020 and I'm still exploring and getting to know the community. I'd like my learning to be sped up, but I'm being mindful not to rush things. It has been a wonderful challenge because I've met so many incredible people.

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

I think one of the most satisfying things in my position is being able to create the foundation for the Maternal and Child Health program for the health department. Having to build from the ground up allows for me to include the voices of community leaders and members on what is needed and what they feel the solutions should be. My approach is community voice comes first. I support and help mold the ideas into action.

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

I am a mom of three, I have a 5-year-old son, almost 2 year old daughter, and an almost 1 year old labor doodle puppy. I've been with my husband for 14 years; 11 years married this October. Our family loves to be outside and active. We are regularly at parks, on hikes, and travel. My main hobby is gardening. We have a fabulous 8 large planter garden. I love having my kids involved in the gardening process and they each have their responsibilities to take care of it. My son helps with picking weeds and harvesting and my daughter helps water the plants when they need it (I've gotten soaked a few times, but overall, she has pretty good aim). They are as excited as I am to go out in the backyard each day to see what has grown!

Separation Anxiety in Toddlers

At some point during their development, all babies will experience separation anxiety. This is very common, completely normal and demonstrates that your child has a healthy and loving attachment to you. However, it can be difficult for parents to cope with a child who gets panicky and upset when they are not around. The good news is, for the vast majority of babies, separation anxiety happens in phases and will not last forever.

What is separation anxiety?

Around the age of 10 months, you may notice that your child becomes restless when he is away from you. Whenever you move away and disappear from the field of view or assign someone else to watch, even if you are in the next room, he becomes upset and starts crying. When you put him to sleep, he refuses to let you go and he may wake up during the night looking for you. This developmental stage is known as Separation Anxiety. Your child has not yet learned that parents are still there and will return, even if they are in the next room. This stage reaches its peak between 10 to 18 months, and continues to exist until 2-4 years.

Tips: How to make the separations easier

There are several strategies you can use to help your child (and yourself) in this difficult period.

- **Practice separation and schedule separations after naps or feedings.** Leave your child with a caregiver for brief periods and short distances at first. Babies are more susceptible to separation anxiety when they are tired or hungry.
 - **Gradual introduction to various persons and places:** If you plan to leave your child with a relative or with an unknown person, call that person in advance at home so you can spend some time with your child and him/her in your presence. This will let your child know that it is a person that he can trust. If your child will go in kindergarten or day care for the first time, visit the place a few times in advance together.
 - **Be calm and consistent.** Even if your baby's distress is upsetting you, it's not necessary to give up plans to go out or return to work. It's part of his emotional growth to learn that others can care for him as well, and he can trust you to come back soon. Create a 'ritual' to say goodbye to your child, where you say a pleasant, gentle and firm goodbye. Remain calm and show confidence in your child. Reassure him that you will return. Explain when you will come to get him by using concepts he will understand (such as after a meal or after he wakes up). **Once you leave, leave.** Repeated trips back into the house or daycare center to calm your baby will make it harder on you, your child, and the caregiver.
 - **A favorite object.** Help your child choose a favorite object. This item (transient item) can be a small blanket or a teddy bear. This is a healthy way to minimize separation anxiety, since the contact will reassure the child that you will come back.
- Try to keep in mind the fact that this stress phase, that separation is temporary and that each child expresses differently his anxiety.**

When the Separation Anxiety becomes a Disorder?

Children who develop this disorder are afraid of losing their family and they are often convinced that something bad will happen when they are away from their parents.

Other symptoms of Separation Anxiety Disorder are:

- Panic symptoms (such as nausea, vomiting or difficulty in breathing) or panic attacks before leaving a parent or before going to school.
- Repetitive nightmares in connection with the separation.
- Unexplained concern that they will be lost or that they will abduct.

If intense separation anxiety continues in elementary school and beyond, then you should talk to a specialist.

Sources: <https://www.nct.org.uk/parenting/separation-anxiety-0>

Treasury Report– 4th Quarter

April 1, 2023—June 30, 2023

		Balance Forward	\$5,317.00
Income:			
	Membership Dues	\$710.00	
	State Membership Dues	\$200.00	
	Total Income	\$910.00	
Expenses:	Telephone	\$176.58	
	Education	\$39.73	
	Board Meeting	\$112.96	
	Website SOS4Net	\$120.00	
	Total Expenses	\$449.27	
Ending Balance			\$5,777.73
Respectfully Submitted, Susan Moberly DCCCA/Treasurer/Membership			

April-June Fourth Quarter

2023 Referrals

Castle Rock		Highlands Ranch		Parker	
Under 18 months	17	Under 18	24	Under 18	11
Full Time:	17	Full Time:	10	Full Time:	10
Part Time:	0	Part Time:	14	Part Time:	1
Over 18 months	21	Over 18	9	Over 18	9
Full Time:	21	Full Time:	6	Full Time:	7
Part Time:	0	Part Time:	3	Part Time:	2
School Age	0	School Age	0	School Age	0
Drop In	0	Drop In	0	Drop In	0
Total	38	Total	33	Total	20
DCCCA WEBSITE	12	DCCCA WEBSITE	12	DCCCA WEBSITE	18
Colorado Shines	23	Colorado Shines	1	Colorado Shines	0
DCCCA Referral Line	0	DCCCA Referral Line	0	DCCCA Referral Line	0
PROVIDER	0	PROVIDER	4	PROVIDER	0
OTHER:	1	OTHER:	10	OTHER:	0

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 Moberly	303-841-5899	susantboada@comcast.net
	Referrals	Volunteers	
Castle Rock	Sabrina Fulks	303-660-5584	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	OPEN		
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		
Supervisor	Christa Ferrari	720-425-6294 Christa.Ferrari@state.co.us
Lead Specialist	Amanda Schoniger	720-584-0380 Amana.Schoniger@state.co.us
Highlands Ranch 80124, 80126, 80129	Sam Nikui	720-600-8641 Samantha.Nikui@State.co.us
80134	Jennifer Girdler	720-688-2381 Jennifer.girdler@state.co.us
Castle Rock: 80101, 80104, 80108, 80109, 80135, 80116,80118	Heather Sporrer	720-237-2298 heather.sporrer@state.co.us
Parker: 80138, 80130, 80125 Centennial: 80112	Tina LePage	719-619-6260 Tina.LePage@state.co.us
Douglas County/QRIS Level 3-5 Coach/Navigator	Katie Nester	303-258-6245 eecon- sultingwithKatie@outlook.com
QRIS Level 1-2 Coach/ Navigator/PDIS/Licensure	Beth Burke	720-287-9882 Beth.Burke@rrcc.edu
Colorado Department of Early Childhood	1-800-799-5876	https://cdec.colorado.gov/
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	https://www.dcsdk12.org/cms/ One.aspx? portalId=220484&pageId=5759334

LICENSING SPECIALIST INFORMATION AND OTHER USEFUL NUMBERS

[illegible]

Food Programs

[illegible]

Easy Sponge Painted Ice Cream Craft



<https://happytoddlerplaytime.com/easy-sponge-painted-ice-cream-craft/>

Paper Plate Caterpillar



<https://www.craftplaylearn.com/paper-plate-caterpillar-craft-for-toddlers/>

Frog Crafts



<https://www.craftplaylearn.com/15-fun-frog-crafts-for-kids-to-make/>

Easy Rainbow Popsicles Using



<https://onelittleproject.com/easy-rainbow-popsicles/>

GRAHAM CRACKER AND WHIPPED CREAM SANDWICHES



<https://www.simplylowcal.com/whipped-topping-ice-cream-sandwiches/>

Beach Bear Dirt Cups



<https://www.madetobeamomma.com/beach-bear-dirt-cups/>

Frozen Paint Summer Activity



<https://busytoddler.com/frozen-paint-summer-activity/>

Bubble Trucks Sensory Activity



<https://busytoddler.com/bubble-trucks-soap-foam/>