

# THE OPEN DOOR

June/July, 2019



Jefferson County Child Care Association Meetings  
Held @ Clements Community Center  
1580 Yarrow Street, Lakewood  
Meeting 6:30~9:15 P.M.

**Please bring a dish for the pot luck.** The meeting starts promptly at 6:30 pm. Providers may want to arrive early to allow time to check in, drop off food and visit the vendors. During the meeting, please be considerate of other providers that are attending the meetings, by turning off or silencing cell phones and limit conversation. **Please do not bring children to the meeting; breast fed babies only. All non-members pay \$10 at the door.**



## Association Meeting

Wednesday, June 26, 2019

**“Moving Past Paper: Child Care Management Systems and Other ECE Tech Resources.”**

Early Childhood Education is seeing a massive influx of technology in the past few years. This presentation will focus on several of these tools that have been built by companies, non-profits, and ECE stakeholders specifically to help early childhood teachers and directors.

Presented by Michael Taylor; Early Learning Ventures,  
Membership Development Coordinator

1 ½ hours Professional Development & Leadership (PDL 5.1)

**We are looking for someone to share their talents in the JCCCA newsletter.**

- ♦ Monthly craft
- ♦ Parent pages

**Every other month commitment. Please contact Sue Kansteiner 720-934-7968**

[www.jeffcochildcare.org](http://www.jeffcochildcare.org)

## “PURPOSE”

- To offer a support system.
- To enhance and to promote professionalism among child care providers.
- To act as a liaison between providers.
- To further educate providers in all areas of child care.
- To have a voice in family child care rules.

**Feb/March 2019 Newsletter**

**Volume 42 Issue 3**

**JCCCA**

P.O. Box 280853 Lakewood, CO 80228

**REMINDER: Renew your membership before June 30th.**

**Sign up for the Garden Contest!!**

**More information on page 4.**

**Please sign up for eReferral on our Website!**

## REFERRAL CORNER

Submitted by Tisa Smith

This is a list of the calls referral providers have received from parents looking for childcare for  
March/April, 2019

North	Under 2	Over 2	School Age	Total
80002/80003	8	8	0	13
80033/80212	3	5	0	5
80004,20007, 80021	6	7	0	11
80005	6	1	0	7
80020, 80030,80031,80034	6	2	0	8
Central	Under 2	Over 2	School Age	Total
80226	14	1	0	5
80228	13	2	0	13
80232, 80225,(80219)	4	2	0	6
80401, 80402 80403, 80419	0	0	0	0
80227, 80235	5	0	0	5
80224, 80215, (80204)	0	0	0	0
South/West/Mountain	Under 2	Over 2	School Age	Total
80127	12	0	0	12
80123, 80128	8	3	0	9
80465	13	2	0	13
80433, 80439, 80453, 80454, 80457	0	0	0	0
Nights and Weekends	0	0	0	0

### Mark Your Calendars!!

#### 2018 JCCCA Meetings

June 26. 2019

July NO MEETING

August 28th, 2019

September 25, 2019

October 23, 2019

November 20, 2019

December NO MEETING



JCCCA Board Meetings are held on the First Monday of each month. Please call Marilyn Dean if you would like to attend (303-979-5952).

### Treasury Report

April 1, 2019 to May 5th, 2019

Submitted By: Kim Roby

Beginning Balance: \$24,411.07

Income 295.00

Total \$24,706.07

Expenses 1936.71

Total/Income Expense \$22,769.36



# **PRESIDENT'S NOTES**

Hi Everyone!

Time to get our "SUMMER FUN GAME FACES" ON!

Let's take the inside outside! Pack up some fun games, books, (oh, yes) the paint, ooblick, playdough, slime and every other messy, fun things! Don't forget the water tables and water toys! Fill up the sandbox! And of course, Get out that Sunscreen and those sun hats! Here we go!

BE SURE TO SIGN UP FOR THE JCCCA GARDEN CONTEST! ENDS IN OCTOBER!

Make up AN OUTDOOR PLAN :



## **MY SUMMER BUCKET LIST**

- |                           |                            |
|---------------------------|----------------------------|
| ○ GARDEN CONTEST          | ○ PICNIC AT THE PARK       |
| ○ MAKE HOMEMADE ICECREAM  | ○ HAVE A FIELD DAY         |
| ○ PLAY AT THE WATER TABLE | ○ LEMONAID STAND           |
| ○ WORK IN THE GARDEN      | ○ BUILD SANDCASTLES        |
| ○ WATER RELAY/YARD GAMES  | ○ MAKE MUDPIES             |
| ○ MAKE TENTS              | ○ DO A SCIENCE EXPERIMENT  |
| ○ PAINT OUTDOORS          | ○ MAKE OOBlick OR SLIME    |
| ○ CLOUD GAZING            | ○ HAVE SHOW & TELL DAY     |
| ○ MAKE POPSICLES          | ○ CRAFTS                   |
| ○ SPRINKLER & POOL DAY    | ○ WATER BALLOONS           |
| ○ GO FOR A HIKE           | ○ WALK TO THE PARK         |
| ○ FEED THE BIRDS & DUCKS  | ○ HAVE A WACKY WEDNESDAY   |
| ○ MAKE S'MORES            | ○ GO FOR A NATURE WALK     |
| ○ HAVE A BBQ              | ○ BE PIRATES & PRINCESSES  |
| ○ DANCE TO MUSIC OUTSIDE  | ○ A HUCKLEBERRY FINN DAY   |
| ○ SCAVENGER HUNT          | ○ FUNNY HAT/CRAZY HAIR DAY |
| ○ LOOK FOR BUGS           | ○ SIDEWALK CHALK ART       |
| ○ HOPSCOTCH               | ○ MAKE A FAIRY GARDEN      |
| ○ EAT WATERMELON W/HANDS  | ○ GIVE BEAR HUGS           |
| ○ KIDS STORYTELLING       | ○ PLAY BALL                |
| ○ BUTTERFLY GARDEN        | ○ READ BOOKS ON A BLANKET  |

Just make this summer a fun one! Do more laughing, more singing, more hugging.....pray & support those things that are important, love your kids, family (pets)!

BURN BRIGHT BUT DON'T BURN OUT! My love to you, Marilyn Dean



## JCCCA'S GARDEN CONTEST

# "HOW DOES OUR GARDEN GROW?"

*"A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust."* --Gertrude Jekyll

### Contest Timeline:

Beginning Date: April 24th (at JCCCA meeting)  
Documentation due: September 25<sup>th</sup> (on or before)  
Winners rewarded: October 24 (at JCCCA meeting)

### Choose a Category:

1. Container garden
2. Herb garden
3. Vegetable garden
4. Flower garden

### Ideas that will help you win a prize! :

- Creativity and Originality
- Documentation! Write about your garden experience with children. Describe how your garden was incorporated into learning experiences with childcare; math, science, cooking, etc.
- Explain how your child care families/community were included in the process.
- Photos are fantastic! (Mount pictures and documentation on a display board, etc.)
- Show how your children were involved in the garden process:  
(Planning, preparing, planting, caring, harvesting and enjoying the results)

**Registration, Pictures and all documentation:** Must be submitted by email, flash drive, or bring to the September 25<sup>th</sup> Association meeting **BEFORE SEPTEMBER 25<sup>TH</sup>!!** Submit to Jenny Boncich, [my4kids67@msn.com](mailto:my4kids67@msn.com) or Diane Gonda [bdgonda@q.com](mailto:bdgonda@q.com). For information contact Garden Contest Committee: Sue 303-985-2622, Carrie 303-432-7979 Marilyn 303-979-5952, Jenny 303-829-7242, Diane 303-232-1049.

**Prizes:** Grand Prize, Second Prize and Third Prize (\$25 - \$150 Value)

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*Return this portion for registration*

Name \_\_\_\_\_

Child Care Business Name \_\_\_\_\_ # of children participating \_\_\_\_\_

E-mail \_\_\_\_\_ Phone # \_\_\_\_\_





## One Little, Two Little. . .

One little, two little, three little butterflies,  
Four little, five little, six little butterflies,  
Seven little, eight little, nine little butterflies,  
Ten little butterflies fluttering!  
*Use fingers for counting, flapping gesture for flying*

### Additional Verses:

Honeybees/buzzing  
Flowers/growing  
Earthworms/crawling



## Easy BBQ Ribs

10 Min. Prep, 30 Min. Cook (Serves 8)

4 lb. pork baby back ribs  
1 cup Dad's favorite barbecue sauce

1. Cut ribs into 2-rib sections.
2. Place ribs in Dutch oven or stockpot. Add enough water to completely cover ribs; cover with lid. Bring to boil; simmer on medium-low heat 20 min. Drain.
3. Heat grill to medium heat. Grill ribs 10 min. or until done, turning occasionally and brushing generously with barbecue sauce.

Serve with a baked potato, corn on the cob, and a fresh green salad



## Summer Safety Tips

•**Pool Safety:** Drownings are the leading cause of injury death for young children ages 1 to 4. A responsible adult *must* constantly watch young children at the pool, even in shallow water. Be sure gates to pools are locked, and kiddie pools are emptied after each use.

•**Heat Safety:** *Never* leave infants, children, or pets in a parked car, even if the windows are cracked open. Also, schedule long outdoor activities for morning and evening hours to avoid heat. Be sure to bring extra water for yourself and for your children on outings.

•**Sun Safety:** Cover up infants with lightweight clothing and hats, and shade too. For toddlers older than 1, apply sunscreen to exposed areas every hour. Provide hats and sun glasses for longer outings.

•**Bug Safety:** Use an effective insect repellent to prevent bites from mosquitos and ticks since they may carry diseases like Zika, Lyme, or West Nile.

•**Playground Safety:** Inspect playgrounds before letting children play, and provide close supervision near fall hazards. Provide the correct protective equipment for recreational activities- helmets, sturdy shoes, etc. Learn the signs of a concussion and know what to do if you suspect one.



## Camping with Tots

There's no place like *Colorful Colorado* to camp and play outdoors! Why be afraid of bringing your little ones along? Here are some great tips to help you enjoy our beautiful *Rockies* with your toddler or baby:

- Practice "camping" at home (inside or in the backyard.)
- Explore nearby trails and parks, have a picnic.
- Research camping destinations- How far is the drive? What is the cost? What trails and amenities are there?
- Try just one night camping to start off.
- Buy or borrow a good tent and warm sleeping bags.
- Bring extra layers and plenty of water.
- Don't fill up your itinerary, leave time for free play.
- Bring toys- for inside the tent and outside the tent.
- Don't forget the first aid kit, sunscreen, and bug spray.
- Pack easy foods your little one loves.
- You know your tot- anticipate any challenges.
- Add special touches- like a kid sized camp chairs or glow-sticks, or s'mores.
- Embrace the dirt!
- Think safety: bring an extra playpen for times you will be setting up camp or cooking a meal. Designate which adult is watching the little one at all times.
- Create a cozy and safe sleep environment, and do your best to stick to the normal bedtime routine.
- Find teaching moments- How do we care for and protect the natural world?
- Be enthusiastic in sharing your love of nature!

## Thirteen Stripes

*To the tune of "Make New Friends,  
But Keep the Old"*

Thirteen stripes, and fifty stars,  
America is who we are!

I am great, and so are you.  
We make this country a great  
place too!



## Graham Cracker Fruit Pizzas

You will need: graham crackers, strawberry cream cheese, assorted red and blue fruits. Spread the cream cheese on top of a graham cracker and place fruit on top. Try letting your child make their own!





## Provider of the Month

### Charmaine Freeny

Charmaine Freeny has been a dedicated member of JCCCA for 23 years. She served on the board for 9 years as the ways and means person and as a referral provider for 21 years. Not only did she put in a lot of time helping with JCCCA but also volunteering and helping at her children's schools.

After 23 years, Charmaine will be retiring from childcare, her last day being May 31<sup>st</sup>. She got started while on maternity leave from a law firm, Charmaine realized she wanted to be home with her child. She used her time on leave to begin the process of getting licensed and started her home childcare. She has enjoyed the children through the years. Painting, crafts, playing outside, reading, and gardening being some of her favorite things. She says "Let the children take the lead. Laugh and have fun with them."

Charmaine and her husband Victor have been married for twenty-five years. They have seven children and 5 grandchildren. They will be starting a new chapter in their lives as they move from Arvada to Hartsel. They have bought a home five miles from town on 24 acres of land, where Charmaine says they will be enjoying the peace and quiet. Though she's retiring, Charmaine will keep busy volunteering at the wolf sanctuary and at the Hartsel Library. She and Victor will also be fostering and/or adopting senior dogs and cats.

Though she will be truly missed, JCCCA wishes her the best in all her new endeavors.



Marilyn Dean, President of JCCCA, presented Charmaine Freeny a life time membership to JCCCA as she is retiring from child care

# What All Children Need

(Extract from *Caring Spaces, Learning Places*)

**All children need a *rich* early childhood**, richness accessible to them: their special gifts and special needs.

## CHILDREN NEED AN ENVIRONMENT RICH IN EXPERIENCE

“The child’s mode of being in the world is such that the world becomes an invitation. It is things in the beckoning world that invite the child, that awaken his curiosity, that invoke...him to make sense of that multitude of experiences lying beyond; in short to become, through his play, both an actor and a meaning maker” (Suransky, 1982, p. 39).

There is a world of things for every child to interact with if permitted: some living, some hard and cold, some tiny, some shiny. Edith Cobb described play as sort of the fingering over of the environment in sensory terms, a questioning of the power of materials as a preliminary to the creation of a higher organization of meaning (1977, p. 48). Even the poorest environment is rich with the stuff of experience to finger over, if it is made safe.

“Treasure was something you found in the alley. Treasure was something you dug out of the dirt in a chaotic, half-forbidden, forsaken place removed from the ordinary comings and goings of people who earned salaries in the light: under some rickety back stairs, near a falling down pile of discarded lumber, with people yelling at you to get away from there.

“...In Spring I pried flat rocks from the damp streambed and captured red and black salamanders...In the fall I walked to collect buckeyes from lawns. Buckeyes were wealth” (Dillard, 1987).

## CHILDREN NEED A CHILDHOOD RICH IN PLAY

The world confronting the child is, as William James called it, a ‘great blooming confusion’ which the child has to organize by putting into it some orderliness and meaning.... The big adult world, the macrocosm, is too large, too complicated, and often threatening to the child who cannot cope with it; and so he focuses on the microcosmic world of play, as Erik Erikson stated some years ago, a world that...he can encompass through toys and play materials. To these he imputes his often childish beliefs and expectations and also his feelings, but by repeated explorations he gradually relinquishes some of his more fantastic beliefs.... When he tries to make the world conform to his childish beliefs and expectations, he is repeatedly confronted with the actuality of situations and events, and ever-present... threats and sometimes painful consequences. But he can do this restructuring of the world only if he is permitted and encouraged to try, to persist until he learns what can and cannot be done; and play provides a minimum of risks and...penalties for mistakes.

“Play...is a way of learning by trial and error to cope with the actual world” (Frank, quoted in Caplan and Caplan, 1973, pp. 107-108).

As widely observed by Montessori and others, play is children’s work; it is their job. The danger however, is to see play too instrumentally and lose sight of its life-giving value. As David Elkind pointed out: “Children need to be given an opportunity for pure play as well as for work” (1984, p. 197). For Elkind, play is the antidote for the “hurried child”; play is nature’s way of dealing with stress for children, as well as adults.

Play may be plunging, mind and senses nakedly open, into experience or a more measured endeavor. Play is self-initiated, spontaneous, and voluntary; the child must remain in control because the play is building upon understandings, cognitive structures, and stress. Play can be facilitated and encouraged, but it can’t be forced. When forced it really does become work, in a grown up sense.



## CHILDREN NEED A CHILDHOOD RICH IN TEACHING

Play does not teach children how to cross the street safely, the ABCs, or how to multiply fractions, or bake a cake. Children need teaching from the adults and other children in their lives. The most effective teaching accompanies active learning. Nathan Issacs wrote:

“Direct learning—always through exploration, experimentation, and the striving for fresh achievement—must in fact be steadily re-stimulated and aided to advance further and...further, until the help of planned teaching becomes its own next need and active demand” (quoted in Weber, 1971, p. 188).

The emergence of Lev Vgotsky (Berk & Winsler, 1995) as a major influence on early childhood education has restored the appreciation of the importance of teaching to child-centered education. Children need a mixture of direction and freedom, direction that mentors provide by guiding children to a positive direction and by providing the scaffolding (sequencing and steps) for their emerging ideas and skills. The teacher often has to present children with materials and experiences that allow them to move ahead, rather than simply allowing them to do anything in the hopes of discovery. All exploration is not equal. Children need experiences that offer new problems and subsequently lead to other problems and they need adults and more competent peers to facilitate discovery and mastery.

There is one truth about every educational setting: teachers talk too much and listen too little. In *The Joy Luck Club* (Tan, 1987), Amy Tan describes a querulous old aunt, not as hard of hearing, but as hard of listening. Children need teachers who know that what motivates children is to have their questions answered, not the teacher's. Teachers who stimulate more questions than they ask are truly teaching.

## CHILDREN NEED A CHILDHOOD RICH WITH PEOPLE

“A child is privileged, I think, to have different people moving in and out of the family circle: different in ages, occupations, places of residence, temperament, even in morality” (Eble, 1966, p. 24). It is through people that children become fully human members of society and discover how the social world works and their place in it. The development of emotional intelligence (Salovey & Sluyter, 1997; Goleman, 1995) and moral intelligence (Coles, 1997) begins at birth and grows out of the interactions children have with caregivers and peers. A diversity of people both enriches childhood and prepares children for a widening world.

## CHILDREN NEED A CHILDHOOD RICH WITH NATURE

“The natural world is the larger sacred community to which we all belong. We bear the universe in our being even as the universe bears us in its being” (Thomas Berry, *The Dream of Earth*, quoted in Louv, 1991, p. 173).

Is there that much harm if the outdoors becomes simply a passageway to be hurried through or viewed from a window, or merely a site for exercise or picnics? Our development as human beings is stunted without wide experience in the natural world. How do we become wise or spiritual without understanding our ecosystem and our place in it? How do we become sensual without an outdoor life and an appreciation for hot, wet, fragrant, silky, resilient, oozing, hard and soft, rough and smooth states of matter? How do we become physical and develop a sense of freedom without exposure to wide-open places to run and leap and climb? “Where will the future stewards of nature come from?,” (Louv, 2005, p. 145).

## CHILDREN NEED A CHILDHOOD WHERE THEY ARE SIGNIFICANT

“If he has the chance to develop manipulative and creative skills, to share in the social and practical life of his home, to be active in learning at school, he gradually comes...to believe that he can contribute to others as well as take from them, can make a real return for what has been done for him when he was weak and helpless.... Only active learning, however, and active social participation and...interchange with those who love him and give him...responsibility can build up in him a confidence in his own future” (Issacs, 1948, p. 234).

“Every human being, whether child or adult, seems to require significance, that is place in another’s world.... The slightest sign of recognition from another at least confirms one’s presence in his world” (Laing, *Self And Others*, 1969).

If a child is not going to be considered an important individual at six months or as a four year old, just one of eight babies or 20 four year olds for a long day, how will he or she develop the sense of security and personal power to navigate life? A child feels significant when she is known, her individual concerns are paid attention to, and she or he is increasingly given some responsibility for something that matters. Every child needs to make his mark and most will—but it is up to us to influence whether the mark will be the frantic bite of the toddler or the defiant assertion of a graffiti artist, or a mark of achievement.

Young children have increasingly fewer responsibilities in our society. They rarely experience caring for someone or something, or performing real work that is more than an exercise for their own development. In homes and in programs, children benefit from responsibilities as participating members of the setting.

## CHILDREN NEED A CHILDHOOD WITH PLACES TO CALL THEIR OWN

“It is utterly part of our nature to want roots, to need roots, to struggle for roots, for a sense of belonging, for some place that is recognized as MINE, as YOURS, as OURS”(Coles, 1970, pp. 120-121).

“An authentic sense of place is above all that of being inside and belonging to YOUR place both as an individual and as a member of the community, and to know this without reflecting upon it” (Relph, 1976, p. 65).

Children need somewheres to be and belong to, somewheres with familiar people and objects made substantial with the weight of meaningful past experiences of love, learning, laughter, and care. A child who attends a child care program from infancy through young school-age years will spend more time in child care than all the hours of schooling, and in their early years may spend more waking hours in child care than at home. Child care centers and homes are places where childhoods happen.

## CHILDREN NEED FAMILY

Nothing will have more of an impact on a child’s future than family; what the child experiences, feels, learns, hopes, and dreams flows from the family. Children need to be in programs that respect and support the family that the child comes with; programs that recognize and appreciate individual and cultural differences, values, and ideas.

## CHILDREN NEED TO BELONG TO A COMMUNITY

Human beings are not designed to be lone animals. Isolated families do not flourish. We live in communities; and the sense of community is nurtured or stunted, in early childhood, in our family life, in our life in child care and school, and in our family’s experience in society. Children thrive in a community of caring and learning deeply rooted to the community beyond the walls of the child’s home and programs.

## PLACES FOR CHILDHOOD

Alvin Ailey created the American Dance Theater and produced extraordinary works of beauty, one of the first modern dance companies to introduce to the world Afro-American dancers and musical rhythms—soaringly beautiful dances that captured the human experience. At his funeral he was eulogized by his principal dancer and successor, Judith Jamison. With tears streaming down her face, the strikingly tall and beautiful dancer told the hushed crowd that his gift was that in all the hard demanding work, “He made us believe that we could fly—and we did.”

That is our job as we design children’s environments, to create a nest for children as they navigate the demands of growing up and to make them believe that they can fly in the world which they will inherit. We help provide them security and the freedom to adventure. At both a conscious and unconscious level, the child has to feel secure here and now, but at the same time learn that the world out there is not an insurmountable risk, but a place that she can and will learn to manage, learn from, be a part of, and love.

The drive to protect our children is profound and easily can extend to scotchguarding their lives. Reality is difficult. It is messy and loud and profane. There are people with warts and frowns, and decidedly mixed virtues. But childhood is a time when we help children begin to live in the world and love the world; and we can't do that fenced off from it in a world of two dimensional glowing screens and plastic balls and slides. Scrubbing and polishing every raw experience in the name of health and safety, or protecting innocence scrapes away the natural luster of childhood. Some of the wonders and joys of childhood that fuel the best in our adult selves is unavoidably birthed in bumps and bruises and tears.

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or call (800) 221-2864.



Provider Appreciation  
Dinner, 2019

## DIAPER DRIVE

**A very BIG thank you to all of you that contributed to the diaper drive. It was a great success as we were able to help several families and babies in need. THANK YOU!!**

**A Note from Bill Youmans, Rocky Mountain Diaper Depot:**

**“Thank you again for the JCCCA Diaper Drive—you finished with 7,746 diapers and 117 packs of wipes!! Outstanding!!! Especially helpful was the large number of 5’s and 6’s and pull-ups!!”**



# Children's Book & Preschool Activities

## Submitted by Carrie Kennedy

Using books and related activities with children is a great way to align learning with Colorado's Early Learning and Developmental Guidelines. The following book and activity suggestions can be used over a period of a day to several weeks with children to support and extend their learning.

### **Centipede's 100 Shoes** **by Tony Ross**

Little centipede hurts his toe and his mom decides it's time for him to get some shoes. Getting new shoes for little centipede isn't as easy as it sounds though.

Corresponding Themes: Insects, tying shoes, counting

Discussion: What does "centipede" mean? How many shoes does little centipede get? How many does he actually need? What problems does centipede have with his shoes?

How many shoes do we need? What kind of shoes does everyone have (tie, Velcro, dress, boots...)?

Activities:

1. Practice putting on shoes. Have children demonstrate how they put their shoes on. Practice tying shoes.
2. Have a shoe race. Put everyone's shoes in a pile in the center of the room. The children all run in at the same time, grab their matching shoes, and see who can get them on first.
3. Find your shoes game. Put everyone's shoes in a pile. One child at a time- place a blindfold on a child, place them next to the pile and see if they can find their matching shoes by feeling them. Time everyone to see how fast they can do it. Try the game without a blindfold during the second round or for younger children.
4. Sort the shoes. Take several different shoes and shoe types and place them into a pile. Have the children help you sort them by different attributes: type (dress, sneaker, boot), closure (tie, Velcro, slip on), colors, or sizes.

Colorado Early Learning & Development Guidelines being met\*

(\*For book reading and activity #4. Additional guidelines are met by completing other activities.)

Activities may need to be slightly adjusted for your group to meet all guidelines.

For more information on Colorado ELDGs visit <http://earlylearningco.org/>

### **4-8 months**

#### **Language & Literacy Development**

4.1 Explore books and show interest in adult-initiated literacy activities, such as looking at photos and exploring books together with an adult

### **9-18 months**

#### **Language & Literacy Development**

3.1 Use conventional gestures and words to communicate

3.2 Use the basic rules of conversational turn-taking when communicating.

4.1 Listen to the adult and participate while being read to by pointing, turning pages, or making one- or two-word comments.

### **19-36 months**

#### **Social Development**

1.1 Interact with adults to solve problems or communicate about experiences or ideas.

#### **Emotional Development**

2.2 Identify themselves and others as members of one or more groups by referring to categories.

#### **Language & Literacy Development**

1.1 Demonstrate understanding of the meaning of others' comments, questions, requests, or stories.

2.1 Communicate in a way that is understandable to most adults who speak the same language they do.

2.2 Combine words into simple sentences.

3.1 Engage in back—and-forth conversations that contain a number of turns, with each turn building upon what was said in the previous turn.

4.1 Listen, ask questions, or make comments while being read to.

#### **Cognitive Development**

5.1 Group objects into multiple piles based on one attribute at a time.

#### **Approaches to Learning**

2.2 Remember characteristics of the environment or people in it.

2.3 Briefly describe recent past events or act them out.

3-5 years

#### **Social & Emotional Development**

1.1 Communicate with familiar adults and accept or request guidance.

2.1 Identify personal characteristics, preferences, thoughts, and feelings.

#### **English Language Development**

2.3 Use one or two English words, sometimes joined to represent a bigger idea.

3.2 Point to pictures and says the words in English.

3.4 Talk with peers or adults about a story read in English.

#### **Language Development**

1.1 Attend to language during conversations, songs, stories, or other learning experiences.

1.2 Comprehend increasingly complex and varied vocabulary.

1.3 Comprehend different forms of language, such as questions or exclamations.

2.1 Engage in communication and conversation with others.

2.2 Use language to express ideas and needs.

2.3 Use increasingly complex and varied vocabulary.

2.4 Use different forms of language.

2.6 Engage in storytelling.

2.7 Engage in conversations with peers and adults.

## **Literacy Knowledge & Skills**

- 1.1 Show interest in shared reading experiences and looking at books independently.
- 1.2 Recognize how books are read, such as front-to-back and one page at a time, and recognize basic characteristics, such as title, author and illustrator.
- 1.3 Ask and answer questions and make comments about print materials.
- 1.5 Retell stories or information from books through conversation, artistic works, creative movement, or drama.
- 1.6 Make predictions based on illustrations or portions of story or text.
- 4.2 Understand that print conveys meaning.
- 4.5 Recognize the association between spoken or signed and written words.

## **Mathematics Knowledge & Skills**

- 3.3 Compare objects in size and shape.
- 5.1 Compare objects using attributes of length, weight, and size (e.g., bigger, longer, taller, heavier).

## **Approaches to Learning**

- 1.1 Demonstrate flexibility, imagination, and inventiveness in approaching tasks and activities.
- 1.2 Demonstrate eagerness to learn about and discuss a range of topics, ideas, and tasks.
- 1.3 Ask questions and seek new information.



JCCCA celebrated Provider Appreciation Month in April 2019 with a Mexican Fiesta.  
From left to right: Penny Polston, Charlotte DeLoy, Kim Roby and Marilyn Dean.



# 25 WAYS TO CALM AN UPSET CHILD

By Rebecca Eanes

The first step in teaching children how to manage their emotions is learning to manage our own. If adults are easily upset and thrown off balance, their children will usually follow suit. Growing ourselves may be the hardest part of parenting. Many of us are simultaneously learning new skills and trying to teach them to our children.

In [The Newbie's Guide to Positive Parenting](#), I discuss the importance of owning our feelings and actions in chapter 6 and list several tools parents can use to calm their own upsets. I'll share a few of these below:

- Choose a mantra to repeat to yourself (or out loud) when you are angry. Examples are "I'm capable of remaining calm" or "I am safe; there is no emergency." I find it helpful to repeat the beginning of a children's book I always read to my children when they were very little. This brings back feelings of warmth and calm for me.
- Do something physical. Splash cold water on your face. Jog in place. Put on some music and dance. Get outside for fresh air.

If you feel the need to yell, use a loud, silly voice or make a "toot toot" noise while cupping your mouth with your hands. Don't worry about looking silly to your kids. They'd rather see you look silly than look scary.

Practicing these steps when you are angry is a great way to teach your child emotional intelligence; they learn primarily through what we model for them. While anger is the tough emotion many parents ask for help in dealing with, both for themselves and their children, feelings of worry, sadness, and many more difficult feelings need to also be managed. Below is a list of ways to calm an upset child (and yourself)!

Because everyone needs something a little different to calm with, choose which works best for your unique child. By teaching your child these skills, her emotional intelligence will grow as she learns to manage her emotions and her behaviors.

## Calming Anger

1. Balloons stuffed with play-dough are fun to squeeze and a great way to release frustration. There's a tutorial here at [Somewhat Simple](#).
2. Calm down jars are a very popular tool to calm children's brains. Watching the glitter swirl and settle is soothing and shifts the brain out of fight, flight, or freeze and back to calm. You can find the instructions here at [Instructables](#)!
3. Hug it out. A simple hug can go a long way.
4. Mr. Mad Balloons are balloons with angry faces drawn on them that children can pop when they are angry. You can tell the child to pop the Mr. Mad Balloons and watch the anger deflate.
5. Breathing strategies are beneficial for calming and resetting the mind. [Meaningful Mama](#) suggests teaching your child to blow out their fingers like candles.
6. Jumping jacks are a good way to release the energy flooding the body with intense emotion.
7. Use a visual chart that says "When I'm angry, I can..." and paste photos of your child doing a number of the activities listed here. Point your child to the chart when needed.
8. Create a calm down area filled with comforting items, like the one I talked it about in this post.
9. Ask the child to draw a mad face on a piece of paper, and then let him rip it apart and throw it away.
10. Hand her a coloring book and some crayons.

11. Offer a back rub. The children especially whose love language is touch will be soothed by a simple back rub.
12. Create a busy center. This is much like the calm down area but with simple activities to busy the body and mind, such as putting pom poms through holes in a cardboard box, sorting cups, or busy boards from Melissa and Doug.
13. Make them laugh! Humor diffuses anger, so when you see frustration building in your child, do or say something funny. This shouldn't be used if the child is already really upset, but it's a good trick to diffuse frustration before it builds too high.
14. Let them draw. You could cut a coloring page in half and paste it to a sheet of plain white paper and ask the child to draw the other half.

## MESS-FREE STAR ART

toddlerapproved.com

### WHAT YOU NEED

Star cookie cutters  
White cardstock  
Scissors  
Blue and red paint  
A ball  
A shoebox  
pen

### INSTRUCTIONS

First trace the star cookie cutters on to the white paper. Then either cut them out then or get started painting. Stick a piece of paper in the shoebox. Dip your ball into blue or red paint. Stick it in the shoebox, close the lid, and SHAKE IT.

toddlerapproved.com

Once the ball shakes for a bit, rinse it off and try another color. If you have a toddler that would rather touch the ball and paint by hand then just let this turn into a messy activity instead! Once you've added enough paint to the stars, cut them out (if you haven't already), let them dry, and then use them to decorate for Memorial Day.

# Jefferson County Child Care Association

## Membership Application



The Membership Application and Fee will cover renewals and new memberships for the fiscal year July 1, 2019– June 30 2020. Please read and fill out the following information completely.

_____ JCCCA NEW APPLICATION (New Members-not a member last year)	\$40_____
_____ JCCCA RENEWAL APPLICATION (Member last year-must be received before June 30th)	\$35_____
_____ 15 MONTH JCCCA APPLICATION (New Members April 1 – June 30)	\$40_____
_____ 18 MONTH JCCCA APPLICATION (New Members January 1–June 30)	\$55_____
_____ CAFCC MEMBERSHIP (Colorado Association Family Child Care)	\$45_____
JCCCA Members get a discount if they belong to CAFCC (Please enclose a SEPARATE check payable to CAFCC)	\$40_____
_____ NAFCC MEMBERSHIP (National Association Family Child Care)	\$45_____
(Please enclose a SEPARATE check payable to NAFCC)	
CAFCC Members get a discount if they belong to NAFCC	\$40_____

**Jefferson County Child Care Association membership application and fees are due June 30.  
All Membership Renewals must be received before June 30 to avoid interruption of  
Membership Benefits and the New Membership fee will be due to reinstate.**

- Make your checks payable to JCCCA.
- Mail your application, copy of current child care license, membership fee and a self-addressed stamped envelope to the JCCCA Membership Processor / Treasurer:  
Kim Roby, 12296 West Ohio Place, Lakewood, Colorado 80228  
*For questions on membership or fees please call Kim 303-988-8368*

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

BUSINESS NAME \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

LICENSE# \_\_\_\_\_ CHILD CARE ANNIVERSARY DATE \_\_\_\_\_ BIRTHDAY MONTH \_\_\_\_\_

**JCCCA MEMBERS** are asked to **ACTIVELY** support and participate in their professional organization (JCCCA) by volunteering in some respect. I would like to participate in the following:

_____ JCCCA BOARD POSITION	_____ HOSPITALITY (help in the kitchen and/or bring food to meetings)
_____ NEWSLETTER STAFF	_____ REFERRAL PROVIDER
_____ CRAFT EXTRAVAGANZA	_____ "WHAT IT TAKES" CONFERENCE (March)

**I agree to abide by the current Jefferson County Child Care Association Bylaws.** (Copies of JCCCA BYLAWS are available upon request at JCCCA Association Meetings).

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

For information and resources visit the Jefferson County Child Care Association website: [jeffcochildcare.org](http://jeffcochildcare.org)



## Child Care Insurance Option

### American Family Insurance

Aaron Turner Agency, Inc 720-941-5833

### Assure

1-855-818-5437

[www.assurechildcare.com](http://www.assurechildcare.com)

### Child Care Insurance Professionals

1-888-812-9992

### Daycare Defender

1-800-410-6333

[www.dcdefender.com](http://www.dcdefender.com)

### Farmers Insurance

Doug Draper

303-985-8800

Mike Boling

303-979-0315

### Markel

1-888-515-8537

[www.markelchildcare.com](http://www.markelchildcare.com)

## County Associations

Adams County ~ <http://www.childcareinadamsco.org/>

Arapahoe County ~ <http://www.acfcca.org>

Boulder County ~ <http://www.bcfcca.org/>

Broomfield ~ <http://childcarebroomfield.org>

A Caregiver Network ~ <http://www.caregivernetwork.org>

CAFCC Meeting ~ Location: Bear Valley Church, 10001

West Jewell Avenue – Room 202 Lakewood,

CO <http://www.coloradochildcare.com>

Denver County ~ <http://www.dafcc.com/>

Douglas County ~

<http://www.douglascountychildcare.com/>

Northeast Denver Child Care Network ~

<http://ndccn.org/>

Licensed Family Child Care Association (Larimer, Weld,  
Boulder counties)

<http://www.licensedfamilychildcareassociation.org/index.html>

Weld County Family Child Care Association ~

<http://weldcochildcare.org/>

## CAFCC Colorado Association Of Family Child Care

CAFCC is the professional voice of Colorado's 4000 licensed child care providers.

Since 1972 CAFCC has promoted:

- ◆ The positive professional image of Family Child Care according to current Colorado rules and regulations.
- ◆ The promotion of positive working relationships with the child care community at local, state and national levels.
- ◆ The education of the community about the benefits of family child care.

Only through membership can the voice of one be heard by many! Dues are \$30.00 per year.

Join the state association today by contacting:

The CAFCC Treasurer, Charlotte Duerr, 1-970-669-0836.

Bear Valley Church  
1001 West Jewell Avenue—Room 202  
Lakewood, CO  
9:00 am Pot Luck, Bring a Dish.

### CAFCC 2019 Calendar of Events

(All meetings are held at Bear Valley Church  
from 9 am to 12 pm)

June 29th—business meeting

### CAFCC BOARD

President—Amber Bilby

Vice President—Stacey Buzbee

Secretary—Rosemarie McFate-Regan

Treasurer—Charlotte Duerr

## Training

For a list of the most current Licensed Child Care Provider training requirements, Required Disaster Preparedness and Emergency Response training, and "Mandatory Reporter" class that fulfills the Recognition & Reporting of Child Abuse & Neglect training go to JCCCA's website.

**A Caregiver Network** ~ <http://caregivernetwork.org/training/> Pre-Licensing, Standard Precautions

**Advanced Care** ~ 303-384-3696 <http://advancedcarecpr.com/>

**Child Care Innovations** ~ 303-914-6307

<http://www.cciproviderpost.org/>

**Care Courses** ~ 1-800-685-7610

[www.carecourses.com](http://www.carecourses.com)

**Childcare Educational Opportunities** ~

Judy 303- 886-8077

<http://childcareeducationalopportunities.com>

CPR, First Aid, Standard Precautions, Medication Class and Correspondence Courses.

**ECP ~ Early Childhood Professions Online /**

**Courses in Early Childhood Education** ~

Phyllis A Dobson 303-352-4033

[www.ccconline.org](http://www.ccconline.org) Email: Phyllis.

[Dobson@ccd.ccoes.edu](mailto:Dobson@ccd.ccoes.edu)

**Kid-mit-ment** ~ Patricia 303-693-8088 Offering correspondence courses. Patricia is also available for provider support.

**Qualistar** 303-339-6800

[www.qualistar.org/training/early-childhood-education-training](http://www.qualistar.org/training/early-childhood-education-training)

**Smart Horizons** ~ 1-800-261-6248

<http://www.smarthorizons.org/naccrra/rccc/>

**Wildwood Resources, Inc.** ~ 303-730-0460

[www.wildwoodonline.org](http://www.wildwoodonline.org) Standard Precautions Training and Continuing Education Correspondence Courses.

Inclusion on this list is not an endorsement by JCCCA.

## First Aid, CPR & Medication Training Courses

To find a full list of Division of Early Care and Learning approved training vendors for First Aid and CPR; Medication Administration; and Standard Precautions

[www.coloradoofficeofearlychildhood.com](http://www.coloradoofficeofearlychildhood.com)

**A Caregiver Network** ~ 303-916-2530

[www.caregivernetwork.org](http://www.caregivernetwork.org)

**Advanced Care** ~ 303-384-3696

<http://advancedcarecpr.com/>

**Child Care Innovations** ~ 303-914-6307

<http://www.cciproviderpost.org/>

**Childcare Education Opportunities** ~ 303-886-8077

<http://childcareeducationalopportunities.com>

**The Child Health Connection** ~ 303-431-2446

**Colorado CPR Pros** ~ 720-708-

9705 <https://coloradocprpros.com/>

**Heart Smart** ~ 303-456-8543

**Front Range CPR LLC** 720-524-6447 [www.frcpr.com](http://www.frcpr.com)

Inclusion on this list is not an endorsement by JCCCA

## Child Care INNOVATIONS

*Developing Creative Solutions*

*For*

*Meeting The Complex Needs of*

*Young Children And Their Caregivers.*

Red Rocks Community College

13300 W. 6th Ave.

Campus Box 22B

Lakewood, CO 80228-1255

Child Care Referrals 1-877-338-CARE

Provider Updates 303-969-9666

Your local Child Care Resource and Referral Agency has a new Name!!!

\*Assistance in developing marketing and business plans for your child care business.

\*Information regarding resources for start-up.

\*Mentor support

\*Seminars and Workshops that carry college credit and offer timely information for today's child care professional.

\*Free referrals for you child care business.

\*Staffed by experts in the business of caring for children.

**Provider Support Line**  
**303-914-6584**

## JCCCA TELEPHONE LIST

### EXECUTIVE BOARD

#### PRESIDENT

Marilyn Dean -----303-979-5952  
4776 South Oak Ct., Littleton, CO 80127

#### VICE PRESIDENT

Sheryl Ortiz ----- 303-932-2750

#### II VICE/PARLIAMENTARIAN

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#### SECRETARY

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12296 W. Ohio Pl. Lakewood, CO 80228

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#### MEMBERSHIP COORDINATOR

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#### PUBLIC RELATIONS

Carrie Kennedy -----303-432-7979

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Amber Bilby-----303-403-4262

#### SPANISH SPEAKING RESOURCE

Rita Cecava .....303-969-9919

### NORTH AREA COORDINATOR

Carol Mawhir - 303-423-4509

80002, 80003, 80033, 80212

Stacy Burge --303-463-0228

80020, 80030, 80031, 80034,

Darlene Lowe—303-995-4508

80005

Jackie Zurawski- 303-431-6789

80021, 80004, 80007

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80227, 80235

Kim Roby----- 303-248- 3969

80226, 80232, 80225, 80214, 80215

Penny Polston-----303-986-0230

80228, 80401, 80402, 80403, 80419

### SOUTH-WEST/ MOUNTAIN

#### AREA COORDINATOR

Tarissa Smith 303-979- 3578

80465, 80127, Mtn

Leah Slife—303-979-9485

80128, 80123

### ALL ZIPS - NIGHTS AND WKND

Penny Polston----303-986-0230

### METRO REFERRAL NUMBERS

#### Child Care Associations

JCCCA jeffcochildcare.org

Child Care Referrals 1-877-338-CARE

Adams County ~ Recording -----303-451-1061

childcareinadamsco.org

Arapahoe County ~ Recording-- 303-246-5146

Arapahoe County Caregiver Network

Judy----- 303-766-9706

Boulder ~ Gayle-----303-604-1311

Broomfield ~ --Stacy Burge -----303-463-0228

Denver ~ Mary Jo Theis -----303-756-8901

North-East Denver -----303-618-9887

Douglas County -----303-841-7718

Weld County Kristin Fralick----- 970-674-8065

Colorado Child Abuse & Neglect

Hotline -----1-844-CO4-KIDS

1-844-264-5437

Jefferson Center for Mental Health—303-432-5455

### CHILD CARE INNOVATIONS

303-969-9666 fax 303-914-6802

Red Rocks Community College

13300 W. 6th Ave., Campus Box 22B

Lakewood, CO 80228-1255

General Office Number -----303-914-6279

Provider Support Line -----303-914-6584

Training Information-----303-914-6307

Provider Updates: -----303-969-9666

General Licensing Information -----303-914-6304

General Departmental Fax-----303-914-6802

Licensing Fax-----303-914-6240

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and 80004

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joan.sandoval@rrcc.edu

**Brittany Kilgore:** 303-914-3053 80005, 80030, 80226,  
80232 Brittany.kilgore@rrcc.edu

### OTHER RESOURCES

Child Care Referrals-----1-877-338-CARE

Provider Updates ----- 303-969-9666

Division of Early Care and Learning-----

303-866-5958

Director ----- 303 866-5943

Licensing Advisory Committee Representative

Jeff. County Public Health -----303-232-6301

Immunization Line -----303-239-7171

CAFCC Amber Bilby -----303-403-4262

CAEYC Office -----303-791-2772

CO Children's Campaign -----303-839-1580

Kid's Nutrition -----303-987-4852

Wildwood Resources -----303-730-0460

24 Hrs. Per Day Child Protection

Hot Line -----303-271-4131

Colorado Shines Child Care Referral  
@ Mile High United Way -----211

Children's Hospital Colorado

Parent Smart Hotline-----720-777-0123

Poison Control -----303-739-1123

Ask A Nurse -----303-777-6877

Medication Admin. Hotlin3-----303-739-1125

**Publisher:** Jefferson County Child Care Association

**Editor:** Sue Kansteiner 303-985-2622

**Book Review** –Carrie Kennedy

**Provider Times**—Anna Orrino

**Parent Page**— Vera Ananda



**THE OPEN DOOR , 8968 W. Harvard Place, Lakewood, CO 80227**

The Open Door Newsletter is a publication of the Jefferson County Child Care Association. JCCCA publishes six issues per year. The April/May issue is emailed to all licensed providers in Jefferson County and is considered the “annual mass mailing issue”. JCCCA does not assume responsibility for any fact or opinion stated herein, nor does acceptance of any advertising, paid or complementary, imply endorsement for any product or services by JCCCA. **The deadline for articles or advertising submissions is the 1st of each month previous for inclusion in the following month’s publication. The deadline for August/September, 2019 Newsletter is 7/1/19.** Each submission must be mailed or emailed to the above address and must include name and telephone number and the month the submission is to be printed. Please do not telephone in submissions. Submission does not guarantee inclusion. The Editor reserves the right to refuse any submission. Advertising rates are available by calling the Newsletter Editor for the current rate. Any editorial based errors in advertising copy or size will be corrected free of charge and the advertiser will receive additional advertising to fulfill original advertising order in full with corrected advertising. However, these errors must be brought to the attention of the editor at the time of the first publication of advertisement. Any errors caused by the advertiser submitted copy may be corrected, but will not extend the length of the original contract.