

August/September 2011

The Open Door



Wednesday August 24th, 2011 Association Meeting 6:45 p.m.—9:00 p.m.

New and improved JCCCA ABC's, 123's, & more!!!

Kelly Froyen will share some ideas on how to implement the new book into your child care preschool program!!! The book will be available at the Ways and Means table.

1 hour Developmentally Appropriate Practices

What makes you a professional?

Tricia Kelly-Lynch will discuss and hopefully help you discover what makes you a professional.

1 hour Professionalism

Wednesday September 28th, 2011 Association Meeting 6:45 p.m. –9:00 p.m.

To be announced.

It's festival time again, and we need your help. These festivals are a great opportunity to get our information out to the public. We need to let the public know about our free referral service for IN HOME LICENSED CHILD CARE . You can also take information about your own childcare business, and hand out your business cards. Most of us are down in numbers, and this would be a very good way to help build up your numbers. If you would like to volunteer for any of the festivals, please call the following numbers.

- Arvada Harvest Festival-----Corinne @ 303-456-9294
- Summerset Festival-----Loretta @ 303-932-9932
- Apple Cider Festival-----Judy @ 303-935-2865
- Pumpkin Festival----- Judy @ 303-935-2865

www.jeffcochildcare.org

“Home Away From Home”

JCCCA'S 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.

August/September, 2011

Volume 31 Issue 2

JCCCA

P.O. Box 280853 Lakewood, CO 80228

**Jefferson County Child Care Association
Meetings**

Held @ Clements Community Center

1580 Yarrow Street, Lakewood

Meeting 6:45~9:15 P.M.

If You plan on eating at meetings, Please bring a dish for the pot luck. due to the increase in training at meetings to 1 1/2 hours, we will be eating at 6:45. We are going to start promptly at 6:45. Providers may want to arrive early to allow for time to check in and bring food. Please be considerate of the other providers that are attending the meetings, Turn off or silence cell phones and limit conversation. No children. Breastfeeding babies only.

We are in need of **bottle caps** for a craft to be used at the festivals. Please save your bottle caps and bring them to the August meeting.

Thanks,

Judy Weaver



REFERRAL CORNER

SUBMITTED BY Andria Sparer

This is a list of the calls referral providers have received from parents looking for childcare for the past two months, May and June, 2011.

North	Under 2	Over 2	School Age	Total
80002/3	5	1	2	7
80004	2	2	0	3
80005	2	1	0	2
80020, 30	2	0	1	3
80021	5	7	0	9
Central	Under 2	Over 2	School Age	Total
80033	6	2	1	9
80212,14,15	9	1	0	9
80226	5	2	0	6
80228	6	4	0	10
80232, 19	8	2	3	9
80401, 02, 03	9	4	1	12
80227, 35	9	12	2	14
South/West/Mtn	Under 2	Over 2	School Age	Total
80123	8	1	1	8
80127	6	3	0	7
80128	6	1	0	6
80465	5	2	1	7
80433, 39, 53, 54, 57	7	2	1	8
Nights & Weekends	7	2	0	6

Treasury Report

Submitted By: Kim Roby
June 13th to July 10th, 2011

Beginning Balance	\$11,779.83
Income	<u>\$ 2,214.59</u>
Total	\$13,994.42
Expenses	<u>\$ 1,149.71</u>
Total Income Expenses	\$12,544.71



Mark Your Calendars!! 2009 JCCCA Meetings

August 24th, 2011
September 28th, 2011
October 26th, 2011
November 16th, 2011
Craft Extravaganza
December, 2011—no meeting

Board Meetings

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



WOMEN IN CRISIS SHELTER WISH LIST

Bring donations for the women and crisis center and receive an extra drawing ticket at each meeting. For More Information Contact Sheryl 303-932-2750 or Tricia 303-914-8687. Cash donations will be accepted at meetings.

Please consider contributing generously of the following items which are basic to a person's comfort and self reliance. The shelter is in need of Cab Vouchers, Bus Tokens

- Diapers , Baby Wipes Baby Food & Formula
- Phone Card & Gas Vouchers
- Laundry Detergent, Toilet Paper, Paper Towels
- Pillows, Bed Linens
- Hygiene Products—Deodorant, Shampoo, etc.
- Baby Food & Formula

**JCCCA WAS AWARDED GRAND PRIZE
FOR OPERATION UNDERCOVER**

PRESIDENT'S LETTER

Hi Everyone!

Boy! We are sure having a hot summer!! By the time you get this summer will be winding down and we will be wondering what happened to it!

I saw this really neat story about how hard life can be sometimes - we all have our struggles and demands that we must meet. For some, the struggles are harder than others but the bottom line is we are required to get through them. We have all watched our friends and acquaintances handle adversity - we have done it ourselves. So, take a moment, you may want to sit down with a cup of coffee or tea or whatever.....and read this story. Which one are you? Are you a carrot, an egg or a cup of coffee?

May we all be coffee!!! (Author unknown)

A carrot, an egg, and a cup of coffee...You will never look at a cup of coffee the same way again.

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied. Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled, as she tasted its rich aroma the daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its insides became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this:

Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy. The happiest of people don't necessarily have the best of everything; they just make the best of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches. When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

This year we will be having the **TOUR OF HOMES!** We have this event every other year! It is so much fun! It is a fun setting where you get a chance to visit and share ideas with your cohorts (other providers). Opportunities to get new ideas for your home business and share a meal - dessert included. Four hours of credit are given. See the enclosed flier for details. Tickets will be on sale at the August 24th meeting as well as at the door! This is a wonderful time to carpool with people in your area! Call your referral provider if you want to carpool. Just ...don't miss it! The cost is minimal.

I hope all is well with each of you! If you ever have questions or need to talk - Call me----It is always a good to have 'The Talk'. Take care!

Reminder: Don't forget to renew your JCCA membership if you haven't done that yet!!

BURN BRIGHTLY BUT DON'T BURN OUT! - Marilyn Dean

Provider of the Month

by Sheryl Ortiz

May 2011

Karen Muzzucca was nominated for provider of the month by Donna Jaramillo. Donna says Karen just does a really super job. She was instrumental in getting her started in childcare by giving her a step by step process, helping with the interview process, how to handle situations with parents, and helping with every other aspect of child care.

Karen has been married to her husband Vince for 23 years. They have two daughters, one in college and one a sophomore in high school, and a twelve-year-old son. The family loves to do things together, going to the gym, hiking, biking, camping, and going for walks. She says they are real outdoors people.

She got started in childcare over 18 years ago. She had always worked in the corporate world until her company moved to Houston. They gave her six months severance pay, so she decided to use that time to get her childcare license. She keeps the children very busy. They paint and do all kinds of crafts, listen to music and dance everyday, build forts out of old couch cushions, and one of their favorite things is going to the pet store at Southwest Plaza every Friday where they see fish and lizards, pet the bunnies, and then pick out some puppies to take in a room and play with. Karen says when things get hectic, they sing. She says the singing seems to put everyone in a good mood. Her advice to others is to keep a positive attitude, relax, and don't let things get you down.

Karen has been a member of JCCCA for around fifteen years. JCCCA thanks Karen for her dedication to children and congratulates her on being provider of the month.

June 2011

Tarissa Smith was nominated for provider of the month by Marilyn Dean. Tisa will be married to her Jr. High School sweetheart, Darryl, twenty-five years next week. They have three children, Amber 27, Cody 24, and Austin 17. Outside of childcare, she has a lot of interest, camping, boating, gardening, quilting, motorcycle riding, and spending time at their cabin.

Tisa got started doing childcare 24 years ago when she had her oldest son. She had a large day care home with her mother-in-law and sister-in-law. After nine months, she decided to do it on her own and she hated it, so she went back to work out of the home. When she was going to have her youngest son, she decided to try it again. This time, she loved it and has been going strong for eighteen years. She cares for mostly teacher's children, so for the summer she does care just two days a week for two children. Her advice to other providers is "enjoy what you do, if you don't like it – get out!"

Tisa has been an active member of JCCCA for, as she says, "a long time!" She has served as referral provider about twelve years and been area coordinator for four years. She has been a valuable member of the WIT conference committee every year. She is always ready to volunteer or to help out when asked. JCCCA would like to thank her for her dedication to the association and her profession and congratulates her on being provider of the month.



9 SUNSCREENS GET TOP RATINGS BY CONSUMER REPORTS

Magazine Evaluates Sunscreens on How Well They Protect From UVA and UVB Rays

By Kathleen Doheny

WebMD Health News

Reviewed by Laura J. Martin, MD

May 24, 2011 -- Nine of 22 sunscreens tested by *Consumer Reports* Health earned a "recommended" or "Best Buy" rating in the organization's latest evaluation.

All nine got excellent marks for protection from UVB rays (which cause sunburn) even after water immersion. All provided very good protection against UVA rays, which penetrate deeper and are linked with aging and tanning.

The results, issued today, are published in the July 2011 *Consumer Reports*.

The report follows another sunscreen guide, issued Monday by the Environmental Working group. The findings from the two reports are often at odds.

"Our ratings are based only on UVA and UVB protection and how well they did in water," says Jamie Hirsh, senior associate editor of *Consumer Reports* Health. "Our scoring doesn't take into account ingredients."

The Environmental Working Group ratings did take into account active ingredients, among other measures.

Sun-Damaged Skin Sunburn, Melanoma and Other Reasons to Shun the Sun

Consumer Reports Sunscreen Rankings

Three sunscreens were given the *Consumer Reports* "Best Buy" rating:

- Up & Up Sport SPF 30
- No-Ad with Aloe and Vitamin E SPF 45
- Equate Baby SPF 50

Six others were recommended:

- Banana Boat Sport Performance SPF 30
- Coppertone Sport Ultra Sweatproof SPF 30
- CVS Fast Cover Sport SPF 30
- Walgreens Sport SPF 50
- Ocean Potion Kids Instant Dry Mist SPF 50
- Banana Boat Sport Performance SPF 100



The Use of Sunscreen

www.hemonctoday.com

Sunscreens are used to protect the skin from the harmful effects of the sun. They help to prevent sunburn and premature aging (e.g., wrinkles, leathery skin). Sunscreens also help to decrease the risk of skin cancer and also of sunburn-like skin reactions (sun sensitivity) caused by some medications (e.g., tetracyclines, sulfa drugs, phenothiazines such as chlorpromazine).

The active ingredients in sunscreens work either by absorbing the sun's ultraviolet (UV) radiation, preventing it from reaching the deeper layers of the skin, or by reflecting the radiation.

Wearing sunscreen does not mean that you can stay out longer in the sun. Sunscreens cannot protect against all of the sun's radiation.

There are various types of sunscreens available in many forms (e.g., cream, lotion, gel, stick, spray, lip balm). See the Notes section for information about selecting a sunscreen.

Sunscreens are for use on the skin only. Follow all directions on the product package. If you are uncertain about any of the information, consult your doctor or pharmacist.

Apply sunscreen generously to all exposed skin 30 minutes before sun exposure. As a general guide, use 1 ounce (30 grams) to cover your entire body. Reapply the sunscreen after swimming or sweating or drying off with a towel or if it has rubbed off. If you are outside for long periods, reapply sunscreen every 2 hours. If you are using the lip balm form, apply to the lip area only.

When applying sunscreen to the face, be careful to avoid contact with the eyes. If the sunscreen gets in your eyes, rinse thoroughly with water.

Use cautiously or avoid use on irritated skin.

Do not use sunscreen on infants younger than 6 months unless the doctor directs you to do so. It is best for infants to stay out of the sun and wear protective clothing (e.g., hats, long sleeves/pants) when outdoors.

If you develop a serious sunburn, or if you think you may have a serious medical problem, seek immediate medical attention.

How to Have a Conversation with Your Three-Year-Old

life.familyeducation.com/speaking/toddler5/53403.html

Your child's improving language skills, combined with his increased attention span, makes sustained conversations possible at age three. And the more conversation, the better. Your modeling of good language skills is more important than ever. So no matter how your child constructs a sentence or creates new words, try to respond with proper grammar and vocabulary.

You can talk about anything and everything with a three-year-old. You no longer need to confine yourself to talking about the immediate present. You also can now talk about the past, about the future, about things in the realm of the mind (yours or your child's). In short, you can talk not only about facts, but about ideas.

Your child needs you to hold real conversations with him, though. When your preschooler starts to talk a mile a minute—stuttering, stammering, and repeating himself again and again as he struggles to find the right words—it may be tempting to just nod and say, "Uh-huh." But if you do, your child will know that you're not really listening to him. Now that your child is three, conversation needs to be a two-way street.

Certainly, you will want to fill your preschooler's head with ideas and observations that are important to you. But at this age, your child wants to do the same thing to you. So try to avoid talking nonstop yourself and listen—really listen—to what your child is trying to tell you.

Instead of talking in simple shorthand, which may have been more appropriate for him when he was a toddler, you should now express complete ideas. Indeed, elaborate on the ideas that you might only have sketched at an earlier age. For example, instead of just saying, "I'll get it," say, "Let me help you get that box. It's on a high shelf and I can reach it more easily because I'm taller than you are."

If you speak in shorthand, all the language you'll offer your child is the word "get." But if you take the time and make the effort to cover all the details, you'll provide words that convey the ideas "help," "get," "box," "high," "shelf," "reach," and "taller." If you speak this way throughout your day-to-day life together, you will introduce or familiarize your child

Poison Smarts

Rocky Mountain Poison Center's quarterly prevention tips Volume 4 Issue 2 Summer 2011



Poison Injuries Never Take a Vacation!

Kids are out of school. Families are on the move carrying picnic lunches. Guests are coming and going. Insects and snakes are active. It's no surprise that calls to poison centers increase this time of year.

Prevent poison injury and stay healthy this summer by doing the following:

- Ask summer guests to keep their medicine locked up.
- Keep charcoal lighter fluid and Tiki torch oil out of reach of children.
- Wash hands with warm soapy water before and after handling food. Wash all knives, cutting boards, utensils and plates used for uncooked food. Grilled food goes on a clean, dry plate.
- Keep hot foods hot and cold foods cold. Any food left out longer than two hours can be unsafe. If in doubt, throw it out!
- Avoid brightly colored, floral fabrics, scented soaps, lotions and fragrance, which attract insects. Wear lightweight, light-colored long sleeves and pants.
- Use less than 30% DEET on kids and never in infants less than 2 months of age. Wash skin with soap and water after going indoors. Wash treated clothing. Stay indoors at dawn & dusk, when mosquitoes are most active.
- NO SUN, NO SUNSCREEN ON INFANTS LESS THAN 6 MONTHS OLD!
- Drink plenty of water rather than soda. Add sliced cucumber, lemon, lime, fresh whole berries or mint leaves for variety.
- Never barbeque in enclosed spaces like tents, campers or enclosed porches.
- Call Rocky Mountain Poison Center anytime night or day at 1-800-222-1222.

Children's Book Review & Activity

Submitted by Carrie Kennedy

I'll Always Be Your Friend by Sam McBratney

Little fox and his mother are enjoying the day by playing together. But when it's time to go home, little fox isn't ready. He tells his mother "I'm not your friend anymore". His mother reacts as only a mother could-with love.

Themes: friendship, unconditional love, mothers, saying hurtful things

Discussion

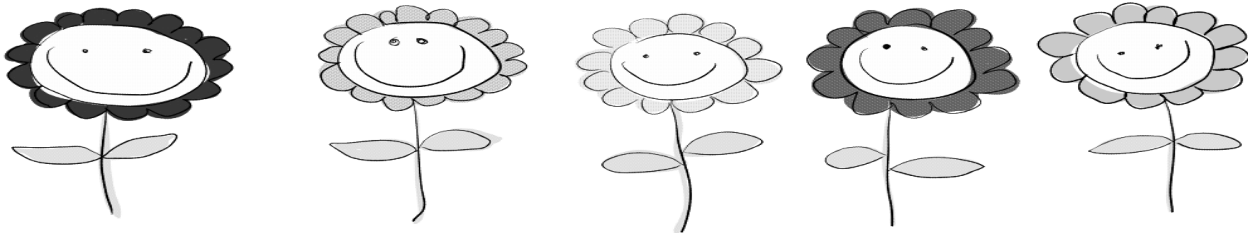
Talk about the story and why little fox said he wasn't his mother's friend anymore and his mother's reaction. Do the children sometimes say things like that to their friends and family, or has anyone ever said those things to them? How does it make you feel when someone says those things? Why do you say those things?

Talk about feelings and ways to tell others how you are feeling. Let them know it's okay to say "I'm mad/sad/hurt" as long as it's said in a polite way. Also let them know saying mean things can hurt people just like hitting hurts people.

Remind them how little fox's mother was hurt but still loved him. Parents always love their children. There are other people who will always love the child too-grandparents, brothers, sisters, friends, and us!

Activities

1. *Make a friendship wreath.* Have the children trace their hand and write their name on it. Make enough hands for every person. Cut the hands out and glue to a paper wreath. Children will now have a wreath of their friends. You can also take pictures of each child and crop/stencil around it into a fun shape and glue onto the wreath.
2. *Help the children express their feeling with "feelings necklaces".* First make several faces showing different feelings with the name of the feeling written below. Cut out and add yarn to make it into a necklace. Make several of each feeling and hang in your playroom. Children can wear the necklaces to let others know how they are feeling.
3. *You can also make a feelings poster.* Divide the poster into a grid with each area showing a different emotion. Laminate a small picture of each child they can use to place on the poster in the appropriate area to show how they are feeling.



Children's Book Review & Activity

Submitted by Carrie Kennedy

Scrambled Eggs Super! By Dr. Seuss

If you're tired of ordinary scrambled eggs, watch and learn from Peter as he travels all over for the best eggs and creates scrambled eggs super!

Themes: Cooking, farms, chickens

Discussion

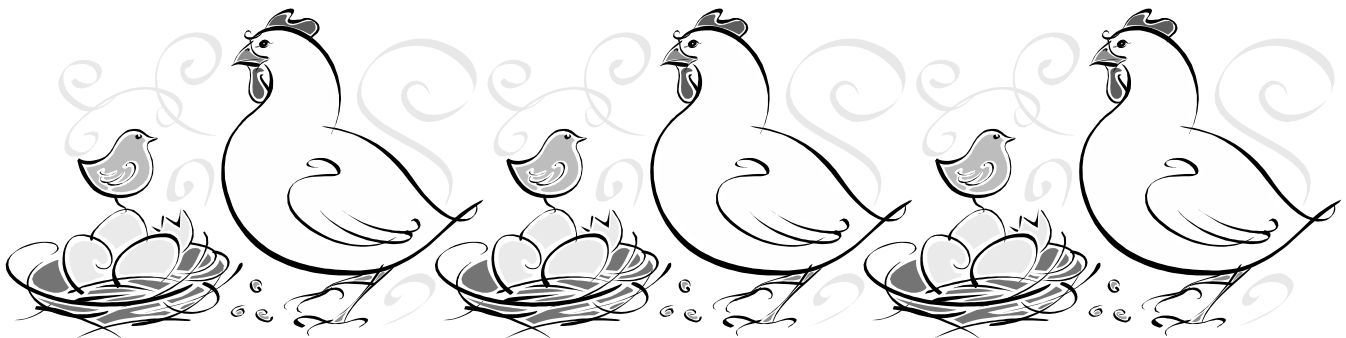
Who likes eggs? Where do they come from? What food group do they belong in? Do other animals lay eggs? How do you like your eggs cooked-scrambled, fried, hard-boiled, deviled?

Activity

Make your own scrambled eggs super!

1. Collect your own eggs. If you know of someone with chickens or sells eggs, arrange for a field trip. Have children help collect eggs.
2. Make an ingredient list and go shopping. Have everyone name what he or she wants in his or her eggs and help them make a shopping list. Go to the store to pick up your items. Suggestions include: milk, cheese, ham, turkey, bacon, sausage, green peppers, red peppers, onions, mushrooms, pepper, and salt.
3. Go to a farmer's market for your ingredients instead of the store. If you have a garden have the children help you pick fresh vegetables to add to the eggs.

Time to cook! Give each child their own bowl to mix their ingredients in. Help them to crack their own egg. Beat the eggs with a fork and stir in other ingredients. Cook eggs one at a time and serve for lunch.



September

October

craft

Need to upgrade or repair your computer?

Call Paul Temer at 303-807-8999.

No trip charge. I will come to you.

\$35 an hour for friends of yours

BUT

\$25 an hour for JCCCA members

WHAT A DEAL!!!

Recommended by Kim Roby—Treasurer



ARGO DO-IT YOURSELF CLAY THAT'S SAFE FOR KIDS

2 cups baking soda
1 cup Argo Corn Starch
1 1/4 cups water

Mix cornstarch and baking soda, add water, mix. Bring to a boil, stirring constantly. Thicken to consistency of mashed potatoes. Form clay into desired shapes, let dry for 36 hours, color with paint or felt-tip marker, and coat with shellac or clear nail polish.

CONDENSED MILK PAINT

Paint
1 cup condensed milk
Food coloring.

Mix one cup condensed milk with a few drops of food coloring. This makes a very bright, glossy colored paint.

Teaching Social Skills to Little Ones

By Dr. Charles Fay

Are there any adults in your life who probably didn't get enough instruction on basic social skills when they were preschoolers? While these folks can be a bit annoying at times, it's probably wise to remember that their lack of relational finesse has probably made their own lives less than peachy. When I remember this, it's easier for me to remain empathetic with them. It also reminds me why it's so important to help our young children learn the basic social graces.

Most of this teaching should take place in the classroom of the real world experience. That is, at the very moment our children are interacting with others. Listed below are just a few of the things we ought to expect our children to do:

- Shake peoples hands and look into their eyes.
- Smile.
- Say "hello".
- Say "thank you" when complimented.
- Say "please".
- Say "goodbye" and wish people well.

I'm constantly amazed at how many parents fail to expect these things out of their preschoolers. Instead, their children are allowed to snub others or to hide behind their parent's backs.

Now, I understand that some children are extremely shy. I also understand that this takes work and can feel a bit awkward from time to time. In our book, *Love and Logic Magic for Early Childhood*, we teach the importance of having high expectations for our children. Parents who maintain high expectations raise happier and more socially skilled kids.

Are You Covered?

If a parent, or guardian, of a child in your care “thinks” that you, or somebody in your Center (or Family Child Care Home), is at fault for their child’s injury or death, you could be sued. Do you have enough cash reserves to pay \$1.5 million dollars to a child’s family because their child choked on a peach and died? In March of 2011, a Madison County Tennessee jury found a local daycare responsible in the death of the child in its care and awarded the child’s family \$1.5 million dollars due to the 22 month old dying from choking on a peach while at the daycare center.

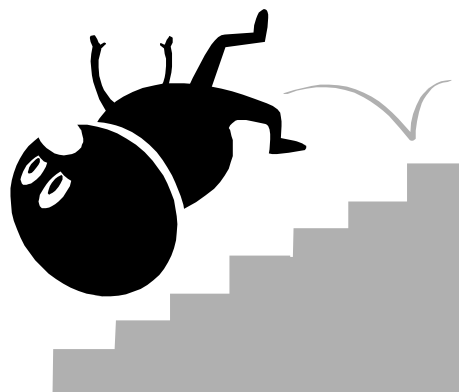
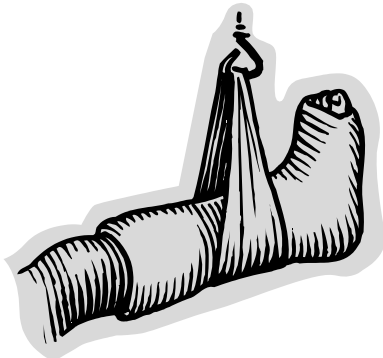
No matter how careful you are, accidents do happen, and they truly are accidents, but you could possibly still be found liable if there was something that could have still been done to prevent it. To minimize your financial risk, and provide your childcare business with financial protection, it is a very wise to get Childcare Liability Insurance. Childcare specific Liability policies can give you coverage for: bodily injury, property damage, accidents, medical payments, personal injury, and allegations of abuse or sexual misconduct. Some policies even cover the litigation, and legal expenses, that arise from any allegations or accusations. Even if you win the case, you could accumulate a good deal of legal costs. A well designed Childcare Liability policy can give you peace of mind that your business is financially protected just in case any of those situations do happen.

BE AWARE: If you have a Family Child Care Home, be aware that most home owner’s policies do not cover, and specifically exclude coverage, for a childcare business in your home. Some insurance carriers may not even provide you home owner’s coverage if you have a home daycare business. (You can check your home owner’s policy under the “Exclusions” on your policy documents.) The bigger, constantly advertised, insurance companies that you may have your home owner’s policy with, can be very particular about childcare businesses being run in your home. What does this mean? If you have a claim related to the business at your home, you could be on your own paying for anything related to that claim, and your home owner’s policy could also be canceled. You should get a Childcare specific liability policy that will be in addition to your homeowner’s policy.

The rates on Childcare specific liability policies can vary, but are typically reasonable. It all depends on the amount of coverage that you want, or need, and what you want coverage for.

It is much better to have the proper coverage in place ahead of time, because you have to have coverage in place before any claims will be covered. You can’t go backwards. Ask your agent questions, and let them know what you are looking for in coverage so you can have a policy built specifically to your business needs.

By Dan Gillespie
Agent – Wave Financial Partners
dgillespiewave@gmail.com
303-656-6912



Talking about 911 with Kids

Not that long ago, there was a separate telephone number for each type of emergency agency. For a fire, you called the fire department number; for a crime, you called the police; for a medical situation, you called an ambulance or doctor.

But now 911 is a central number for all types of emergencies. An emergency dispatch operator quickly takes information from the caller and puts the caller in direct contact with whatever emergency personnel are needed, thus making response time quicker.

According to the National Emergency Number Association, 911 covers nearly all of the population of the United States, but check your phone book to be sure that 911 is the emergency number to use in your area.

Everyone needs to know about calling 911 in an emergency. But kids also need to know the specifics about what an emergency is. Asking them questions like “What would you do if we had a fire in our house?” or “What would you do if you saw someone trying to break in?” gives you a chance to discuss what constitutes an emergency and what to do if one occurs. Role playing is an especially good way to address various emergency scenarios and give your kids the confidence they’ll need to handle them.

For younger children, it might also help to talk about who the emergency workers are in your community—police officers, firefighters, paramedics, doctors, nurses, and so on—and what kind of things they do to help people who are in trouble. This will clarify not only what types of emergencies can occur, but also who can help.

When to call 911

Part of understanding what is an emergency is knowing what is not. A fire, an intruder in the home, an unconscious family member—these are all things that would require a call to 911. A skinned knee, a stolen bicycle, or a lost pet wouldn’t. Still, teach your child that if ever in doubt and there’s no adult around to ask, make the call. It’s much better to be safe than sorry.

Make sure kids understand that calling 911 as a joke is a crime in many places. In some cities, officials estimate that as much as 75% of the calls made to 911 are non-emergency calls. These are not all pranks. Some people accidentally push the emergency button on their cell phones. Others don’t realize that 911 is for true emergencies only (not for such things as a flat tire or even about a theft that occurred the week before).

Stress that whenever an unnecessary call is made to 911, it can delay a response to someone who actually needs it. Most areas now have what is called enhanced 911, which enables a call to be traced to the location from which it was made. So if someone dials 911 as a prank emergency personnel could be dispatched directly to that location. Not only could this mean life or death for someone having a real emergency on the other side of town, it also means that it’s very likely the prank caller will be caught and punished.



Talking about 911 to kids, continued.

How to use 911

Although most 911 calls are now traced, it's still important for kids to have their street address and phone number memorized. They'll need to give that information to the operator as confirmation so time isn't lost sending emergency workers to the wrong address.

Make sure kids know that even though they shouldn't give personal information to strangers, it's OK to trust the 911 operator. Walk them through some of the questions the operator will ask, including:

- Where are you calling from? (Where do you live?)
- What type of emergency is this?
- Who needs help?
- Is the person awake and breathing?

Explain that it's OK to be frightened in an emergency, but it's important to stay calm, speak slowly and clearly, and give as much detail to the 911 operator as possible. If they're old enough to understand, also explain that the emergency dispatcher may give first-aid instructions before emergency workers arrive at the scene.

Make it clear that children should not hang up until the person on the other end says it's OK, otherwise important instructions or information could be missed.

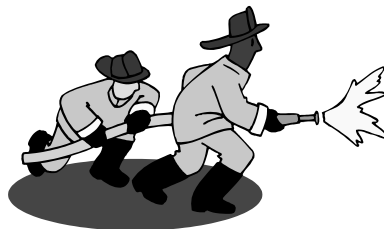
More Safety Tips

Here are some additional safety tips to keep in mind:

- Always refer to the emergency number as "nine-one-one" not "nine-eleven." In an emergency, a child may not know how to dial the number correctly because of trying to find the "eleven" button on the phone.
- Make sure your house number is clearly visible from the street so that police, fire, or ambulance workers can easily locate your address.
- If you live in an apartment building, make sure children know the apartment number and floor you live on.
- Keep a list of emergency phone numbers handy near each phone. This should include police, fire, and medical numbers.
- If you have special circumstances in your house, such as an elderly grandparent or a person with a heart condition epilepsy, or diabetes living in your home, prepare your child by discussing specific emergencies that could occur and how to spot them.
- Keep a first-aid kit handy and make sure your kids know where to find it. When kids are old enough, teach them basic first aid.

Reviewed by: Steven Dowshen, MD

Children's Hospital of Colorado



Challenging Behaviors

Providing support to children and families

Many Factors Can Impact Behaviors...

When challenging behaviors arise both the providers *and* children can experience a fair amount of distress. Knowing the factors that impact challenging behaviors can help.

Ask yourself these questions:

- *What do you think the child is trying to communicate to you?*
- *Are there times of day that are better/worse?*
- *Look at the environment...are there trigger points for the child that may set them off?*
- *What are the relationships like for the child with each provider?*
- *Talk to the parents...is there something going on at home that may impact behaviors?*

Environment is often the number one contributor influencing behavior in children. **Classroom structure, daily schedules and routines** are the first places that are looked at when assessing the driving forces behind children's behavior.

Even if a child has significant mental health issues, there are environmental changes that you as a provider can make to help support the child to be more successful throughout their day.

Mental health professionals can provide assistance with tools to help children with regulation challenges. However, you as a provider, have the ability to have the most impact.

Childrens' Behavior has Meaning

Behavior is a means of communication. Children look for inventive ways to communicate their needs.

Behavior can communicate needs for attention, feelings of being overwhelmed, stress, anxiety, needs to escape, and/or sensory and other physical needs.

Challenging behavior can mean that a child is having difficulty expressing one of those needs and may need some help finding appropriate ways to reach out to others.

When challenging behaviors happen, remember to first ask yourself, "what is this child trying to tell me? And what is this behavior attempting to communicate?" Work at identifying the driving force/need **behind** the behavior instead of focusing on the incident. Note **why** you think the behavior is happening and learn more about the child's cues to **prevent** the behavior from happening in the future.

Red Flags for Consideration

- *Does the behavior impact functioning? y/n
- *Is the behavior consistent? y/n
- *Can the child be soothed/consoled? y/n
- *Does the behavior happen in the home? y/n
- *Is the behavior causing others distress? y/n
- *Does the behavior differ during the time of day? y/n
- *When is the behavior appropriate and positive? y/n

Resources **Early Childhood Mental Health @ Jefferson Center for Mental Health**

Amber Clift-Willoughby 303-432-5481/303-914-6479

Sarah McNamee, LCSW, CACII 303-425-0300

Elainna Coleman, LCSW 303-432-5507

First Lady Unveils Let's Move! Child Care to Ensure Healthy Start for Youngest Children

Mrs. Obama announces public and private commitments to meet highest standards for nutrition, physical activity and screen time

Washington – After visiting children at CentroNía, a bilingual child care center in Washington, D.C., First Lady Michelle Obama unveiled *Let's Move! Child Care*, a new effort to work with child care providers to help our youngest children get off to a healthy start. The First Lady released a checklist that providers and parents can use as a tool to encourage healthy eating and physical activity and limit screen time for young children. In addition, the First Lady announced that the Department of Defense, the General Services Administration and Bright Horizons have committed to these practices – a step that will positively impact approximately 280,000 children in 1,600 child care centers nationwide. Mrs. Obama was joined by Health and Human Services Secretary Kathleen Sebelius, Vice Chairman of the Joint Chiefs of Staff General James Cartwright and representatives from Partnership for a Healthier America, Bright Horizons, Nemours Foundation and the National Association of Child Care Resource and Referral Agencies (NACCRRA).

“Everyone is going to see that these small changes can make a big difference. If our kids get into the habit of getting up and playing, if their palates warm up to veggies at an early age, and if they’re not glued to a TV screen all day, they’re on their way to healthy habits for life,” Mrs. Obama said. “That’s why I’m so excited about *Let's Move! Child Care* – because I know that childcare facilities and home-based providers can be a real building block for an entire generation of healthy kids.”

Obesity rates among preschoolers ages 2 to 5 have doubled in the past four decades, and one in five children are overweight or obese by the time they reach their 6th birthday. This health crisis begins at an early age: over half of obese children first become overweight at or before age 2. As the Childhood Obesity Task Force noted, child care centers and informal care represent a tremendous opportunity to prevent obesity, because 60 percent of children under 5 are in some form child care, spending an average of 29 hours per week in that care.

Furthermore, parents and communities are looking for improvements in child care standards. A 2008 survey by NACCRRA reported that 93 percent of parents thought existing health and safety standards for child care should be improved. And last week, the Partnership for a Healthier America announced commitments from mayors around the country to work with their local childcare providers and after-school programs to improve standards for nutrition and physical activity and to limit screen time within child care settings.

The First Lady encouraged day care facilities and home-based providers to commit to the *Let's Move! Child Care* Check List to encourage healthy eating and physical activity and limit screen time for our youngest children. The check list includes:

- **Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
 - **Screen Time:** No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day, the amount recommended by the American Academy of Pediatrics.
 - **Food:** Serve fruits or vegetables at every meal, eat meals family-style when possible, and no fried foods.
 - **Beverages:** Provide access to water during meals and throughout the day, and do not serve sugary drinks. For children age two and older, serve low-fat (1%) or non-fat milk, and no more than one 4-6 ounce serving of 100% juice per day.
- Infant feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day; and support all new parents in their decisions about infant feeding.

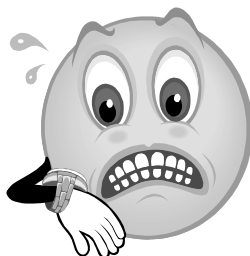
Tips For Adding Stress To Your Life

Burnout and stress may be as foreign to you as traditional Uzbekistani folk dancing. You may be the calmest and coolest person in any room you enter. You may actually be looking for ways to add stress to your life so that you can understand what the rest of us are fussing about. If so, here are some tips.

How to Add Stress to Your Life:

- Help each child in your care lose a sock or shoe every day for two weeks. When parents ask what's going on, just shrug and smile.
- Enact a no-nap policy.
- Every time a parent makes a request, smile, say, "I'll take care of it," and completely forget the request as soon as possible. Never mention it again. If the parent brings it up, act confused and puzzled.
- Forget ratios—the more, the merrier!
- Three words: Toddlers, Scissors, Kittens.
- Work longer hours and burn 25 percent of your income each payday.
- Avoid trying anything new. Any excuse will do: It's too messy. It's too expensive. There's not enough time. The kids won't like it. This ensures hours of whiny, bored youngsters and the stress that they bring.
- Tell everyone you meet what you think about everything . . . all the time. Give advice freely, specially on topics you know nothing about. The stress you add to the lives of others will come back to you threefold.
- Add at least three items to your to-do list for each task you complete.
- Be a minimum of forty minutes late everywhere you go.
- Play loud music for the children all day, every day.
- Expect perfection from everyone you come into contact with: the children, the parents, your family, and especially yourself!
- Don't let emotional wounds heal—pick away the scab every chance you get. Adopt a "Let It Fester" policy.
- Cut communication with parents in your program (and your loved ones) down to once a week. Talk less and grunt more. If there are problems or concerns, hold off even longer.
- Swear off outdoor time for the kids. Make any excuse for keeping them indoors every day. Then act surprised when the yelling, running, and fighting start.
- Quit sleeping, give up exercise, and eat anything you want.
- Make time with your significant other every day to doubt, shout, and pout.
- Stop accepting payment for care. Just do it because you love it so much.
- Ignore inquisitive four-year-olds.
- Let the phone ring twenty times before answering. If it's a parent, pretend you get disconnected. Keep the ringer set as loud as possible, especially during quiet time.
- Forget nutritional guidelines. Serve only sugary food, Kool-Aid, cookies, and the Halloween candy you stock up on each year when it goes on clearance.
- Buy eleven blue chairs and one pink chair for the pre-schoolers to use.

<http://www.explorationearlylearning.com>



August and September Birthdays

Kara Applegate
Corrine Austin
Debbie Boeckx
Jennifer Boncich
Rita Cecava
Axra Dass
Marilyn Dean
Terrie Ellis
Karen Greenwell
Linda Haverland
Beverly Jordon
Caroline Kennedy
Angie Kisan
Dawn Nelson
Mary Patterson
Mary Pearson

Laura Pickens
Penny Polston
Janet Robbins
Deanna Romero
Karen Rollins
Kathleen Sally
Loretta Sampson
Joanie Stapleton
Vickie Steuart
Cynthia Strecker
Karen Strimple
Cheryl Van Treeck
Peggy Tucker
Candy Wamboldt
Joyce Wyatt

August and September Anniversaries

Rose Applegate
Jennifer Boncich
Gail Brooks
Janice Campbell
Rita Cecava
Pamela Cutshall
Carrie Edwards
Terrie Ellis
Tammy Filbert
Marilyn Grippa

Linda Haverland
Shirley Martz
Stacey Matus
Dawn Nelson
Mary Pearson
Penny Polston
Sandy Stabile
Cheryl Van Treeck
Joyce Wyatt
Jackie Zurawski

CAFCC

Colorado Association Of Family Child Care

CAFCC is the professional voice of Colorado's 5000 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 only \$30.00 per year.

Join the state association today by contacting:

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

CAFCC Meeting the 4th Saturday of each month!

New Location:

Bear Valley Church
10001 West Jewell Avenue - Room 202
Lakewood, CO
9:00 am Pot Luck, Bring A Dish!

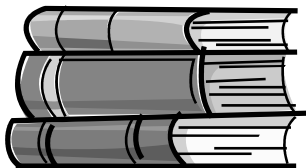
PCS ~ Providers Coffee Social South-West Mountain Area
Breakfast 3rd Saturday of every of month Starbucks at 6149 S.
Balsam Way , 8/20, 9/17, 10/15, 11/19, 12/17. Providers are
welcome to show up around 8:30-9:00. For More Information Call
Janice Campbell 303-973-8298.

Mentoring & Resource Library

By Kelly Froyen

The books for the resource library can be used for your training hours. We have books on many different topic!! You can check the book out (table in the back at association meeting), read it, fill out a report, return to Kelly and get a certificate for one hour. So Easy to do!!!

There are many books that have been out for a very long time. Please return these books at the August Meeting!!!!



Childcare Educational Opportunities 2010 Schedule

Classroom classes held at 710 W 1st Ave Broomfield, CO 80020

Registration & payment required for all classroom classes. Register online www.childcareeducationalopportunities.com or call Judy at 303-469-5596 or leave a message.

Medication Administration \$45 8 am- 12:30 pm offered on same day Universal Precautions \$20 1 pm-2:30 pm.

Jan 23 March 20 May 15

July 10 Aug 14 Oct 2 Dec 4

CPR 8:00 am-1 pm \$35 CPR & First Aid 8 am-3 pm \$45

3rd Edition book \$16

Jan 30 Feb 27 Mar 27 Apr 24 May 15 June 12 July 17

Aug 7 Oct 16 Nov 13 Dec 11

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2 hour classes \$15

"Theme Based Curriculum", "Stress Management Caregiver & Child", "Diversity & Inclusion", "Recognizing Abuse & Neglect", "Arts & Crafts A-Z"

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3 hours + CD to load policies contract & forms to you computer \$25
Interviewing, Contracts & Policies with CD in Microsoft Word 6.0 & XP

Order online at www.childcareeducationalopportunities.com Or Mail request to CEO, 710 W 1st Ave, Broomfield, CO 80020

Child Care Insurance Options

by Corrine McMurray

benefits coordinator

Dan Gillespie, Insurance Broker: 303-656-6912

DC Insurance Services, Inc. 1-800-624-0912

Adults and Children Alliance 1-800-433-8108

Ext. 2033

Cherry Creek Insurance Group 303-799-0110

State Farm Insurance 303-790-4333

Allstate Insurance 303-833-5588

Farmers Insurance 303-979-0315



County Associations

Adams County ~ Vicki Maestas 303-284-6038
<http://www.childcareinadamsco.org>

Arapahoe County Meetings ~

Patty 303-246-5146 * www.acfcca.org

Boulder County ~ Brenda 303-652-2520

Broomfield ~ Cathy Moyer 303-451-7453

www.childcarebroomfield.org

Caregiver Network—Judy 303-766-9706

www.caregivernetwork.org

CAFCC Meeting ~ CAFCC Meeting the 4th Saturday

of each month! **New Location:** Bear Valley Church ,
10001 West Jewell Avenue - Room 202 Lakewood,
CO *www.coloradochildcare.com

Denver County ~ Mary Ann 303-233-3123 or Betty
Dalton 303-758-1289

www.geocities.com/denverchildcare

Douglas County ~ Brenda 303-668-4117 or
brenschanam@msn.com

North Douglas County ~ Patty 303-470-8811

NE Denver County ~ Artie Mae 303-371-6750

Littleton/Englewood – Danielle at 303-783-8518

Weld County

~Association of Child Care Providers

Roxann 970-353-3961

~Weld County Family Child Care Association

First Aid, CPR & Medication Training Courses

Advanced Care 303-384-3696

Kid-mit-ment Patty 303-693-8088

American Red Cross 303-237-7785

The Child Health Connection 303-431-2446

Childcare Educational Opportunities Judy 303-469-5596

Heart Smart 303-456-8543

A Caregiver Network www.caregivernetwork.org

Bonnie McCormick RN, BSN 904-343-1600



Check This Out!!!!

JCCCA WEBSITE

www.jeffcochildcare.org

Webmistress Tricia Kelly-Lynch

Training

**ECP ~ Early Childhood Professions Online / Courses in Early
Childhood Education**— Phyllis A. Dobson
303-352-4033 Website: www.cconline.org

Advanced Care —303-384-3696

Kid-mit-ment —Patty (303)693-8088
Business-Financial, pre-licensing, Continuing Education

Family Priority Love & Logic— Call Angela at 970-330-6425 or
go to www.FamilyPriority.com

Unlimited Options ~ 5650 Evans Ave Suite #207 Call Deanna or
Joy at 303-757-3322

Credit Through the Mail ~Call Betty Dalton at 758-1289

Care Courses ~800-685-7610 or www.carecourses.com

Wildwood Resources, Inc. - Prelicensing, Universal Precautions
Training and Continuing Education Correspondence Courses
WilWendy Rickard 303-730-0460

Childcare Educational Opportunities - Continuing Education &
Correspondence Classes 303-469-5596
Judy www.childcareeducationalopportunities.com

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80123 Sandra Bankhead ---303-973-1818
80421, 33, 39, 52, 53, 54, 57, 80465
Tisa Smith----303-979-3578
80128 Carol----303-904-3772

ALL ZIPS - NIGHTS AND WKND

Penny Polston----303-986-0230

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Child Care Associations

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Arapahoe County ~ Recording-- 303-246-5146
Arapahoe County Caregiver Network
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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 Cheri----- 970-506-0633

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303-914-6802 fax 303-914-6240
Red Rocks Community College
13300 W. 6th Ave., Campus Box 22B
Lakewood, CO 80228-1255

Patricia Bolton-Director-----303-914-6527
Kris Robledo-Program Coord. --- 303-914-6274
Community Support Services-----303-914-6274
Jeffco Child Care Licensing----- 303-914-6304
Child Care Licensing Services ----303-914-6581
Liz Desa-Miret – Asst. Director Licensing 80227,
80228 303-914~6581
Stefani Kniss-----~ 303-914-6100 ext 3057 80212,
80214, 80215, 80225, 80226, 80232, 80235
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80002, 80003, 80004, 80005, 80007, 80033, 80034
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80021, 80031
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80125, 80128
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80125, 80228
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80030. 80031
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80457, 80465, 80470

OTHER RESOURCES

Child Care Referrals-----1-877-338-CARE
Provider Updates ----- 303-969-9666
Child Care Services -----303-866-5958
Rosemarie Allen , Director -----303 866-5943
Licensing Advisory Committee Representative
Cathy Moyer ----- 303-451-7453
Jeff. Co. Dept. of Health -----303-232-6301
Immunization Line -----303-239-717
CAFCC Tricia Kelly-Lynch ----303-914-8687
CAEYC Office -----303-791-2772
CORRA -----303-290-9088
Child Care Sponsors -----303-745-1358
CO Children's Campaign -----303-839-1580
Families First -----303-696-7996
Kid's Nutrition -----303-987-4852
Wildwood Resources -----303-730-0450
24 Hrs. Per Day Child Protection Hot Line
-303-271-4131
United Way Info Referral Help Line -----211
Poison Control -----303-739-1123
Ask A Nurse -----303-777-6877
Medication Admin. Hotline-----303-739-1125

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Lakewood, CO 80228

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Publisher: Jefferson County Child Care Association

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Book Review –Carrie Kennedy

Printed by: Alternative Press 7648 Elmwood Street Littleton, CO 80125

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 mailed 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 October/November Newsletter is 9/1/11.** Each submission must be mailed 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 advertising staff 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. If submitted advertising copy requires typesetting, a one time \$10.00 typesetting fee will be charged. This fee is waived for member submitted ad copy.

JCCCA Newsletter

Dec. & Jan—Green * Feb. & March—Pink

April & May—Peach * June & July - Purple

August & Sept.—Blue * October & Nov.—Yellow

of newsletters: 260

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