THE OPEN DOOR

April / May 2024 Newsletter

Jefferson County Child Care Association Meetings 4th Wednesday each month 6:30~9:15 P.M.

APRIL - MEETING INFORMATION Clements Community Center 1580 Yarrow St, Lakewood 80214

<u>MAY - MEETING INFORMATION</u> Zoom meeting: <u>https://us02web.zoom.us/meeting/register/tZYlf-</u> <u>mhqj8qHtNwVsbGxiXAPsgVcYaJeyEg</u>

All non-members pay \$10 for a training certificate.

APRIL 24, 2024

PROVIDER APPRECIATION MEETING In person at Clements Community Center

"My First Garden: Growing Plants with Young Children" Presented by ECHO

1 ½ hours

New meeting format

6:30-7:00 pm potluck dinner and social time 7:00 pm business meeting & training starts JCCCA members with last names A-L bring side dishes; last names M-Z bring entrees.

Please bring all food cut, ready to be served, and with serving utensils. We do not have access to the kitchen. JCCCA will provide dessert and bottled water.

PRE-REGISTER: Here

MAY 22, 2024

ZOOM MEETING

Training: Learn about Tongue Ties, basic Lactation Education/ Standards of Practice and resources for families Presented by Katie Halverstadt RN, BSN, IBCLC; Clinic Manager Lactation-Family ED, Saint Joesph Hospital 1 ½ hours

Register in advance for this meeting: https://us02web.zoom.us/meeting/register/tZYIfmhqj8qHtNwVsbGxiXAPsgVcYaJeyEg



JCCCA's "PURPOSE"

SEASON OF THE COLORS

BEE HAPPY!

JEFFERSON COUNTY CHILD CARE ASSOCIATION "TOGETHER WE SOAR!"

- 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 childcare rules.

Jefferson County Child Care Association

P.O. Box 280853 Lakewood, CO 80228 <u>www.jeffcochildcare.org</u>

jeffcochildcare@gmail.com



REFERRAL CORNER

Submitted by Tisa Smith

This is a list of the calls referral providers have received from families looking for child care Jan & Feb 2024.

NORTH AREA	Under 18 months	Over 18 months	School Age	Total Calls
80002, 80003,80033,				
80212	6	3	0	9
80020, 80030, 80031,				
80034, 80004, 80005,				
80007, 80021	18	10	1	26
80403	5	4	1	8
CENTRAL AREA	Under 18 months	Over 18 months	School Age	Total Calls
80232, 80225, 80219	1	1	0	2
80226, 80214, 80215,				
80204	0	1	0	1
80403, 80401, 80402,				
80419	0	0	0	0
SOUTH AREA	Under 18 months	Over 18 months	School Age	Total Calls
WEST / MOUNTAINS				
80465	8	1	0	8
80127	8	1	0	8
80228	3	1	0	3
80227, 80235	0	1	0	1
80123, 80128	2	4	0	5
Mountain	0	0	0	0
NIGHTS &				
WEEKENDS	0	0	0	0

Treasurer's Report

Date: February 13th, 2024 to March 31st, 2024

Submitted by Kim Roby



Beginning Balance	\$ 32,344.49
Income	\$ 161.55
Total	\$ 32,506.04
Expenses	\$ 47.47
Total Income/Expenses	\$ 32,458.57

MARK YOUR CALENDARS!

FUTURE JCCCA MEETINGS

JUNE 26, 2024 JULY – NO MEETING AUGUST 28, 2024 SEPTEMBER 25, 2024 OCTOBER 23, 2024 NOVEMBER 20, 2024 - ZOOM DECEMBER – NO MEETING

JCCCA Board Meetings

JCCCA Board Meetings are held on the first Monday of each month. Please call Carrie Kennedy if you would like to attend. 303-432-7979 All members are welcome!

PRESIDENT'S NOTES

Spring is here. And with it comes longer days, warmer weather, greening grass, flowers blooming, birds singing—and my favorite—more time outside! Once the warm weather hits, the children and I tend to spend just as much time outdoors as we do inside. Not only do the children need the time and space to run (and run and run...) but the fresh air and sun on my face is exactly what my soul needs after spending a long, cold winter indoors more than I prefer. Most of the time, it's exactly what each child needs as much as I do. Spring is also when I hold my annual family event—an egg hunt the Friday before Easter. I fill at least 200 plastic eggs each year with goodies for the kids, invite families and siblings to attend, and watch with joy as the children run around the yard as fast as they can collecting, and often passing right by, as many eggs as their bag can carry. Once their bag is full, I have a rule—they help the younger children find eggs to fill their bags up. Not only is this encouraging compassion and caring for others, it's our motto: "What's gonna work? TEAMWORK!" (If you have children in their young 20s, you might recognize this chant from the cartoon <u>Wonder Pets</u>, which my son and best friend used to love watching.)

TEAMWORK is not something that just children need and should be encouraged to participate in. Most successful organizations and businesses are founded on a guiding principle and work ethic of teamwork. JCCCA is no exception. Our motto, "TOGETHER WE SOAR!" states it---TOGETHER. Not on our own, not with one or two others—TOGETHER. This is what has made JCCCA such a successful organization for so many years, the willingness of multiple individuals to work together for the greater good of a group. This group includes YOU, our JCCCA members, others within the Early Childhood Education and Care workforce, and Colorado's young children and their families.

If you attended the 2024 "What It Takes!" conference on March 2nd, you saw and experienced the efforts of that teamwork which resulted in yet another sold out registration (third conference in a row!), wonderful speakers and vendors, delicious food, and priceless conversations and networking. This conference can only be successful with the help of many individuals donating their time, energy and talents. Whether was months of planning and meeting prior to the conference, volunteering the day of, or baking and/or donating food for attendees, each person's contribution was valuable and appreciated!! <u>Thank you</u> to the JCCCA board (Sarah Hewitt, Diane Gonda, Lori Haubert, Kim Roby, Nikki Yarber, Tisa Smith, and Amber Bilby), Debbie Betterley, Kellie Lutterman, Rosemarie Regan, Marla Manzanares-Hoffman, Betty Perko, Diane Shelley, Natalie Payant, Stacie Hightree, Leah Slife, Beverlyn Hovey, Joan Stapleton, Rachel Nestel, and Katy Olson for your assistance and contributions.

JCCCA is always looking for additional individuals to join our team, either as members or as volunteers within the association. Volunteer opportunities range from one day/night a year, assisting with meetings by bringing food for the potlucks, chairing an activity, or joining the board. I am so glad I made the decision to join the JCCCA board in 2016. Not only did I make friends who I value and appreciate, but I also found something inside of me that I didn't know was there-my voice. And it turns out it's a loud voice sometimes. And sometimes, others even listen to or appreciate what that voice has to say. And right now, we could use some more voices!! I love what I do within JCCCA. It brings me great joy and satisfaction. But I'm realizing that I'm forgetting past JCCCA President Marilyn Dean's tagline-BURN BRIGHTLY BUT DON'T BURN OUT. From 2016 to now, our JCCCA board has changed and shrunk. Don't get me wrong, we're still amazing, but we could also use some enthusiastic individuals to join us. I've already told the board that I will need to lighten my load starting in July and will need to give something up. I'm hoping that someone (or even two collaborating individuals) will step up to help out as the education/program coordinator. This position is in charge of planning and selecting speakers for our monthly trainings and conference. JCCCA already has trainings scheduled through July 2024 and is ready and willing to help and support the new coordinator. This is the position I started with on the JCCCA board and still love doing it, but that along with my responsibilities as president, the public relations coordinator, and other things is a lot for one person. We are also looking for a Craft X chair (February 2025) and "Let's Read Together!" chair (August-October). In addition, we are having elections for president, 2nd vice president, and treasurer in June.

April 24th is also our annual Provider Appreciation meeting. This year JCCCA is providing a catered Mexican dinner complete with dessert and giving all attending members a special gift. We have a great hands-on training arranged too!! Please try to join us for an evening of celebration, learning and friendship. We love seeing you!!!

NEVER STOP LEARNING! Carrie, JCCCA President

huie

Editor's Corner

SPRINGTIME......So many colors are starting to appear with new growth and freshness in the air.

This makes me think of all the things I could be doing outside. I love the time with kids, but I also love my "ME TIME". "ME TIME" is something I never put a lot into until my own kids were older, but over these last few years I have realized just how important it can be. My "ME TIME" consists of going to the gym in the mornings, weekends outside just sitting in the sun and taking time to craft. I have learned that this time, helps fill my cup up in order to take on each week. When I do not have this, I find myself being more irritable during the week. I also find myself not being able to focus on the children I care for. I also find myself more tired throughout the week. I find it is like planting seeds and adding water to them; much like how flowers bloom in the spring. We must add sunlight and water to a seed in order for it to grow.

What is your "ME TIME"? What fills up your cup? What can you do to water your inner seed to help yourself grow?

As always, I am still all ears! The "Open Door" is your newsletter and I would love to hear what you would like more information on. What do you find interesting? What would you like more help with? What areas are of interest to you? What would you like to see more of? Let me know what you want to see, I am here to listen.

Please click on this link and take this survey so I can learn more about you. I want to make this newsletter for you: <u>https://forms.gle/MKL1D9V9FL5o3Ppn6</u>

SMILE BIG and LAUGH OFTEN Sarah Hewitt JCCCA Newsletter Editor





TO EVERYONE WHO HELPED MAKE THE 2024 "WHAT IT TAKES" CONFERENCE SUCH

















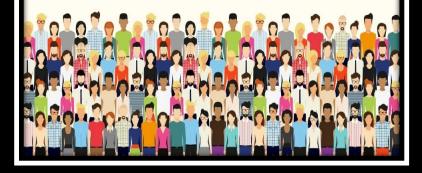


Membership Drive

JUNE 26, 2024 - FREE MEETING

WHEN YOU START YOUR MEMBERSHIP, YOU WILL RECIEVE

-FREE REFERRALS -MINIMUM 15 FREE RECERTIFICATION HOURS AT THE MONTHLY MEETINGS -JCCCA'S NEWSLETTER -PROVIDER TIMES -SUPPORT FROM OTHER PROVIDERS



A CONTRACTION OF CONTRACTICO OF CONT

CERTIFICATE FOR MEMBERSHIP

THIS CERTIFICATE IS GOOD FOR A FREE JCCCA MEMBERSHP



Free membership is for newly licensed programs. Certificate must be redeemed within 6 months of receiving a <u>first time</u> Family Child Care Home license.

Change of license type are not eligible for free membership. Membership must be renewed and paid for at the end of the fiscal year for membership benefits to continue. A copy of your paper child care license must be included with application. Membership application and information can be found at www.jeffcochildcare.org

ane i

JCCCA president

NAME OF PROVIDER

license number & issue date

Jefferson County Child Care Association

Membership Application



The Membership Application and Fee will cover renewals and new memberships for the <u>fiscal year July 1– June 30</u>. Please read and fill out the following information completely.

_____ \$35 JCCCA RENEWAL APPLICATION

(Member last year-application & fee must be received by June 30)

\$50 JCCCA NEW APPLICATION

(New members or renewing after June 30)

CAFCC MEMBERSHIP (Colorado Association Family Child Care)

(Please join directly on CAFCC's website https://www.coloradocafcc.org/)

JCCCA offers a free membership to newly licensed FCCH providers if membership application is received within 6 months of a receiving a first-time child care license. Free membership certificate is located on our website.

Individuals may apply for membership at any time during the year, but membership will always expire on June 30 each year.

<u>All Membership Renewals must be received before June 30 to avoid interruption of</u> membership benefits or the new membership fee will be due to reinstate.

- Make checks payable to JCCCA.
- Online application and other payment options available at our website www.jeffcochildcare.org
- 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

PHONE			
E-MAIL ADDRESS			
CITY	ZIP		
_CHILD CARE ANNIVERSARY DATE	BIRTHDAY MONTH		
ed to ACTIVELY support and participate in their professence. I would like to participate in the following: TIONHOSPITALITY (help in the kitchen a REFERRAL PROVIDER NZA"WHAT IT TAKES" CONFERENC	nd/or bring food to meetings)		
	CITYCHILD CARE ANNIVERSARY DATE ed to ACTIVELY support and participate in their profess ect. I would like to participate in the following: TIONHOSPITALITY (help in the kitchen a REFERRAL PROVIDER		

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 and are posted online).

SIGNATURE

DATE

For information and resources visit the Jefferson County Child Care Association website: www.jeffcochildcare.org

JCCCA Elections and Board Openings

The positions available for this coming term will be: President, 2nd VP and Treasurer

If you would like to nominate anyone for any of these positions, please do so by or at our **April 24**th meeting.

Nominations can be emailed to jeffcochildcare@gmail.com

Letters of intent by nominated individuals will be due May 22nd and voting will take place June 26th.

Other board openings

Publishing Coordinator

Education/Program Coordinator

Legislative Coordinator

CAFCC Representative Ways & Means Coordinator Benefit Coordinator

Craft X Chairman Let's Read Together Chairman

We really need to fill the Education/Program Coordinator by July 1, 2024. Carrie has been filling in for and will be stepping away from this position

RECALLS





Family Child Care Home Rules

The Family Child Care Home rules took effect on March 16, 2024.

PRINTER-FRIENDLY RULES 2024-3-20 Family Child Care Homes - 2.300.pdf - Google Drive ADMINSTRATIVE GUIDE 2.300 Family Child Care Home Administrative Guide 2024 03 20 - Google Docs TRAINING REQUIREMENTS PDIS_FCCH Training Requirements_2024.pdf - Google Drive RESOURCES FOR CHILD CARE PROGRAMS Inspection Documents (PUBLIC) - Google Drive



<u>Triad Bright Futures is the LCO for Jefferson, Clear Creek and Gilpin Counties</u>. Sign-up <u>at the bottom</u> <u>of the page</u> to receive information from Triad Bright Futures. Follow them on <u>Facebook</u>

Sign up <u>at the bottom of the page</u> to receive information from Triad ECC.

Local Coordinating Organizations (LCOs) Local Coordinating Organizations (LCOs) were announced by the Department of Early Childhood on July 20, 2022. LCOs will be responsible for the coordination of Universal Preschool at the local level, and eventually for the full birth through five+ system in their community. This <u>list</u> identifies the name of each catchment area, based on the Early Childhood Council boundaries, the counties that are encompassed within each catchment area, and the entity selected to serve as the LCO for that catchment area. <u>Click here</u> to read more about LCOs.



Provider Support Sessions Every Other Wednesday Triad Bright Futures offers Provider Support Sessions every other Wednesday from **1-2PM** to answer your UPK questions and bring you important information.

All providers in Jefferson, Gilpin and Clear Creek counties are invited. Use this **Zoom link** and be sure to check our **Weekly Updates page** for any changes to schedule.

Website click here



Colorado Association of Family Childcare News

<u>Trainings</u> – 2nd Thursday of the month - 6PM to 8PM on Zoom <u>Legislative Committee</u> Meetings – 1st and 3rd Wednesday - 6PM to 7:30PM on Zoo Sign up <u>here</u> on CAFCC Website calendar

Stay Up to Date with the Latest News

Early Childhood Community Check-in Call These calls are facilitated by Melissa Mares; Director of Early Childhood Initiatives, Colorado Children's Campaign. Ongoing call notes can be found here.

The Early Childhood Leadership Commission will continue to host monthly informational Town Halls to provide families, providers, members of the workforce, and early childhood stakeholders with updates about the Department of Early Childhood and Universal Preschool Program implementation process and opportunities to get involved. <u>http://www.earlychildhoodcolorado.org/transition</u>

Department of Early Childhood Transition Planning updates through the Our Voice newsletter - we encourage you to sign up to receive monthly updates as well as other announcements, resources and opportunities from the early childhood community. <u>https://mailchi.mp/4cec11d804de/our-voice-newsletter</u>

<u>Rules Advisory Council & Rulemaking at the Department of Early Childhood</u> The Colorado Department of Early Childhood will oversee the launch of universal preschool in 2023. The 15-member Rules Advisory Council (RAC) will advise the CDEC Executive Director on the development of rules to guide the functions, programs and services that the new Department will oversee. If you would like to be notified when draft rules are open for public comment, please <u>click here</u> to sign up for email updates.

<u>Triad Early Childhood Council</u> Sign up <u>at the bottom of the page</u> to receive information from Triad ECC.

Colorado Department of Public Health and Environment (CDPHE)

- <u>Provides Annual Immunization Updates</u> To determine a student's up-to-date status for schoolrequired vaccines. <u>2023-2024 Immunization Table for Child Care and Preschool</u>
- How sick is too sick? (Updated February 2024) Click here

The Colorado Department of Early Childhood has moved!

Please update your records and send any correspondence to the new address.

Our new mailing address is: Colorado Department of Early Childhood 710 S. Ash Street Denver, CO 80246

Emergency & Disaster Preparedness

Preparing for emergency incidents plays a vital role in ensuring we minimalize stress and help those in our care in the safest way possible. Being prepared means being equipped with the proper supplies we may need in the event of an emergency or disaster. Planning for emergencies and being prepared can save time and lives. Children can be vulnerable during disasters. We must help protect them by making sure their needs, responses, and recovery efforts are planned out. Please find some resources below for childcare emergency and disaster preparedness.

Childcare Emergency and Disaster Preparedness Resources:

- Emergency Alerts:
 - o Sign Up For CodeRED Emergency Alerts OnSolve
- Emergency Plan Ahead Jeffco:
 - o <u>Smart911</u>
- Emergency Action Plan Samples:
 - <u>eap_sample.pdf (fema.gov)</u>
- Emergency Toolkit:
 - Insurance Discussion Form (ucsf.edu)
- Emergency Building Plans:
 - Plan Ahead for Disasters | Ready.gov
- <u>Emergency Preparedness Manual:</u>
 - o <u>Emergency Preparedness Manual for Early Childhood Programs (hhs.gov)</u>
- Weather App:
 - Google Play Store: <u>Weather by WeatherBug Apps on Google Play</u>
 - Apple Store: <u>WeatherBug Weather Forecast on the App Store (apple.com)</u>

JEFFERSON COUNTY CHILD CARE ASSOCIATION





WWW.JEFFCOCHILDCARE.ORG

Feeling Stressed or Overwhelmed?

Educator Well-being Support Line, operated by CU's Department of Psychiatry, was established during COVID to respond to the additional mental health needs of all educators and school employees including ECE, K-12 programs, and higher education. This line is dedicated for venting, validation, problem solving, and access to therapy. Call or text 303-724-2500. Monday – Friday: 8:00am – 7:00pm Saturday: 9:00am – 12:00 pm Individual Support Sessions - Call for availability

Colorado Crisis Services remains a trusted, free and confidential resource for yourself and your loved ones whenever you're feeling overwhelmed, helpless or need someone to talk to. Call 1-844-493-8255 or text "TALK" to 38255. Hours: 24/7 Support

All resources are available at <u>no cost</u> to any caregiver or member of the education workforce across the state.



Early Childhood Mental Health Support (ECMH) Line connects callers with a live, qualified consultant who can provide brief consultation, create a new referral and/or connect caregivers, including families, to additional resources to support children's developing social, emotional and mental health. Learn more about ECMH Consultation <u>here.</u> Call 303-866-4202. Hours: Monday - Friday 10:30 a.m. - 5:30 p.m.

If you suspect child abuse or neglect, call <u>Colorado's Child Abuse and Neglect hotline</u> at 1-844-CO-4-Kids. Anyone witnessing a child in a life-threatening situation should call 911 immediately. If you have concerns about a child care program or would like to report a licensing violation, please call the child care complaint line at 1-800-799-5876.



Integrated Learning Strategies

Vroom Tips™

The time you spend with your child can help their brain grow strong. Even a few minutes count! These printable tip card sets include brain-building activities for children ages 0-5 to support critical life skills like Communicating, Listening, and Self-Control.

NEW LINKS every newsletter

"Challenging Moments"

Print-at-Home Tips Sheets

English – <u>Click here</u>

Spanish – <u>Click here</u>

Professional Development

Childcare Innovations – Professional development classes can be found here.

NEW LINK^{PDIS} Live Virtual and In-Person Training Events – March-April 2024 can be found here.

PDIS Tip & Help Sessions - Courses not showing up in Learning Search? Try these steps: **1.** Clear your cache using these instructions, this solves a lot of issues. **2.** On the Learner Home page, clear any subjects you have added by selecting Edit, then checking each box to remove each subject. **3.** Make sure you search from either the magnifying glass in the upper right-hand corner, or from the Main Menu | Learning | Learning Search, or Main Menu | Learning | Learner Home. When you search, do not hit enter, just type and wait for the course to appear. If none of these things work, please let PDIS help desk know so the development team can take a look. If you'd like to learn more about PDIS, a series of four Help Sessions with topics that rotate weekly is being offered, in English and Spanish.

CAFCC Foundation

Do you know someone interested in becoming a Licensed Family Child Care Home Provider?

CAFCC Foundation is providing **<u>FREE</u>**

Family Child Care Home Pre-Licensing (15 hours) Class will assist others with completing the required training to obtain their Family Child Care Home License. This class is approved by CDEC

Pass this information along to them <u>Click here</u> for the registration form



Become a CCCAP Provider Today!

What is CCCAP?

The Colorado Child Care Assistance Program (CCCAP) helps parents that are working, searching for work, in school, or homeless find quality child care assistance. Whether you work in a child care facility or are an Qualified Exempt Provider, you can help children and families in need of low-income child care by becoming a CCCAP provider.

Benefits of Accepting CCCAP

- CCCAP gives families in need the opportunity to have quality child care.
- Help strengthen your community by supporting parents with personal growth and self-sufficiency.
- More diversity and inclusivity in your program.
- Weekly payments from CCCAP you can count on.
- You may qualify for reimbursement for healthy food and snacks for the children you serve through the Child and Adult Care Food Program (CACFP).
- Attendance tracking through ATS is done through an app that tracks data for you.

Eligibility				
Do you own a child care center, family child care home, or a school-aged child care center?				
Do you have a valid Colorado child care license or meet Qualified Exempt provider criteria?				
If you answered yes to these questions, you may be eligible to become a CCCAP provider! Please contact your county for additional information on how you can become a CCCAP provider.				
Clear Creek County Tracy Troia	Jefferson County humanservices@jeffco.us			
Tracy.Troia@state.co.us	(303)271-4798 for providers A-K			
(303)679-2364	(303)271-4723 for providers L-Z			
Gilpin County David Josselyn David.Josselyn@state.co.us (303)582-5444 ext 7204	Triad Early Childhood Council Julia Carlson Julia.Carlson@RRCC.edu (720)836-0862			



LINKING COMMUNITIES FOR SUCCESS

Who: Families, providers, parents, community members and anyone else invested in the health and wellness of children

When: Friday, April 19th and Saturday, April 20th

Where: Arvada Center, 6901 Wadsworth Blvd. Arvada, CO 80003

Keynote: Ian Humphrey, international speaker, will bring to life his story working through a troubled childhood and how an educator helped to turn things around.

Cost: \$50.00 for one day or \$75.00 for both *Must register before April 16th*



SPRING CONFERENCE

2024

REGISTER HERE:

https://triadecc.org/conference/

A triennial event providing information, connection and recognition for anyone working with, or on behalf of, young children and their families.



"HEALTHY HEARTS & KIDS AS CHEFS"



Explore fun ways to add physical activity into your family routine



Create and taste food art with colorful fruits and vegetables



Receive a tool to help implement healthy eating at home

<u>DATE</u> Thursday, April 18th.

ADDRESS/WHERE TO MEET Belmar Library: 555 S Allison Pkwy Lakewood CO 80226

<u>TIME</u>

11:15 am-12 pm

For more information please contact:

Mikayla Valentine mikayla.valentine@cuanschutz.edu

720-884-7563



Rocky Mountain Prevention Research Center colorado school of public health





This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP This institution is an equal opportunity provider.



"HEALTHY HEARTS & KIDS AS CHEFS"



Explore fun ways to add physical activity into your family routine



Create and taste food art with colorful fruits and vegetables



Receive a tool to help implement healthy eating at home

DATE Thursday, May 16th.

ADDRESS/WHERE TO MEET Arvada library: 7525 W. 57th Ave. Arvada, CO 80002

<u>TIME</u>

11:15 am-12 pm

For more information please contact:

Mikayla Valentine mikayla.valentine@cuanschutz.edu 720-884-7563



Rocky Mountain Prevention Research Center colorado school of public health





This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP This institution is an equal opportunity provider.



"HEALTHY HEARTS & KIDS AS CHEFS"



Explore fun ways to add physical activity into your family routine



Create and taste food art with colorful fruits and vegetables



Receive a tool to help implement healthy eating at home

DATE Saturday, May 18th.

ADDRESS/WHERE TO MEET Lakewood Library: 10200 w 20th ave lakewood CO 80215

<u>TIME</u>

11:15 am-12 pm

For more information please contact:

Mikayla Valentine mikayla.valentine@cuanschutz.edu 720-884-7563



Rocky Mountain Prevention Research Center colorado school of public health





This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP This institution is an equal opportunity provider.



One Time

One Time

One Time

One Time One Time

One Time

One Time

Annually

Annually

Annually

Annually

Every 3 Years

As listed on certificate

One Time, updated as needed One Time, updated as needed

Did you know your *Licensed Child Care Home* provider completes these training requirements?

- Training Requirements for all Family Child Care Home Licenses
- Pre-licensing
- Building & Physical Premises
- Fire Safey, Use of Extinguishers & Fire Alarms
- Disaster Preparedness and Emergency Response
- Introduction to Early Intervention of Preschool Programs
- Recognizing the Impact and Bias on Early Childhood
- Playground Safety for Homes
- Injury Prevention for Homes
- Working with and Early Childhood Mental Health Consultant
- Prevention of SIDS & Use of Sleeping Practices
- Recognition & Reporting of Child Abuse & Neglect
- Standard Precautions
- Child Care and Preschool Immunizations
- Prevention of Shaken Baby Syndrome & Abusive Head Trauma Every 2 Years
- CPR & First Aid Certification
- Administration of Medication

In addition, licensed home providers are required to complete at least 15 hours of training a year with at least 3 hours in Social Emotional Health Development. Other training competencies include child growth and development and learning; child observation and assessment; family and community practices; professional practices; health, safety and nutrition; and teaching practices.

The Large Family Child Care Home license, 3 under 18 months license, Infant/Toddler license, and Experienced Family Child Care license all have additional training and workforce experience qualifications and requirements. The 3 under 18 months, infant/toddler, and experienced license all require the competition of Expanding Quality in Infant Toddler (EQIT) course or the equivalent college course.

Licensed programs are also inspected no less than once a year to assure child care licensing and health and safety standards are being met and all household members have required health evaluations, and residents 18 years and older have cleared an FBI/CBI background check and TRAILS Abuse/Neglect background check.

Programs who participate in the Child and Adult Care Food Program (CACFP) must complete at least 1 hour of nutrition training plus meet other participation guidelines and have three CACFP visits a year.

Programs who participate as a Universal Preschool Colorado provider will have to meet other proposed training, assessment and reporting requirements each year.

May 10th is Provider Appreciation Day!!!



Show your appreciation by saying THANK YOU!

Did You Know?

The average number of hours that family child care providers work <u>after</u> <u>children are</u> <u>gone</u> is a staggering **13.9 hours a** week.

(Source by KidKare Accounting)

Parent Page Edited by Cheryl Chinn

barvest of the month

Colorado Farm to Child

Learning

Spring has finally arrived, which means that Spinach leaves are now ready to eat. Spinach originates from Asia, once this area was the Persian Empire and today is Iran. We eat Spinach raw directly from the garden or cooked. Spinach can be included in many different dishes such as in your favorite lasagna, along with your breakfast eggs or as a snack by itself. Read Sylvia's Spinach by Katherine Pryor. Discuss the story with the children and ask them, what Sylvia did to finally like the spinach? What can you do to become super brave like Sylvia when tasting a new fruit or vegetable?

Eating

Spinach is a green, and very leafy vegetable. Spinach has vitamins that every person needs. Iron is needed to keep our blood healthy. Also, Iron found in spinach provides us with a lot of energy. Spinach has vitamin A to keep our eyes healthy and, vitamin C that helps absorb all the Iron. Spinach help us grow strong and healthy.

" I love Spring anywhere, but if I could choose, I would always greet it in a garden." - Ruth Stout



Fun Facts

Spinach comes in different shapes and sizes. Some of these types and textures of spinach include curly leaves offering a rich dark green color, and flat leaves. Spinach is considered a superfood because of the many nutrients that benefit our blood, eyes, and bones. When we eat cooked spinach, our bodies are able to absorb lots of Calcium and Iron.

Tip: Combine spinach with Vitamin C rich-foods (i.e: broccoli and tomatoes) to improve Iron and Calcium absorption.

harvest of the month

Colorado Farm to Child

April

recipes

Crunchy Hawaiian Chicken Wrap

Ingredients

- □ ¼ cup light mayonnaise
- 1% cup white vinegar
- □ ¼ cup sugar
- 1 tsp poppy seeds
- □ 1 ½ tsp garlic powder
- □ 1 ½ tsp onion powder
- □ 1 ½ tsp chili powder
- 2 cups fresh broccoli, shredded
- □ 1 ½ cups fresh carrots, peeled, shredded
- ¼ cup canned crushed pineapple, in 100% juice, drained
- □ 1 cup fresh baby spinach, chopped
- □ 3 cups cooked diced, chicken ½" pieces (12 oz)
- G whole-wheat tortillas 10"

CACFP Crediting

Servings: 6 servings, 1 wrap serving size

1 wrap (two halves) provides: 2 oz equivalent meat/meat alternate, $\frac{1}{2}$ cup vegetable and 1 $\frac{3}{4}$ oz equivalent grains **Directions**

1. In small mixing bowl, combine mayonnaise,

- vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
- 2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well, Serve immediately or cover and refrigerate.
- For each wrap, place ²/₃ cup filling on the bottom half of the tortilla and roll in the form of a burrito, Place seam side down. Cut diagonally.
- 4. Serve immediately

Spanish Chickpea Stew

Ingredients

- □ 3 Tbsp extra virgin olive oil
- □ 2 tsp fresh garlic, minced
- □ 2 cups fresh onions, peeled,
- □ diced
- 2 tsp sweet paprika
- □ ½ tsp ground cumin
- 3 cups frozen spinach, chopped
- 2 cups canned low-sodium garbanzo beans (chickpeas), drained, rinsed
- 34 cup golden raisins
- 1 cup canned low-sodium diced tomatoes
- □ 1 ½ cups low-sodium chicken stock
- 1 Tbsp red wine vinegar
- 1/4 tsp salt
- □ ¼ tsp ground black pepper

CACFP Crediting

Servings: 6 servings, 1 cup serving size

1 cup provides:

Legume as Meat Alternate: 1 % oz equivalent meat, and % cup fruit OR Legume as Vegetable: % cup vegetable and % cup fruit

Directions

- 1. In a large pot, heat olive oil over medium heat.
- Add garlic and cook for 1 minute. Add onions and continue to cook for 2-3 minutes until onions are translucent.
- 3. Mix in cumin and paprika.
- 4. Add spinach and cook for 7 minutes
- 5. Add garbanzo beans, raisins, tomatoes, and chicken stock. Bring to boil.
- 6. Reduce heat to low and simmer uncovered for 7-10 minutes, or until raising are plump.
- 7. Add vinegar, salt and pepper. Mix well. Serve hot.

Grewing

Spinach is a fast-growing vegetable and its known to be a cool weather crop. It's easily grown in garden beds and containers. It takes about 6-7 weeks to grow spinach from seeds to harvest. You can start harvesting spinach as they mature, by clipping from the outside of the plant, this can allow the plant to regrow between harvests. These baby spinach leaves are especially tender and tasty.

Contact Information

Britt Martens Farm to Colorado Specialist brittany.martens@state.co.us





Colorado Farm to Child

Eating

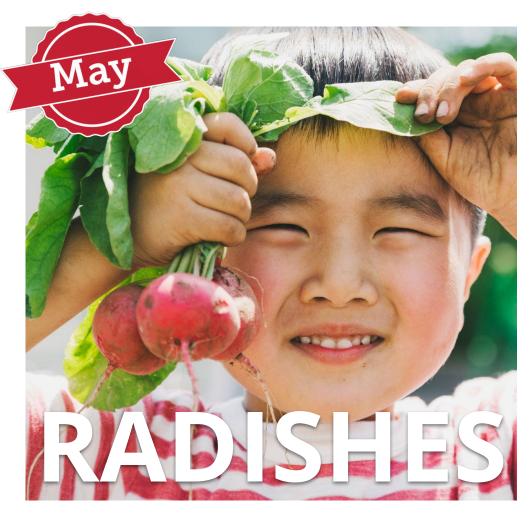
This month we are learning about Radishes. Radishes are a crunchy vegetable and a great source of vitamin C. When we get sick, our bodies need vitamin C antioxidant power to fight the illness. Vitamin C is also key to help heal cuts and wounds. Remind the children that when we fall down on the playground and skin our knee, the food we eat can help to heal our bodies.

Radishes are also a great source of water, all living species must have water to survive. This keeps us hydrated, helps us to digest food and go poop.

Learning

Radishes are a root vegetable, this means the roots grow into the ground from the base of the plant. Their name comes from the Latin *radix* which means "Root". Radishes grow very quickly once they are planted. Can your children name another root vegetable that they eat?

Read <u>Rude Ramsay and the Roaring</u> <u>Radishes</u> by Margaret Atwood. Ask children some fruits and vegetables that begin with the letter "R". When Ramsay ate the radishes, what characteristics did they have? Ask children about their favorite fruit or vegetable, and why they enjoy it. Ask the children to describe the texture of their favorite fruit or vegetable, is it crunchy, soft, smooth, or slimy?



Fun Facts

Radishes seem to have been one of the first European crops brought to the Americas. They come in many different types, colors, shapes and flavors. From ping-pong ball sizes to foot-long, pink, white or red colored. Radishes are known to have some spicy or peppery flavor and commonly eaten raw or roasted in the oven. Radishes have their own celebration every December 23rd in Oaxaca, Mexico called 'The Night of the Radishes' in which giant radishes are carved into figures of saints and scenes of the nativity.

harvest of the month

Colorado Farm to Child

May

Taste Test







Best Practices For Taste Testing

Host taste test: Present the different radishes and encourage children to vote on their favorite. It is often preferred to lead children in tasting all together on the count of three. By a raise of hands, children vote, and then count the total votes and display the results to all.

Remember: If you plan to serve radishes for the first time, make sure the children have a chance to learn about radishes at least a week before hand. Take a raw radish and pass it around for them to touch. Perhaps give them a small taste. You may also show them a video of how it is grown.

Important: A child should never be forced or even strongly encouraged to try a food if the child does not want to. Allowing the child to participate at the table will increase exposure without creating a negative experience around the new food item.

Share Your Experience

Ask children to describe the radishes by using these guided questions:

- How would you describe the vegetable?
- What did you think vegetable?
- Would you try this vegetable again?

Grewing

Radishes like cool and moist soil. They can be planted as soon as soil can be worked and sowing can be repeated every 10 days until early summer season. Radishes make an excellent crop in the spring or fall as they sprout quickly and grow rapidly. Radishes must be harvested as the root develops, the top portion tends to poke through the top of the soil. When the top of the root is 1 inch wide you can start to collect the radishes. Harvest as they become ready to preserve good taste.

Contact Information

Britt Martens Farm to Colorado Specialist brittany.martens@state.co.us



<u>What's Cookin'</u>

Easy Chocolate Chip Banana Muffins for Kids

Ingredients

- Chocolate Chip Banana Muffin Recipe
- Fork for mashing banana
- Large spoon for mixing
- Plate for mashing bananas
- Bowl large enough to fit all the ingredients
- Mini muffin tins
- Non-stick spray for tins





Directions

- 1. Slice the bananas so that they will be easy to mash with fork.
- 2. Place a few slices of bananas on the plate and show children how to press with the fork on top to mash it.
- 3. Scrape the bananas into the bowl.
- 4. Let children add the ingredients from the recipe to the bowl.
- 5. Bake according to the directions on the recipe. Let cool and remove from pan.
- 6. Sprinkle some powdered sugar on the top and enjoy

By Sheryl Cooper Teaching 2 And 3 Year Olds

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

*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

County Associations

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

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

Colorado Association of Family Child Care 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) https://licensedfamilychildcareassociation.com/about-us/

Pikes Peak Region Family Child Care Assoc https://cosfamilychildcare.com/

Weld County Family Child Care Association ~ https://www.facebook.com/Weld-County-Family-Child-Care-Association-181887175233058/

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.

MEMBERSHIP

Only through membership can the voice of one be heard by many! Dues are \$40.00 per year.

Join the state association today by contacting: The CAFCC President, Amber Bilby, 303-921-1277

Meetings are being held via Zoom

Please check the CAFCC website for additional meeting information and dates.

VISIT OUR <u>NEW</u> WEBSITE:

https://www.coloradocafcc.org/

2022-23 CAFCC Annual Report:

https://drive.google.com/file/d/1_z7ugzh3myq03Cro 2HJUjglxcYLxhtuZ/view

CAFCC FCCH & UPK Survey Summary:

https://drive.google.com/file/d/18VI7rvc0pecasWm2 SYSQ4IdBladdC-u-/view?usp=sharing



JCCCA TELEPHONE LIST

EXECUTIVE BOARD PRESIDENT

Carrie Kennedy — 303-432-7979 12479 West 71st Place, Arvada CO 80004

VICE PRESIDENT

Sarah Hewitt ————303-859-1789 6396 Lamar Place, Arvada, CO 80003

II VICE/PARLIAMENTARIAN Diane Gonda — 720-270-5507

SECRETARY Lori Haubert — 303-842-5770

TREASURER/MEMBERSHIP

PROCESSOR Kim Roby—____ 303-988-8368 12296 W. Ohio Pl. Lakewood, CO 80228

APPOINTED BOARD

ED. & PROGRAM COORDINATOR Currently Open

PUBLISHING COORDINATOR Currently Open

REFERRAL CHAIRPERSON Tisa Smith — 303-979-3578

CAFCC REPRESENTATIVE Currently Open

LEGISLATIVE COORDINATOR Currently Open

WAYS AND MEANS Currently Open

BENEFITS COORDINATOR Currently Open

NEWSLETTER EDITOR Sarah Hewitt — 303-859-1789

SPANISH SPEAKING RESOURCE Cristina Gaeta — 303-980-3236 Cris.gaetava@gmail.com

JCCCA REFERRALS

JCCCA REFERRAL COORDINATOR Tarissa Smith 303-979–3578

NORTH AREA COORDINATOR Diane Gonda 720-270-5507 80002, 80003, 80033, 80212

Katie Johnson 303-456-7481 80004, 80005, 80007, 80021, 80403, 80020, 80030, 80031, 80034

CENTRAL AREA COORDINATOR

Kim Roby 303-988-8368 80226, 80232, 80219, 80225, 80214, 80215, 80204, 80401, 80402, 80419

SOUTH-WEST/ MOUNTAIN AREA COORDINATOR

Tarissa Smith 303-979–3578 80465, 80127, 80228, Mountain areas

Leah Slife 303-979-9485 80128, 80123, 80235, 80227

ALL ZIPS - NIGHTS & WEEKENDS Tarissa Smith 303-979– 3578

METRO REFERRAL NUMBERS

Child Care Associations JCCCA jeffcochildcare.org Child Care Referrals 1-877-338-CARE Arapahoe County 303-246-5146 Caregiver Network 720-767-1862 Denver ~ Mary Jo 303-756-8901 North-East Denver 303-981-4079 **Douglas County** Castle Rock 303-660-5584 Highlands Ranch, Lone Tree, Acres Green, Centennial 303-791-3386 Parker. Elizabeth 303-805-0824 Weld County 970-302-0703



CHILD CARE INNOVATIONS

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

 General Office Number
 303-914-6304

 Provider Support Line
 303-914-6584

 Training Information
 303-914-6307

 Provider Updates:
 303-969-9666

 General Licensing Information
 303-914-6304

 Licensing Fax
 303-914-6240

LICENSING

Patricia Bolton-Director 303-914-6527 pat.bolton@rrcc.edu

Tiffani Stout Asst. Dir. Licensing 303-914-6581 tiffani.stout@rrcc.edu

Diane Zielbauer 303-914-6100 Diane.zielbauer@rrcc.edu 80123, 80214, 80227, 80235, 80453, 80454, 80465, 80467

Kimberly Homuth 303-914-6100 ext 3183 kimberly.homuth@rrcc.edu 80120, 80127, 80128, 80425, 80433

Carmen Martinez 303-914-6100 ext. 6595 carmen.martinez@rrcc.edu 80033, 80228, 80470

Sarah Alshaeli 303-914-6100 ext. 3050 sarah.alshaeli@rrcc.edu 80007, 80020, 80021, 80023, 80030, 80031, 80212

Simone Coutinho 303-914-6100 ext. 3055 simone.coutinho@rrcc.edu 80002, 80003, 80004

Jonah Davis-Bigelow 303-914-6100 ext. 3045 Jonah.davis-bigelow@rrcc.edu 80135, 80215, 80217, 80225, 80401, 80403, 80409, 80437, 80439

Brittany Kilgore 303-914-6100 ext 3053 brittany.kilgore@rrcc.edu 80005, 80226, 80232

*During any caseload vacancy/training periods, inspections may be completed by other child care licensing specialists as assigned.

OTHER RESOURCES

Di CE L C C L	202 066 5040			
Div of Early Care & Learning	303-866-5948			
Director	303 866-5943			
Advisory Committee on Licensing	303-866-5110			
Child Care Complaint Line	303-866-5958			
Jeff. County Public Health	303-232-6301			
JeffCo Immunization Info	303-232-6301			
CAFCC Amber Bilby	303-403-4262			
COAEYC Office	970-633-2294			
CO Children's Campaign	303-839-1580			
Kid's Nutrition	303-987-4852			
Wildwood Resources	303-730-0460			
24 Hrs. 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	1-800-222-1222			
Jefferson Center for Mental Health				
Early Childhood Consultant Warmline 303-432-5455				
Early Intervention Colorado	1-888-777-4041			
Colorado Child Abuse &	1-844-264-5437			
Neglect Hotline	844-CO4-KIDS			

THE OPEN DOOR; P.O. Box 280853; Lakewood, CO 80228

Publisher: Jefferson County Child Care Association

Newsletter Editor — Sarah Hewitt

Provider Times— Currently Open

Parent Pages— Cheryl Chinn

Spanish Resource --- Cristina Gaeta

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 June/July 2024 Newsletter is 5/1/2024*. 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 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.



LIKE US ON

