



# A CAREGIVER NETWORK

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## PRESIDENT'S MESSAGE

Dear Members;

I would like to extend to all of our members and their families a wonderful Merry Christmas and/or a Happy Hanukah and the best wishes for a

Happy, Healthy, and Blessed New Year from all of us on your Board of Directors.

Mary, Dottie, Karen, Jenny, Maria, Jay, Dawn, Deanna, and Judy.

### The 8 Key Federal Tax Issues Unique to Family Child Care Providers that Every Provider and Tax Preparer Should Understand

- ◆ The standard for claiming a room in the home as business use is "regular" use, not "exclusive use." Day care children need not be present in a room for it to be used regularly for the business (storage, laundry, etc.)
- ◆ The garage (attached or detached to the home) should be included in the total square feet of the home when calculating the business use of the home. Most family child care providers are using their garage on a regular basis for their business because the garage is used as storage for the car, bicycles, tools, lawn maintenance items, firewood, etc.
- ◆ Providers can claim a higher business use percent of their home if they have one or more rooms used "exclusively" in their business. Providers should add the space percentage of this exclusive use area to the time/space percentage of the rest of the home to calculate the total business use percent of the home.
- ◆ When counting the number of hours the home is used for business, include the number of hours day care children are present as well as the number of hours spent on business activities when the day care children are not present. These hours include time spent cleaning, activity preparation, parent interviews, record keeping, meal preparation, etc.
- ◆ Reimbursement from the Child and Adult Care Food Program are taxable income to the provider. Reimbursements for the provider's own child (assuming the provider is income-eligible) are not taxable income. Providers are entitled to deduct all food served to day care children, even if the food expense is greater than the Food Program reimbursement.
- ◆ Providers who are not licensed or registered under their state law are still entitled to claim business use of their home expenses, if they have applied for or are exempt from mandatory regulations.
- ◆ All providers are better off financially if they claim depreciation on their home as a business expense. When selling their home, providers must always pay capital gains tax on any house depreciation they claim (or are entitled to claim) after May 6, 1997.
- ◆ Under a new tax rule (December 2002) most providers can avoid paying capital gains tax on the profit on the sale of their home as long as they live in their home for two years out of the last five years they own it.

For more information, see the [Family Child Care Record-Keeping Guide](#) and the [Family Child Care Tax Workbook and Organizer](#), available from Redleaf Press ([www.redleafpress.org](http://www.redleafpress.org) or 1-800-423-8309)

# TELEPHONE & EMAIL CONTACTS



**Executive Board Members**

President, Mary I., mllambs@aol.com 303-699-2681  
 Vice President, Dottie T. 303-680-4630  
 CAFCC State Representatives:  
 Dawn R., 303-690-7684  
 Education Coordinator, Judy B. 303-766-9706  
 Fundraising Coordinator, Open  
 Membership, Jay S., jayskinn@comcast.net 303-690-8267  
 Newsletter, Deanna S. 720-309-6846  
 dstolzenberger@comcast.net  
 Referrals, Maria C., mariaconrad@comcast.net 303-690-5836  
 Secretary, Jenny M., 303-362-0672  
 Treasurer, Karen G., geyer20@comcast.net 303-368-8945

**Committee Positions:**

CPR/First Aid, Jay S. 303-690-8267  
 Fieldtrips/Events, Mary I. 303-699-2681  
 Librarian, Antonja H. 303-695-0175  
 Medication Administration, Maria C. 303-690-5836  
 Phone Tree, Angie 303-306-7151  
 Storytime, Diane H. diane@hawken.net 303-632-6263

**Human Services, Division of Childcare:**

Main Number 303-866-5958  
 Dana Andrews 303-866-5946  
 Susan Conley 303-866-5941

**Licensing Specialists: Front Range Comm. College:**

Main Number 303-404-5092  
 Fax Line 303-352-3334  
 Rosemarie Allen, Director of Licensing 303-404-5092  
 Janet Campbell, Asst. Director 303-404-5707

**Caseworkers: (extension #'s) 303-404-5597**

Nicko Bettis x 3596 Tonya Estrada x 3616  
 Stefani Kniss x 3168 Liz Miret x 3156  
 Carin Rosa x 3572 Renee Russo x3162  
 Lisa Straight x 3164 Trisha Swinton x3595  
 Kathy Wagoner x 3171 Anvester Taylor-Brown x 3591  
 Keesha Minor x 3026  
 Amy Wilson x 3152 or 970-330-8008 x 6547  
 Henrietta Hehn—970-226-2500 x 8579  
 Marlene McKenzie — 970-226-2500 x 2092  
 Teresa Thompson — 970-249-1872

Denver Childcare Licensing 303-285-4075

**Food Programs:**

A Child's Choice 303-627-9207  
 Child Care Sponsors 303-745-1358  
 Kid's Nutrition 303-987-4852  
 Wildwood 303-730-0460

**Adjacent County Association Referrals:**

A CareGiver Network 720-870-1161  
 Adams 303-451-1061  
 Arapahoe 303-246-5146  
 Boulder 303-494-0404  
 Broomfield 303-464-8307  
 Denver 303-756-8901  
 North Denver 303-371-7650  
 Douglas/Elbert 303-841-7718  
 Jefferson 303-969-8772  
 Longmont 303-651-1539  
 Lafayette 303-828-4617

**Resource and Referral Agencies:**

Qualistar, www.qualistar.org 303-290-9088  
 Metro Denver Resource & Referrals 303-969-9666  
 Families First 303-745-0327  
 Family Support Line 303-695-7996  
 Consejos Para Familias 1 866-527-3264  
 Family Resources 303-969-9500  
 Care Connection 303-604-0030  
 Colorado Childcare Association 303-860-7174  
 Colo. Assoc. of Family Childcare, www.coloradochildcare.com  
 Colo. Assoc. for the Education of Young Children  
 www.coloradoaeyc.org 303-791-2772

**Education:**

CPR/First Aid, Jay S. 303-690-8267  
 Hurried Provider Training Solutions, Mary 303-699-2681  
 Medication Administration, Maria C. 303-690-5836  
 Pre-licensing Training, Dawn R. 303-690-7684  
 Universal Precautions, Dawn R. 303-690-7684

**Miscellaneous:**

Arapahoe County Early Childhood Council 303-991-2220  
 Colorado Dept. of Health (immunization cards) 303-692-2650  
 ECE Resource Centers:  
 Arapahoe Community College 303-797-5678  
 Comm. College Aurora 303-340-7053  
 United American Insurance (health, life) 303-933-4043

The CareGiver Network Presents

## The Hurried Provider's Training Solution

Saturday, January 13, 2007

Resurrection Anglican Fellowship Church  
7562 South University Blvd  
Centennial, CO. 80122

### 8:00am - 10:00am Touchpoints

A Touchpoints Team Member

Touchpoints is a method of communication developed by T.Berry Brazelton MD. This is a brief introduction to the 16 hour intense training that the Touchpoints team offers. A Trained Team Member will share some of the basics of this class and will share how we can use Touchpoints in our business. Touchpoints is a practical approach for enhancing the competence of parents and building strong family-child relationships from before birth through the earliest years, laying the vital foundation for children's healthy development. For it is within strong families that healthy children grow, develop and are ready to succeed.

### 10:15am - 12:15pm Communications with Parents

Patience Bleskan MA Owner and Founder of Parents & Children Empowered, Ltd.

As child care professionals one of our key jobs is to create an open line of communication with the parents of the children in our care. Yet, creating this open communication can be difficult. This workshop will provide you with a new way of approaching parent communication as well as tools and ideas for making discussions of difficult topics easier and more productive.

### 1:00pm - 3:00pm Discipline That Works

Renee Overby, Certified Qualistar Intermediate Trainer

There's a revolution in brain research that is inspiring new guidance skills. However there is still a broad gap between scientific research and public knowledge – between what is known about child development and what is done... Learn a comprehensive behavior management program that can change the life of your teachers & children.

*Attendees will receive 6 hours towards license renewal for this workshop.*

**Please bring a dish to share for a potluck lunch** *Light snacks will be available at this workshop.*

**Questions???? Please call Mary Ingleby 303-699-2681 (day of workshop 303-913-8618)**

Name: \_\_\_\_\_ License # \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**COST \$20.00 for Caregiver Network Members**

**\$25.00 for Non-Members**

**Make checks payable to: Caregiver Network**

Mail to: Caregiver Network Attn: Mary Ingleby 17572 E. Bellewood Cir. Aurora, CO 80015-2024

**Please note: 10 pre-paid registrations are required for the workshops to be held.**

**Deadline for registrations is January 10, 2007**



## ADVERTISING RATES

### 36 characters or Less

Member \$8 month  
Non Member \$10 mo.

### Business Card

Member \$16 mo.  
Non Member \$20 mo.

### Quarter Page

Member \$32 mo.  
Non Member \$40 mo.

### Half Page

Member \$48 mo.  
Non Member \$60 mo.

### Full Page or Flyer

Member \$80 mo.  
Non Member \$100 mo.

All newsletters and flyers are printed on white paper with black ink. Advertisers who pay for a flyer insert may provide their own flyers at their own expense.

Advertisements should be print ready in a tiff, jpeg, bmp, gif or psp format.

Newsletters are printed bimonthly. Deadline for submissions are:

January 15, 2007  
March 15  
May 15  
July 15  
September 15  
November 15

Please email your advertisement to [newsletter@caregivernetwork.org](mailto:newsletter@caregivernetwork.org)

## MEDICATION ADMINISTRATION COURSES

These courses are held at the Medical Center Aurora South, 1501 S. Potomac, meeting room 2, from 8:00 a.m.—1:00 p.m. Limited to 15 students per class. Cost \$35 per person. All classes are non-refundable. If the class you're scheduled for is cancelled, you will be notified if you have supplied us with your telephone number. There is a \$30.00 charge on all returned checks.

**No refunds.**

Purchase classes online at [www.caregivernetwork.org](http://www.caregivernetwork.org)

**Call 720-870-1161**

### 2007 Classes:

January 13  
February 10  
April 14  
June 9

### Medication Forms Online:

[www.caregivernetwork.org/8](http://www.caregivernetwork.org/8)

## UNIVERSAL PRECAUTIONS

Medical Center Aurora South, 1501 South Potomac, meeting room 2, from 1:15 p.m. - 2:45 p.m.

### 2007 Dates:

January 13  
February 10  
March 10  
April 14  
May 12

**Only \$15 per person**

**Call Dawn to register at 303-690-7684**

## FIRST AID & CPR COURSES

Medical Center Aurora South, 1501 S. Potomac, Meeting room 2, from 8:45 a.m.—3:00 p.m.

**Only \$35.00**

### 2007 Dates:

January 20  
February 17  
March 17  
April 21  
May 19

Pay online with debit/credit card or call Jay at 303-690-8267.

All classes non-refundable. If the class is cancelled and you've provided your telephone number, you will be called.



## Pre-Licensing Training Course

ACGN offers pre-licensing toward opening a family childcare home license. If you know of anyone starting a child care, have them call 303-690-7684.

### 2007 classes:

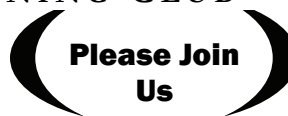
- January 6 & 13
- February 3 & 10
- March 3 & 10
- April 7 & 14
- May 5 & 12

## PRESCHOOL PLANNING CLUB

Join us for fun and a minimum of 1 hour credit in the area of Early Childhood Education at Dawn's home, 5543 S. Himalaya Way, Centennial, CO 80015 at 7:00 p.m.

Many curriculum resources available in the library.

\$3.00 fee for copies.



### 2007 Dates:

- January 10
- February 7
- March 7
- April 11
- May 9
- June 13

RSVP to Dawn 303-690-7684



## Monthly Themes



**Special Kids Day**  
**Pearl Harbor Rememb.**  
**Day of the Horse**  
**Gingerbread Day**  
**Chocolate-Covered Day**  
**Chanukah**  
**Humbug Day**  
**Sacagawea Day**  
**World Peace**  
**Winter Solstice**  
**No Interruptions Day**  
**Make Up Your Mind Day**  
**One Voice Day**  
**Christmas**  
**Boxing Day**



**New Years Day**  
**Nat'l Western Stock Show**  
**Z Day**  
**Choc. Covered Cherry**  
**Trivia Day**  
**Epiphany**  
**I'm Not Going To Take It**  
**Anymore Day**  
**Clean Desk Day**  
**Organize Your Home Day**  
**Show and Tell Day at Work**  
**Ratification Day**  
**Martin Luther King Day**  
**Appreciate a Dragon Day**  
**Winnie The Pooh Day**  
**Inauguration Day**  
**National Hugging Day**  
**Belly Laugh Day**  
**National Compliment Day**

## Safe Shopping Tips

WASHINGTON, D.C. - It's the most wonderful time of the year. Ask any kid why, and getting toys is often a top reason. The U.S. Consumer Product Safety Commission (CPSC), and AARP are working together to make this holiday season a safe one by warning all gift givers about the five toy hazards that can take all the fun out of any celebration.

Here are CPSC's Top Safe Shopping Tips for this year:

**Magnets** - For children under age six, avoid building sets with small magnets. If swallowed, serious injuries and/or death can occur.

**Small Parts** - For children younger than age three, avoid toys with small parts, which can cause choking.

**Ride-on Toys** - Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be sized to fit.

**Projectile Toys** - Projectile toys such as air rockets, darts and sling shots are for older children. Improper use of these toys can result in serious eye injuries.

**Chargers and Adapters** - Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.

CPSC also recommends using the following tips to help choose appropriate toys for children:

Be a label reader. Look for toy labels that give age and safety recommendations and use that information as a guide.

Select toys to suit the age, abilities, skills and interest level of the intended child. Look for sturdy construction, such as tightly-secured eyes, noses and other potential small parts.

For all children under 8, avoid toys that have sharp edges and points.

Once the gifts are open:

Immediately discard plastic wrappings on toys before they become dangerous play things.

Keep toys appropriate for older children away from younger siblings or neighbors.

Pay attention to instructions and warnings on battery chargers. Some chargers lack any device to prevent overcharging.

CPSC has reports of 20 toy-related deaths involving children under age 15 that occurred in 2005. Nine of these deaths occurred when a child choked or aspirated on a small ball or other toy parts. Also, in 2005 an estimated 152,400 children under 15 years old were treated for toy-related injuries in U.S. hospital emergency rooms. The majority of these injuries were not the result of a recalled or dangerous product. Instead, injuries from riding toys such as falls, made up a significant number of the injuries.

Consumers who have already purchased gifts should make sure they check that their gift lists do not include any of the recalled toys or children's products on CPSC's Web site. Check for product recalls on [www.cpsc.gov](http://www.cpsc.gov)

Also, at this web site, consumers can keep up-to-date on dangerous products by signing up to have recall announcements sent directly to their email account. Choose to receive all recall announcements or just children's product recalls only. Consumers also can call CPSC's toll-free hotline at (800) 638-CPSC. For information about all types of recalls, visit [www.recalls.gov](http://www.recalls.gov)

## HUMOR ME

"When my daughter was about seven years old, she asked me one day what I did at work. I told her I worked at the college- that my job was to teach people how to draw. She stared back at me, incredulous, and said, "You mean they forget?"

~ Howard Ikemoto

When I was six months pregnant with my third child, my 3-yr old came into the room as I was preparing to get into the shower. She said, "Mommy you're getting fat!" I replied, "Yes, honey, remember Mommy has a baby growing in her tummy." "I know," she replied, "but what's growing in your butt?"

A kindergarten pupil told his teacher he'd found a cat, but it was dead. "How do you know that the cat was dead?" she asked him. "Because I pissed in its ear and it didn't move," the child answered innocently. "You did WHAT?!!" the teacher exclaimed in surprise. "You know," explained the boy, "I leaned over and went "Pssst!" and it didn't move."

An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?" The boy thought it over and said, "Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!'"

# REGULAR MEMBERSHIP MEETINGS

**NEW LOCATION: Medical Center Aurora South, 1501 S. Potomac Street, Meeting room #2, Aurora, Colorado 80015.**

**December: No meeting**

**January 18, 2006, 7:00-8:00 pm: Healthy Relationships with Food.**

**Speaker:** Paula Pierce from A Child's Choice 1 hour.

**Credit:** 1.0 hours continuing education credit in the area of Child Growth & Development.

**Location: Medical Center Aurora South, 1501 S. Potomac Street, Meeting room #2, Aurora, Colorado 80015.**

**February 15, 2006, 7:00-8:00 pm: What Do You Do with the Mad that You Feel?**

**Presenter:** Rocky Mountain PBS

**Credit:** 1.0 hours continuing education credit in the area of Child Growth & Development

**Location: Medical Center Aurora South, 1501 S. Potomac Street, Meeting room #2, Aurora, Colorado 80015.**

NOTE: One of the proposed Colorado Rules & Regulation changes would change the needed hours of continuing education from 9 to 12 hours each year for license continuation and Experienced Provider Licenses from 12 to 15 hours per year.

## REFERRAL INFORMATION

The referral inquiry information for the month of October is as follows: 71 email , 63 phone requests

- 80010 4
- 80011 5
- 80012 1
- 80013 7
- 80014 1
- 80015 6
- 80016 1
- 80017 1
- 80018 2
- 80247 2
- 80112 3



All other calls were referred to other agencies or counties.

## Other Training Opportunities

See page 8



## Preschool Snack Ideas

### Cup O' Fish

The children in your program may enjoy making (and eating) this fun, squishy, fishy snack! This simple cooking activity, adapted from the Enchanted Learning website ([www.enchantedlearning.com](http://www.enchantedlearning.com)), requires only small clear plastic cups, blue jello, and gummy fish or fruit flavored sharks.

Make the gelatin according to the directions on the box. Pour it into the clear plastic cups and let the jello cool in the refrigerator for about an hour. When the jello is partially set, remove it from the refrigerator and allow each child to add a few gummy fish or sharks to his or her cup. Replace the cups until they are set and then eat and enjoy!

For variation, make several boxes of jello in a large, clear glass punch bowl for an aquarium full of gummy fish!

### Fish in the River

You've had Ants on a Log, Beetles in the Sand and Ladybugs in Dirt, but have you had Fish in the River? Here is yet another fun and healthy snack that the children in your after-school program may enjoy making and eating.

This recipe requires only washed and cut celery stalks, cream cheese (green food coloring added to the cream cheese is optional- but makes it much more fun!) and small fish-shaped crackers, such as goldfish or dolphin crackers.

Have children use plastic knives to spread the cream cheese on the inside of the celery stalks and top with fish crackers. Ahoy!

### Fruit Cones

While an ice cream cone may not be the optimal choice for a healthy after-school snack, your program may want to offer these innovative fruit cones as an alternative. The recipe comes from the University of Arkansas Division of Agriculture website ([www.uaex.edu/miller/FCS/healthy\\_snacks/recipes.htm](http://www.uaex.edu/miller/FCS/healthy_snacks/recipes.htm)).

You will need small, cut-up pieces of fresh seasonal fruit (i.e. strawberries, peaches, bananas, apple, pears, grapes), honey, granola and one cone per child. Have each child put some fresh fruit into his or her cone. Drizzle the fruit with honey and top with granola. Yum!

## STORYTIME SESSIONS

Join us for story time and a preschool activity with Susan Oakes, recipient of a national literacy award. Space limited to 30 children. Held at the Smoky Hill Library at 5430 S. Biscay Circle, Meeting Room B, Centennial Colorado from 10:00 –11:00 a.m.

### 2006 Dates:

Dec 15

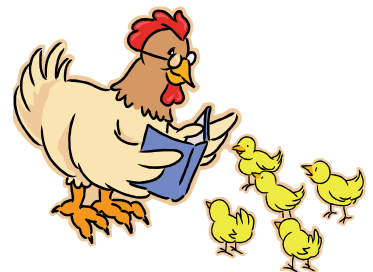
### 2007 Dates:

January 19, February 23  
March 16, April 13, May 18,  
June 15, July 20, August 17,  
September 21, October 12  
November 16,  
December 14

### LIMIT 30 Children

To attend story time with your children, you **MUST** **R.S.V.P.**

By contacting Diane at 303-632-6263 or by email [diane@hawken.net](mailto:diane@hawken.net)



## Other Trainings:

### Other Denver Area Organization Meetings/Workshops:

#### Adams County Association of Family Child Care

Meetings are usually held at the Thornton Civic Center unless otherwise noted, 9500 Civic Center Drive. I-25 to Thornton Parkway. Then East on Thornton Parkway to the Civic Center. Turn and go north to the civic center building. Contact Natasha Heronema (303)484-8486 to verify location before attending. Snacks and refreshments at 6:30 pm with social time before the workshop begins.

- ⇒ December 4 — Christmas Party
- ⇒ January 22
- ⇒ February 26
- ⇒ March 19

#### Arapahoe County Family Child Care Association

Meets the 2nd & 3rd Tues of the month. @nd Tues mtg place is the Castlewood Library in Centennial. The 3rd Tues meeting place is the Medical Center of Aurora So. Campus. For More information contact Patty at (303)745-6558

#### Boulder County Family Child Care Association

- ⇒ December 12, 2006 6:30 - 8:45

#### Music Together by Shari Griswold

Shari is currently teaching a breakthrough piano method from Australia called Simply Music to people of all ages and teaching Music Together, an early childhood music and movement program, to children ages birth-kindergarten with a parent or caregiver. A light supper will be served. Continuing education credit will be given. For more information on this or future training, contact: Sue Stevens at 303-666-8774

#### Broomfield Child Care Association

Meets monthly on the 2nd Tuesday of every month 6:30-8:30pm at First Baptist Church, 90 Emerald St., Broomfield. For more information contact Cathy at (303) 451-7453

#### Colorado Association of Family Child Care

Meets at the Calvary Presbyterian Church, 1420 S. Holly St., Denver on the 2nd Saturday of every month from 9-12.

#### Denver Association of Family Child Care

Meets the second Thursday of each month at the Salem United Church of Christ, 5300 E. Florida from 7:00—9:00 p.m. Child care available \$2/child. Price for workshop/meeting without membership card is \$5  
Contact: Betty 303-758-1289

#### Douglas County Child Care Association

Meeting dates and locations vary per month. Please call Paula (720)344-2931 or Shelley (303) 346-9779 for monthly information.

#### Jefferson County Child Care Association

Meetings are held at the Clements Community Center, 1580 Yarrow Steet in Lakewood from 6:45—9:00 p.m. Bring a dish if you wish to join the potluck meal. No children, breastfeeding infants only.

- ⇒ March 3, 2007—WIT Conference with Keynote Speaker Hedda Sharapen from Mr. Roger's Neighborhood and Family Connections

Contact: 303-932-2750

#### NE Denver Child Care Network

Meets the last Monday of the month at Environmental Tech Institute, 11801 E. 33rd Ave, Unit C, Denver 7-9 pm. Contact Emma at (303)618-9887 for more information.

If you would like your association's training schedule listed here, please email your event information to [dstolzenberger@comcast.net](mailto:dstolzenberger@comcast.net).

#### Conferences:

#### Colorado Association for the Education of Young Children

#### Touchpoints Training by Doctor T. Berry Brazelton

- ⇒ June 1-4, 2007—Brazelton Touchpoints 10th National Forum

**Location:** Radisson Hotel, Boston

**Contact:** 617-355-6947


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



# December 2006

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Storytime	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# January 2007

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Pre-licensing
7	8	9	10 Preschool Planning	11	12 Storytime	13 Conference, Medication Administration
14	15	16	17	18 Workshop pg. 6	19	20 CPR/First Aid
21	22	23	24	25	26	27
28	29	30	31			



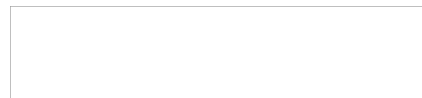
## A Caregiver Network

P.O. Box 460861  
Aurora, CO 80046-0861

Phone: 720-870-1161  
Email: [info@caregivernetwork.org](mailto:info@caregivernetwork.org)

We're on the Web...  
[caregivernetwork.org](http://caregivernetwork.org)

*Supporting All Early Childhood  
Professionals*



# Happy Holidays!

