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www.caregivernetwork.org

CAREGIVER NETWORK NEWS

February / March 2009

Issue 1

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PRESIDENT'S MESSAGE

Dear Members,

Recently NAFCC (National Association of Family Child Care) entered into a partnership with Tom Copeland. Dawn sent the members an e-mail recently about how Tom Copeland has helped out Child Care Providers as they have been audited by the IRS and has helped them win their deductions. He works with your tax preparer to file an appeal and then may attend the audit to justify child care deductions to the auditor. You might be interested in joining NAFCC to receive Tom Copeland's E-newsletters which are a membership benefit for NAFCC members. Membership dues are 100% deductible on

your income taxes. If you are interested their website is www.nafcc.org.

Mary



CAFCC STATE REPORT

RULES AND REGULATIONS REVISIONS MEETING REPORT – LICENSING ADVISORY COMMITTEE

Loretta Sampson gave her report and answered specific questions about the proposed rules. The Rules and Regulations Revision committee met January 16 and 23 for the last time. The plan as it stands now is to have the revised rules and regulations go to the State Boards for the first hearing in April and the second hearing in May. These hearings should take place on the first Friday of the month. Exact dates will be determined. Providers and child advocates will have opportunities at the hearings to be heard. Following the hearings, the proposed rules and regulations will go into effect on July 1st 2009. Trainings will be held on the new revisions in June prior. The department hopes to have the Revised Rules and Regulations on their website by February 1, 2009. They will post announcements about the hearings on their website. Questions asked at the CAFCC meeting were concerns around playground, diaper changing area, hand

washing and evacuation plan requirements. The proposed rules and regulations are a result of several years of work.

GOVERNOR'S LICENSING ADVISORY COMMITTEE MEETING REPORT

Cathy Moyer reported on the meeting of January 21, 2009 of the Governor's Advisory Committee. Rosemarie Allen, Division of Child Care joined the committee. She is dedicated to informing the public of the existence of this committee and hopes it will be better organized and more responsive and available to the public. A concentrated effort will be made to get the word out to the agencies, organizations and providers that they serve. The meeting was devoted to compiling a Mission Statement, Purpose, Member Expectations and Rules of Order for the function of the committee. Contact Cathy Moyer at Tink_90@comcast.net or 303-451-7453 regarding this committee.

Continued on page 4

TELEPHONE & EMAIL CONTACTS



Board of Director A Caregiver Network	Name	Telephone	Email
President	Mary Ingleby	303-699-2681	mllambs@aol.com
Vice President	Dottie Trimpe	303-766-0949	poohbearcare@comcast.net
CAFCC State Reps:	Gretchen Davidson	303-991-2220	gretchen@acecc.org
	Deanna Stolzenberger	720-309-6846	dstolzenberger@comcast.net
Education Coordinator	Judy Borchers	303-766-9706	mommacare@aol.com
Membership	Jay Skinner	303-690-8267	jayskinn@comcast.net
Newsletter	Dawn Rhods	303-690-7684	drhods@comcast.net
Referrals	Maria Conrad	303-690-5836	mariaconrad@comcast.net
Secretary	Lissa Hetrick	303-693-4633	lkidsclub@yahoo.com
Treasurer	Karen Geyer	303-368-8945	geyer20@comcast.net

A Caregiver Network

LICENSING CONTACT:

Red Rocks Community College
 Child Care Innovations Licensing
 13300 W. 6th Ave. Box 22B
 Lakewood, CO 80228
 303-914-6304 Main #
 303-914-6100 Licensing Specialists

Committee Positions:

CPR/First Aid, Jay S. 303-690-8267
 Fieldtrips/Events, Mary I. 303-699-2681
 Librarian, Antonja H. 303-695-0175
 Medication Admin, Maria: 303-690-5836
 Phone Tree, Angie: 303-306-7151

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

Advocate Organizations:

ACECC 303-991-2220
 —ACECC 's ECE Resource Centers:
 —Arapahoe Comm. College 303-797-5678
 —Comm. College Aurora 303-340-7564
 Colorado Childcare Assoc: 303-860-7174
 CAFCC, www.coloradochildcare.com
 CAEYC, coloradoaeyc.org 303-791-2772

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

Resource and Referral Agencies:

Qualistar, www.qualistar.org 303-290-9088
 Child Care Innovations
 —Providers 303-969-9666
 —Parents 877-338-CARE
 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
 Mile High United Way 2-1-1

Regular Membership Meetings



➤ **February 19, 2009, 7:00—8:30 pm**
Speaker: Tricia Kelly-Lynch
Topic: FUNsical
Credit: 1.5 clock hours
Location: Life Center of Aurora

➤ **March 19, 7:00—8:30 pm**
Speaker: TBA
Topic: Jump In—It’s Music
Credit: 1.5 clock hours

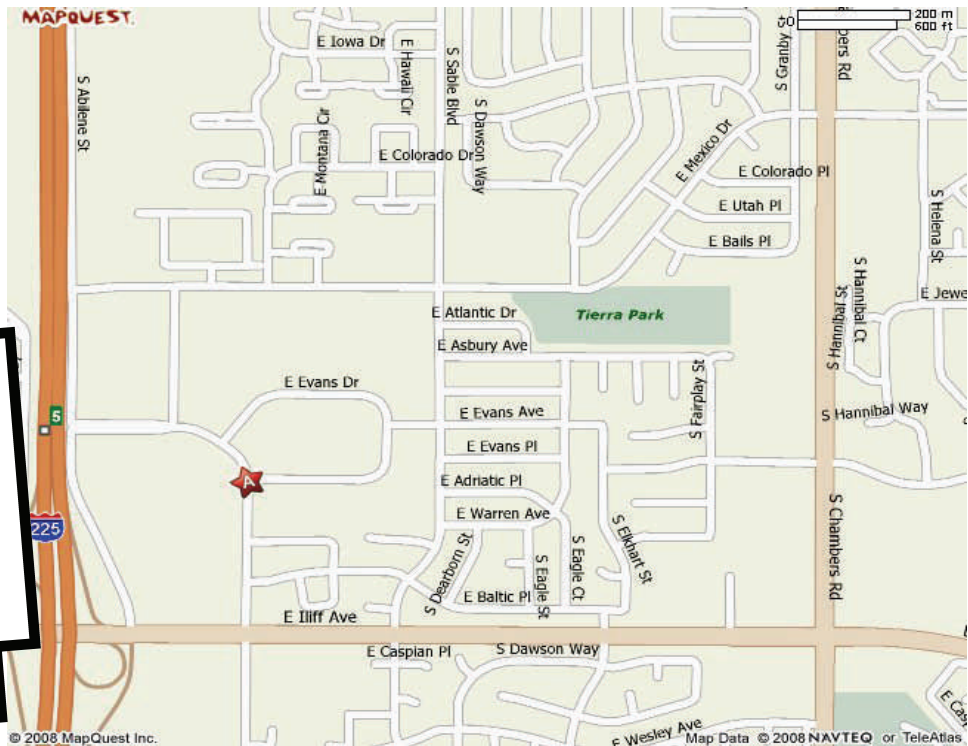
➤ **April 16, 2009, 7:00—8:30 pm**
Speaker: Cindy Wilkinson
Topic: Fun with Music
Credit: 1.5 clock hours
Location: Life Center of Aurora

➤ **May 21, 7:00—8:30 pm**
Speaker: TBA
Topic: TBA
Credit: 1.5 clock hours
Location: Life Center of Aurora

For other trainings, please see page 8.

A Caregiver Network

Join us to gain training hours toward your license renewal. Providers need 15 clock hours per year and Experienced Providers will need 18. CPR/First aid hours can NOT be used toward these hours, however hours for Medication Administration and Universal Precautions do count toward license renewal training hours.



- Life Center Aurora, 14101 East Evans, Aurora, CO 80014
- Use West door to enter building
- No children please.

[Map of Life Center of Aurora, 14101 East Evans](#)

Referrals

December Referrals

26 calls received
25 emails received

80012	1
80013	8
80014	2
80015	5
80017	1
80018	2
80112	2
80134	1
80234	1

January Referrals

22 email requests
23 phone requests

80011	3
80012	1
80013	3
80014	1
80017	1
80122	1
80231	1
80237	2

All others were referred to other counties or agencies.

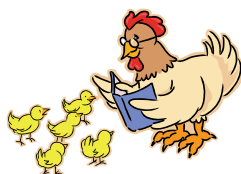
A Caregiver
Network

Story Time

Join us for story time and a preschool activity. Space limited to 30 children. Held at the Smoky Hill Library at 5430 S. Biscay Circle, Meeting Room B, Centennial Colorado from 10:00 a.m.— 11:00 a.m.

2009 Dates:

- January 9
- February 6
- March 6
- April 3



*** LIMIT 30 Children ***

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

R.S.V.P by contacting Mary Ingleby 303-699-2681 or by email mllambs@aol.com

CAFCC Cont.

Bills in the Colorado State Senate that affect child care facilities:

S.B. 73 (Sen. Renfroe, Rep. Gerou): “Concerning Expanding the Scope of Unlicensed Family Child Care Homes that Accept Children for Less than Twenty-Four Hour Care to Include One or More Related Children from the Same Family Household from Up to Two Families with Parental Consent.” Current law allows a provider to be exempt from licensing if she cares for children from one family, in addition to her own children. There is no limit to the number of children. This bill intends to change “one family” to “two families”. This could result in a very large exempt family child care home. **ASSIGNED TO SENATE HEALTH/HUMAN SERVICES COMMITTEE, NOT YET SCHEDULED.**

Deanna, CAFCC State Representative



Hitting, Kicking, Biting and Hair Pulling

By Elizabeth Pantley, author of *The No-Cry Discipline Solution*

Children resort to aggressive behaviors because of a lack of wisdom and self-control. It is not a sign that a child is hateful or mean. Kids are human beings and human beings *will* get angry, we can't prevent that. What we can do is teach our children how to handle their frustration and anger in appropriate ways. If your child uses these physical acts to express her feelings, use some of the following tips to change her behavior.

Intercede before it happens

Watch your child during playtime. When you see her becoming frustrated or angry - intervene. Coach her through the issue. Teach her what to do, or model what to say to her friend. Or if she seems too upset to learn, redirect her attention to another activity until her emotions level out.

Teach and explain

It's one thing to tell a child what *not* to do or to step into an argument and solve it yourself. It's another thing entirely to teach her what *to do* in advance of the next problem. This can be done through role-play, discussion, and reading a few children's books about angry emotions.

Examine hidden causes

Is your child hungry, tired, sick, jealous, frustrated, bored or scared? If you can identify any feelings driving your child's actions you can address those along with the aggressive behavior.

Give more attention to the injured party.

Often the child who hits gets so much attention that the action becomes a way of gaining the spotlight. Instead, give more attention to the child who was hurt. After a brief statement, "*No hitting!*" turn and give attention to the child who was wronged, "*Come here and Mommy will give you a hug and read you a book.*"

Teach positive physical touches.

Show your child how to hold hands during a walk or how to give a back rub or foot massage. Teach a few physical games, like tag or cat's cradle. Under direct supervision, children who are more physical can gain a positive outlet for their physical energy.

Teach the clapping method

Tell a child to clap his hands whenever he feels an urge to hit. This gives him an immediate outlet for his emotions and helps him learn to keep his hands to himself. An alternate is to teach him to put his hands in his pockets when he feels like hitting. Reward with praise anytime you see he's successful.

Give your child a time out

To use Time Out when a child acts out aggressively, immediately and gently take the child by the shoulders, look him in the eye and say, "*No hurting others, time out.*" Guide the child to a chair and tell him, "*You may get up when you can play without hitting.*" By telling him that he can get up when *he's* ready, you let him know that *he* is responsible for controlling his own behavior. If the child gets up and hits again, say, "*You are not ready to get up yet,*" and direct him back to time out.

Continued on page 10

CONFERENCES & MULTI-DAY



A Caregiver Network

Date: February 21, 9—1pm
 Title: **Creating Positive Relationships With Parents**
 Sponsor: ACECC (Arapahoe County Early Childhood Council)
 Cost: \$10
 Hours Credit: 4
 Contact: Laura 303-340-7564

Date: February 21, 7:30-12:45pm
 Title: The Art of Caring
 Sponsor: Childcare Educ. Opportunities
 Cost: \$45
 Hours Credit: 8
 Contact: Judy jwalker3252@comcast.net
 www.childcareeducationalopportunities.com

Date: February 28, 7:00—4:30 pm
 Title: **Love to Learn Conference**
 Keynote Speaker: Linda Alston
 Sponsor: Weld County Human Svcs
 Cost: \$50 or \$75 walk-in (if space)
 Hours Credit: 6
 Contact: Debbie 970-304-6191
 Debbie@unitedway-weld.org


Date: March 7, 7:45 am—4:00
 Title: **Building Blocks for Healthy Kids**
 Keynote: Dr. Marianne Neifert
 Sponsor: Tri-County Health, et al
 Location: 411 Sable Blvd.
 Cost: \$20 or \$30 after Feb 20th
 Hours Credit: 6
 Contact: Carrie 303-846-6290
 cmconne@tchd.org
 Other: Breakfast, Lunch, Snack incl.

Date: March 7, 8:00 am—4:30 pm
 Title: **What it Takes Conference**
 Keynote Speaker: Bev Boss
 Sponsor: Jefferson County FCCA
 Cost: \$60
 Hours Credit: 6
 Contact: Sheryl 303-932-2750
 Marilyn 303-797-5952

Date: March 23, 6:30—9:30 pm
 Title: **SunSAFE Colorado**
 Sponsor: University of Colorado
 Location: 16000 E. CentreTech Pkwy, CCA Campus, Rotunda
 Hours Credit: 3
 Contact: Vicky 303-724-4394
 Vicky.koehler@ucdenver.edu
 Other: 75% of center staff attend

Date: April 11, 8-1 pm
 Title: **What Works -4 brief workshops**
 Sponsor: ACECC
 Cost: \$4 each or \$20
 Hours Credit: .75—3.0
 Contact: Laura 303-340-7564

Date: April 25—June 27th
 Title: **Expanding Quality in Infant and Toddler Care**
 Keynote Speaker:
 Sponsor: ACECC
 Cost: Free
 Hours Credit: 48
 Contact: Laura 303-340-7564

 Look for this symbol on the calendars on page 11 for conference dates.

HELPFUL WEBSITES

Child Care Resources:

- www.childcarelounge.com/
- www.nafcc.org
- www.resourcesforchildcaring.org
- www.acecc.org
- www.naccrra.org
- www.nncc.org
- www.coloradochildcare.com
- www.nccic.acf.hhs.gov/index.cfm
- www.nncc.org
- www.ccw.org



Child Care Provider Listings:

- www.metrodaycare.com
- www.denver.oodles.com
- www.care.com
- www.daycarematch.com



Trike A Thon Fundraiser for St. Jude



Mark your calendars for April 24, 2009 to attend our 2nd Annual Trike-A-Thon. Last year our young children learned tricycle safety and raised \$2750 through pledges. St. Jude treats children from all 50 states without charge to the parents. It costs 1.3 million dollars daily for the cost of operations. 85.3% of each dollar collected goes to current and future needs of the hospital using a combination of chemotherapy, radiation and surgery to treat childhood cancers.

You may pick up pledge envelopes and safety coloring books at any Caregiver Network meeting through April. We have a few safety DVD's that may be checked out for 2 week intervals. Each child who raises \$35 or more will receive a prize. Prizes are accumulative.

Prizes:
 \$35—Trike-A-Thon T-shirt
 \$75—Bear or Bunny plush toy
 \$100—Trike-A-Thon backpack



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Preschool Crafts

Rainbows:



Draw the outline of a rainbow on a piece of white construction paper.

Have your child tear up pieces of red, orange, yellow, green, blue, and purple construction paper or tissue paper. Have them glue the colored paper into the correct section of his rainbow.

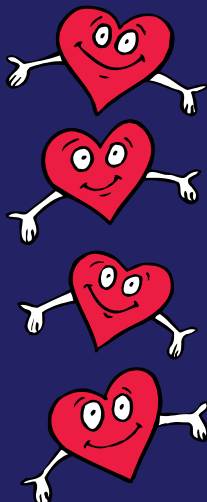
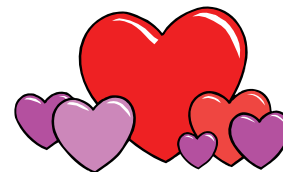
If there is room at the bottom of the rainbow, you can draw a pot of gold.

Hearts

Cut out different sized hearts on different colors of construction paper. Older children can help you with this. The children can match by size or by color. For seriation, the children can put them in order from smallest to largest or largest to smaller. Let the children count the hearts.

Variations:

- ♥ Use different textured paper such as wax paper, tissue paper, cardstock, cardboard, felt
- ♥ Punch holes along edges and use for lacing
- ♥ Place hearts to make heart people
- ♥ Cut hearts into pieces to make a heart-shaped puzzle
- ♥ Make a collage or valentines card by gluing the hearts onto construction paper.
- ♥ Make a suncatcher using crayon shavings between 2 pieces of wax paper. Have an adult use the iron. Place a towel over the wax paper and iron until the crayon shavings melt
- ♥ Cut sponges or potatoes into a heart shape and let the children make sponge paint art.





Month of:

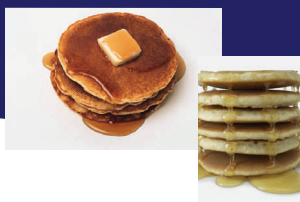
American Heart Month
 Bake for Family Fun
 Int'l Boost Self-Esteem
 Library Lover's Month
 Nat'l African American History
 Nat'l Cherry Pie Month
 Nat'l Children's Dental Month
 Nat'l Time Management
 Sweet Potato Month
 Youth Leadership Month

Weekly Observances:

1-7: Children's Authors/Illustrator
 Int'l Networking Week
 4-8: Int'l Snow Sculpting
 6-13: World Special Olympics
 Jell-O Week
 11-17: Random Acts of Kindness
 Backyard Bird Count
 17-23: Nat'l Friendship Week
 22-28: Nat'l Pancake Week

Days:

1: Give Kids a Smile
 5: Weatherperson's Day
 6: Wear Red Day
 Bubble Gum Day
 Ballet Day
 8: Boy Scout Anniversary Day
 11: White T-Shirt Day
 12: Lincoln's Birthday
 13: Friday the 13th
 Get a Different Name
 14: Ferris Wheel Day
 Have a Heart Day
 Valentine's Day
 15: Susan B Anthony Day
 Gum Drop Day
 16: President's Day
 Washington's Birthday
 19: Chocolate Mint Day
 22: George Washington's B-Day
 23: Iwo Jima Day
 Personal Chef's Day
 24: Int'l Pancake Day
 Mardi Gras
 25: Ash Wednesday
 Nat'l Chili Day
 28: Nat'l Tooth Fairy Day



Other Trainings:

Adams County Association of FCC:

Meetings usually held at the Thornton Civic Center, 9500 Civic Center Drive, I-25 & Thornton Pkwy. Contact: Melinda Kurgorn 303-280-4607. Snacks and refreshments at 6:30 pm with social time before workshop.

Arapahoe County FCCA:

Meets the 2nd & 3rd Tues of the month. @2nd Tues mtg. place is the Koelbel Library in Centennial. The 3rd Tues meeting place is the Medical Center of Aurora So. Campus. Contact Patty at 303-745-6558

Boulder County Family Child Care Assoc:

Meets the 2nd Tuesday of the month from 6:30-8:45pm at 1950 Mountain View, Longmont (Matisse Room). 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. Contact Cathy at (303) 451-7453

Colorado Assoc. of Family Child Care

Meets at the Bear Valley Church, 10001 West Jewell Avenue, Lakewood from 9-12. 2009 Dates: Jan 24—1.5 hrs "Facilitating Bonding with Infants & Toddlers." Contact, Tricia 303-914-8687.

Denver Association of Family Child Care

Meets the 2nd Thursday of each month at the Salem United Church of Christ, 5300 E. Florida from 7:00—9:00 p.m. Jan 8: Tax workshop by Pam Ortega. 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 Street 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.

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.

Child Care Innovations

www.rccc.edu/childcareinnovations

Conferences:

Child Care Educational Opportunities

Saturday, February 21, 2009
 The Art of Caring Conference
 Cost \$45. 7:30 am - 12:45 pm
 8 credit hours

- 4 hours correspondence
 - 4 hours in classroom
- Contact: 303-469-5596

Jefferson County FCCA, 303-969-8772

Saturday, March 7, 2009 -
 "What It Takes" Conference
 Featured Speaker: Bev Boss

See Page 6 for other conferences and multi-day trainings.

Correspondence Courses

ACE-Alternative Cont. Ed. 720-436-9367
 Wildwood-www.Wildwoodkidstuff.com
 800-539-9453

CARE Course-www.carecourse.com
 800-685-7610

Advanced Care—303-384-3696
 Learning Bug—Sue Cometto 303-460-1954
 Childcare Educational Opportunities—Judy Eggleston 303-469-5596

Online Courses

www.caregovernetwork.org

If you would like your association's training schedule listed here, please email your event information to drhods@comcast.net.



Month of:

- Rescue a Guinea Pig
- American Red Cross
- Nat'l Caffeine Awareness
- National Craft Month
- Nat'l Nutrition Month
- Nat'l Umbrella Month
- Nat'l Women's History
- Optimism Month
- Poison Prevention Awareness
- Youth Art Month

Weekly Observances:

- 1-7: Nat'l Words Matter
 - Return borrowed books
 - Celebrate your name
- 8-14: Teen Tech Week
- 13-15: Nat'l Money Week
 - Yo-Yo and Skill Toys
- 15-21: Pediatric Nurse Week
 - Act Happy Week
- 17-22: American Chocolate
 - Bubble blower's Week
- 22-28: Nat'l Cleaning Week



Days:

- 1: Pig Day
- 2: Fun Facts About Names
- 3: I Want You to be Happy
 - Nat'l Anthem Day
- 5: Nametag Day
- 6: Middle Name Pride Day
- 8: Check your Batteries
- 9: Barbie Day
- 11: Johnny Appleseed Day
- 12: Girl Scout Day
- 13: Earmuffs Day
- 14: Fanny Pack Day
- 17: St. Patrick's Day
- 19: Nat'l Chocolate Caramel
- 21: Maple Syrup Day
- 22: Int'l Goof-off Day
- 23: Nat'l Puppy Day
- 26: Make up a holiday
- 27: Education & Sharing
- 30: Doctor's Day
 - Pencil Day

MEDICATION ADMINISTRATION COURSES

Held at St. Martin in the Field Episcopal Church, 4740 S. Buckley Road, Aurora, CO 80015 , from 8:00 a.m.—1:00 p.m. Limited to 15 students per class. Cost \$40 per person. 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. Certificates are held for 3 weeks until check clears the bank. All classes are non-refundable.

No refunds.
Purchase classes online at www.caregivernetwork.org

Call 720-870-1161

2009 classes:

- February 14
- March 14
- April 11
- May 9
- June 13
-



Medication Forms Online:
www.caregivernetwork.org/8

UNIVERSAL PRECAUTIONS

Held at St. Martin in the Field Episcopal Church, 4740 S. Buckley Road, Aurora, CO 80015 , from 1:15 p.m. - 2:45 p.m.

2009 classes:

- February 14
- March 14
- April 11
- May 9
- June 13

Only \$15 per person

Contact Lissa at 303-693-4633

FIRST AID & CPR COURSES

St. Martin in the Field Episcopal Church, 4740 S. Buckley Road, Aurora, CO 80015 from 8:45 a.m.—4:00 p.m.

is to pay online with debit/credit card.

Contact Jay 303-690-8267

2009 Dates:

- February 21
- March 21
- April 18
- May 16

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



Cost \$40.00

Certificate hold of 3 weeks until check clears. Preferred method of payment

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.

Cost: \$3.00 per person.

2009 Dates:

- February 11
- March 11
- April 8
- May 13
- June 10

RSVP after 3 pm to Dawn at 303-690-7684 or via email at rhods@comcast.net

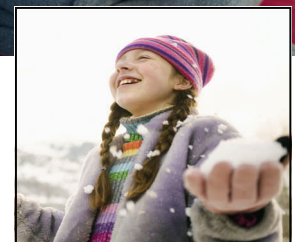
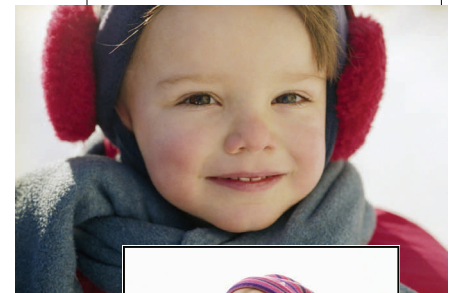


Pre-Licensing Training Course

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. \$70. Courses are 2 days/15 hours total on the following dates:

2009 classes:

- Feb 28 & Mar 7
- Mar 28 & Apr 4
- Apr 25 & May 2



Humor Me



HOT

AIR

A man in a hot air balloon realized he was lost. He reduced altitude and spotted a woman tending to the flowers in her garden. He descended a bit more and shouted, 'Excuse me, can you help me? I promised a friend that I would meet him an hour ago, but I don't know where I am.'

The woman below replied, 'You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude.'

'You must be an Accountant,' said the balloonist.

'I am,' replied the woman, 'How did you know?'

'Well,' answered the balloonist, 'everything you told me is technically correct, but I have no idea what to make of your information, and the fact is, I'm still lost. Frankly, you've not been much help at all. If anything, you have delayed my journey.'

The woman below responded, 'You must be in Management.'

'I am,' replied the balloonist, 'but how did you know?'

'Well,' said the woman, 'you don't know where you are, or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise of which you have no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but somehow it's now become my fault!'

Hitting, Kicking, Biting and Hair Pulling (Cont. From Page 5)

Avoid play hitting and wrestling

Young children who roughhouse with a parent or sibling during play time might then use these same actions during non-wrestling times. It can be hard for them to draw the line between the two. If you have a child who has trouble controlling his physical acts then avoid this kind of play.

Don't lose control

When you see your child hurting another child it's easy to get angry. This won't teach your child what she needs to learn: how to control her emotions when others are making her mad. You are mad at her, so she'll be watching how you handle your anger.

Don't let your child watch violent TV

Children can become immune to the impact of violence, and they may copy what they see depicted on television. Avoid viewing shows that portray aggression as an appropriate way of handling anger.

Don't assume your child can figure it out

If your child comes to you about a difficult situation, don't send him away for tattling. But don't step in and handle it for him, either. View his call for help as an invitation to teach him important social skills.

Don't focus on punishment

More than anything your child needs instructions on how to treat other human beings, particularly during moments of anger or frustration.

We're on the Web...
caregivernetwork.org



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FEBRUARY 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			PPC			Meds / UP
15	16	17	18	19	20	21
				ACGN		CPR/FA
22	23	24	25	26	27	28

MARCH 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
						Conference
8	9	10	11	12	13	14
			PPC			Meds / UP
15	16	17	18	19	20	21
				ACGN		CPR/FA
22	23	24	25	26	27	28
29	30	31				

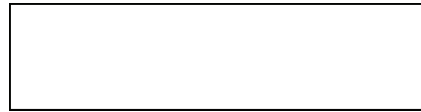
KEY: ACGN = A Caregiver Network monthly membership meeting and workshop
 CPR/FA = CPR & First Aid Class
 Meds = Medication Administration Class
 PL = Family Childcare Pre-licensing course (must attend both days)
 PPC = Preschool Planning Club (workshop)
 UP = Universal Precautions Class

 Conference - See page 6



A Caregiver Network

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



Supporting All Early Childhood Professionals

Phone: 720-870-1161

Trike-A-Thon for St. Jude Research



*Call Maria with your
openings!
720-870-1161
mariaconrad@comcast.net*

SAVE THE DATE: April 24, 2009

See page 7 for more information

If you would like to volunteer, please
call Dawn at 303-690-7684

**Substitute Care Providers:
Becky—720-870-2185
Cherish —303-521-2586**