



A CAREGIVER NETWORK

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PRESIDENT'S MESSAGE

It is hard to believe that it is 2006 already. The Board of Directors hopes that everyone and a wonderful Holiday Season and enjoyed the children in their care as well as your personal children. We hope the smiles the children had brought smiles to your face and warmed your heart. The more you smile the healthier you will be. So smile and laugh often. We wish you and your family a very happy and healthy new year.

Mary

A HAPPY
NEW YEAR

Week of the Young Child



Look for more
details in March

Reserve the morning of
Wednesday, April 12th.
We are scheduling fun
activities for you and
your children.



TELEPHONE & EMAIL CONTACTS

Executive Board Members

President, Mary I., mllamb@aol.com	303-699-2681
Vice President, Dottie T.	303-680-4630
CAFCC State Representatives:	
Carol R.,	303-343-9738
Jane K.,	303-366-5544
Education Coordinator,	Open
Fundraising Coordinator,	Open
Membership, Jay S., jayskinn@comcast.net	303-690-8267
Newsletter, Dawn R., drhods@comcast.net	303-690-7684
Referrals, Maria C., mariaconrad@comcast.net	303-690-5836
Secretary, Jennie M.,	303-362-0672
Treasurer, Karen G., geyer20@comcast.net	303-368-8945

Committee Positions:

CPR/First Aid, Jay S.	303-690-8264
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

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	Anne Taylor-Brown x 3591

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	303-469-5596
Denver	303-750-1062
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.	303-690-8264
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	Just Opened
Comm. College Aurora	303-340-7053
United American Insurance (health, life)	303-933-4043

REGULAR MEMBERSHIP MEETINGS

January 19, 2006, 7: 00-8:30 pm: **Kindergarten Readiness**

Speaker: Betty Dalton

Location: Held at the fire station. Address and directions below.

Credit: 1.5 hours continuing education credit in the area of Early Childhood Education.

February 16, 2006, 7:00- 8:30 pm: **Many Facets of Diversity**

Speaker: Trisha Kelly-Lynch.

Location: Held at the fire station. Address and directions below.

Credit: 1.5 hours continuing education credit in the area of Individual and Cultural Diversity.



March 16, 2006, 7:00-8:30 pm: **Pre-reading / Reading Readiness/ Child Find**

Speaker: Susan Oakes

Location: Held at the fire station. Address and directions below.

Credit: 1.5 hours continuing education in Child Growth & Development and Early Childhood Education.

April 20, 2006, 7:00-8:30 pm: **Make & Take Workshop**

Speaker: Susan Oakes

Craft donations are needed. Call Mary at 303-699-2681 or bring your donations to any meeting.

Location: Held at the fire station. Address and directions below.

Credit: 1.5 hours continuing education credit in the area of Early Childhood Education.



May 2006, 7:00-8:30 pm: **Record Keeping, Business Practices**

Speaker: Betty Dalton.

Location: Held at the fire station. Address and directions below.

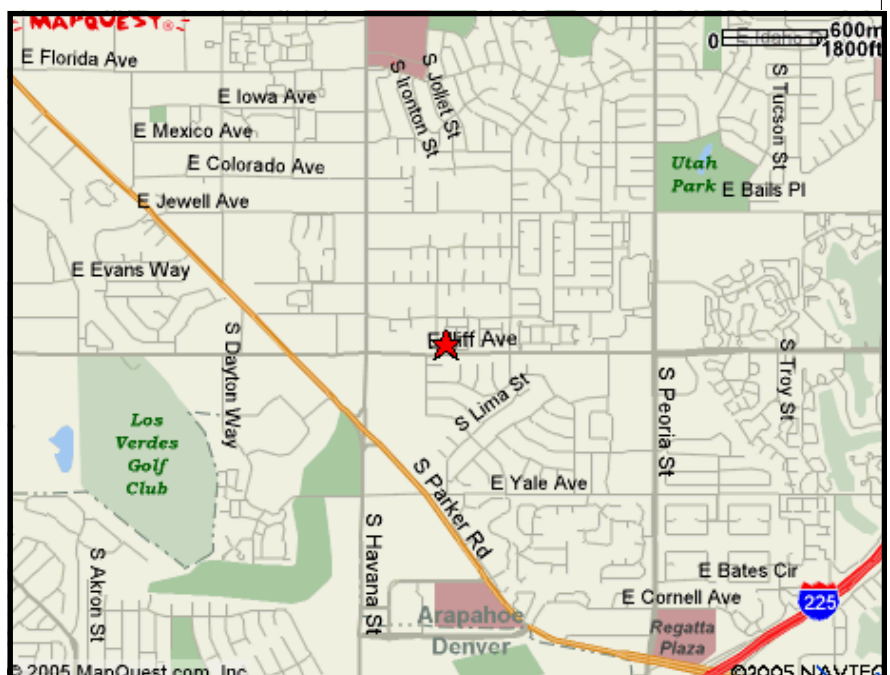
Credit: 1.5 hours continuing education credit in the area of Child Growth & Development.

Directions to the Fire Station: 2291 S. Joliet Way. One block east of Iliff and Havana Streets. Parking lots to the east and north of the fire station are both accessible from Joliet Way.

Coming from Chambers & Hampden: go to Iliff and take a left (west) onto Iliff. When you cross Peoria you need to be in the middle lane because the right-hand lane will end. After the next light there will be a brick or rock wall. You will turn right when the wall ends and that will be Joliet. The fire station will be on your left. Turn left into the parking lot and park by the glass wall. The meeting room is right inside.

Online Courses

caregivernetwork.org/cart.htm



REFERRAL REPORT

October 2005:



63 emails
54 calls
117 requests

- 80011 6
- 80012 7
- 80013 16
- 80014 3
- 80015 8
- 80016 4
- 80017 6
- 80018 3
- 80237 3

November 2005:



32 email requests
66 calls

- 80011 1
- 80012 2
- 80013 7
- 80014 1
- 80015 4
- 80018 1
- 80123 1
- 80129 1

EXPERTS SAY: PUT STRESS ON PLAY, NOT ON CHILDREN

A new statement, issued by the Alliance for Childhood, condemns the increasingly academic curriculum in kindergartens and preschools, which is replacing child-initiated learning through creative play and hands-on activities. Experts say many early education policies are based on "unproven methods" and are "fueled by political pressure." According to the statement, "Education is not a race where the prize goes to the one who finishes first." Instead of strengthening the "drive to learn," current trends in early education policy and practice heighten pressure and stress in children's lives, which can contribute to behavioral and learning problems." The statement expresses strong support for efforts to establish universal preschool, "provided that preschool programs are based on well-established knowledge of how children learn and how to lay a foundation for lifelong learning -- not on educational fads." The group makes five specific "calls to action":

kindergarten into de facto first grade;

- (3) For research on the causes of increased levels of anger, misbehavior, and school expulsion among young children;
- (4) For additional research that examines the long-term impact of different preschool and kindergarten practices on children from diverse backgrounds; and



- (5) For teacher education that emphasizes the full development of the child including the importance of play, nurtures children's innate love of learning, and supports teachers' own capacities for creativity, autonomy, and integrity. "The disappearance of play is a tragedy not yet fully explored or understood," said Joan Almon, president of the Alliance. "Research and experience suggest that today's children will not develop as well cognitively, socially, or emotionally as those whose childhoods were rich with play."

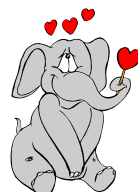


- (1) For early education that emphasizes experiential, hands-on activities, open-ended creative play, and caring human relationships;
- (2) For a reversal of the pushing down of the curriculum that has transformed

Source:

Larry Edelman, Senior Instructor,
Department of Pediatrics,
University of Colorado Health Sciences Center,
1825 Marion St.
Denver, CO 80218

http://www.allianceforchildhood.org/pdf_files/call_action_education.pdf



• Did you know that ACGN's online courses are a source of fundraising.

• Judy Eggleston of Childcare Educational Opportunities is author of several online courses. Her portion of the profits was recently donated to a woman with cancer to help her purchase needed medication.





**Renew every
3 years**

MEDICATION ADMINISTRATION COURSES

These courses are held at the Medical Center Aurora South, 1501 S. Potomac, meeting room 1, from 8:45 a.m.—1:30 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 \$25.00 charge on all returned checks. No refunds.

Purchase classes online at www.caregivernetwork.org/

Call Maria at 720-870-1161

2006 Classes:
January 14, 2006
February 11
April 8
June 10
Aug 12

UNIVERSAL PRECAUTIONS

Medical Center Aurora South, 1501 South Potomac, 1:45 p.m. - 3:15 p.m

2006 Dates:
January 14, 2006
February 11
March 11
April 8
May 13

Only \$15 per person

Call Dawn to register at 303-690-7684



FIRST AID & CPR COURSES

Held at the Medical Center Aurora South, 1501 S. Potomac, Meeting room 1, from 8:45 a.m.—3:00 p.m.

Only \$35.00

Pay online with debit/credit card or call Jay for a registration form 303-690-8267.

2006 Dates:
January 21
February 18
March 18
April 15
May 20

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.

2006 classes:

- February 4 & 11
- March 4 & 11
- April 1 & 8
- May 6 & 13



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.

2006 Dates:

- January 11
- February 8
- March 8
- April 12
- May 10
- June 14

Many curriculum resources available.

RSVP to Dawn 303-690-7684

\$3.00 fee for copies.



Dental Health Month



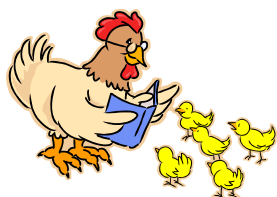
Song: Are Your Teeth Clean and White?

Sung to "Do Your Ears Hang Low"

Are your teeth clean and white?
Do you brush them every night?
Do you brush them in the morning?
Do you brush them at night?
Do you brush them side to side?
Are your teeth clean and white?

Do you floss them good
To remove the bits of food?
Do you floss them every day?
Like you know you should?
Do you take good care of
The teeth that are there?
Do you floss them good?

By Terrea
Source: stepbystepcc.com



Rules Review Public Meeting — Rescheduled

The Aurora public review that was cancelled due to snow has been rescheduled. It has been rescheduled for:

Tuesday, January 17, 2006 — 6:30 p.m.— 8:30 p.m.

Aurora Central Library, Community Room
14949 E. Alameda Dr., Aurora, Colorado

Every 5 years an in-depth review of childcare rules and regulations is done to make needed changes. Your input is needed. What changes would you like to see made?

STORYTIME SESSIONS

Join us for story time and a preschool activity with Susan Oakes, recipient of a national award in literacy. 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 am

2006 Dates:
January 20
February 17
March 17
April 21
May 19

To attend story time with your children, RSVP to Dawn 303-690-7684.

HUMOR ME

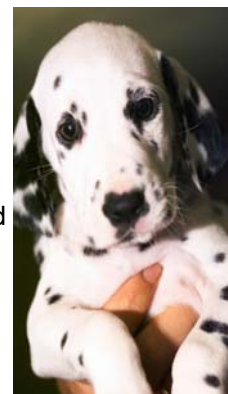
An early childhood teacher was delivering a minivan full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one youngster.

"No," said another, "he's just for good luck."

A third child brought the argument to a close.

"They use the dogs," she said firmly, "to find the fire hydrant."



DISCRETIONARY CALORIES: WHAT ARE THEY?

With overweight and obesity becoming more prevalent in the world, some people are saying "Avoid ALL sweet foods and tasty desserts." But Dr. Theresa Nicklas, Professor of Pediatrics at the Children's Nutrition Research Center, Baylor College of Medicine disagrees. She says, "People eat for more than nutrition. Eating is a social occasion. It is a time to talk, listen and build relationships. It is the coming together of people, friends and family. It is a time to remember tradition and culture. Some of our cultural or traditional foods may be a sweet food or a tasty dessert. We need to find a way to incorporate some of our 'personal comfort foods' into our diets with moderation."

Dr. Nicklas was part of the 2005 Dietary Guidelines Advisory Committee, which coined the term discretionary calories. Dr. Nicklas explains, "Simply stated, discretionary calories are those calories that can be used 'at your discretion' after basic nutrition needs are met without exceeding energy requirements. It is the difference between your total energy requirement and the energy (calories) you consume to meet nutrient requirements. By increasing your discretionary calories, you may be able to have that yummy dessert or personal comfort food."

Total energy requirements are individualized and based on your age, sex and physical activity level. To learn more about your total energy requirements, visit www.mypyramid.gov.

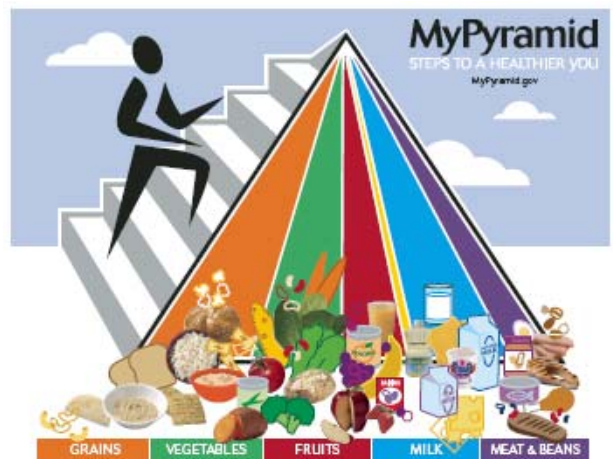
She suggests we look at discretionary calories instead of focusing on foods to avoid.

"There are two ways to increase your discretionary calories. The first is to focus on nutrient dense foods, that is, foods with greater nutritional value for the amount of calories present (i.e. more fruit and vegetables and less fats and oils). By eating nutrient dense foods, you can meet your nutrient needs with fewer calories. This means you will have more calories to use "at your discretion" for other foods. The second way is to increase your physical activity, which also supports a healthy lifestyle for you and your family. Some good ideas are:

- * Buy birthday and holiday presents that promote movement, such as a jump rope, a bicycle, roller skates, a frisbee, a croquet set, or even exergames (video games that encourage physical activity).
- * Find activities in your community, such as bike trails, hiking trails, tennis courts, swimming pools, or a skating rink. Your local recreation department can provide additional ideas.
- * Plan parties and vacations around movement and play. Instead of a birthday party at the movie theatre, think of some active ways to celebrate, such as a scavenger hunt, a roller blading party, bowling, or a paintball tournament.
- * Volunteer for physical activity events at your child's school.
- * Be an exercise buddy for your child.

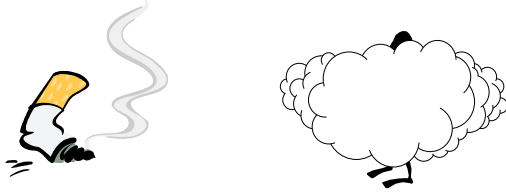
For additional discussion about the key messages and how to make them practical, refer to Dr. Nicklas' article in the September issue of the Journal of the American Dietetic Association, "The 2005 Dietary Guidelines Advisory Committee: Developing a Key Message".

Source:USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine
www.kidsnutrition.org



Go to www.mypyramid.com to get a customized assessment of your food intake and physical activity level.

Other Trainings:



Involuntary Exposure:

Protecting Children from Secondhand Smoke

Childcare providers are in a unique position to greatly improve the health of the children they serve! Providers can encourage parents to protect their children from the harmful effects of second-hand smoke (SHS) exposure and help them access resources to quit smoking.

Why Attend:

- Receive **1.5 Continuing Education Credits!**
- Get **FREE** resources and a lovely meal!
- ◆ Learn how to get **incentives** for centers by helping to educate about the dangers of SHS!

- ⇒ **January 18- Greenwood Village, 6:30-8:00**
Tri-County Health Dept
High Plains Room
7000 E. Belleview Ave. Suite 301
Greenwood Village, CO 80111
- ⇒ **January 30- Castle Rock, 6:30-8:00**
Philip S. Miller Library
Castle Rock Bank Room West
100 S. Wilcox
Castle Rock, CO 80104
- ⇒ **January 31- Commerce City, 6:30-8:00**
Adams County Services Center
Community Room
4201 East 72nd Ave.
Commerce City, CO 80022
- ⇒ **February 1- Denver, 6:30-8:00**
Rita Bass Trauma Center
Conference Room E
190 W. 6th Ave.
Denver, CO 80204
- ⇒ **February 6- Lakewood, 6:30-8:00**
Jefferson County Admin. & Courts Facility
1st Floor Quad (Rooms 1552-AB & 1565-AB)
100 Jefferson County Pkwy
Golden, Colorado 80419

Register for a training by calling 303-847-0279 or online at www.trainings.kintera.org

Other Organization Meetings/Workshops:

Adams County FCC

Thornton Civic Center, 9500 Civic Center Drive (I-25 & Thornton Pkwy), 6:30 to 8:30 or 9:00 p.m.

- ⇒ January 23—Taxes by Laura Bloyd
- ⇒ February 27— Crafts by Dawn Benson
- ⇒ March 20—Cultural Diversity
- ⇒ April 17—Sensory Integration by Ernie Batson
- ⇒ May—Free Tours in Colorado by Jody Jill

Contact: Sherri Poellot, Education Coord., 303-660-1296



ACECC Sponsored Events

- ⇒ January 21 — ITERS/ECERS (infant/preschool rating scales), Arapahoe Community College, 5900 S. Sante Fe, Rooms 1020/1070, Littleton, Colorado, 12:30-3:30 p.m. \$10.
- ⇒ February 1 — SACERS (school-age rating scale), ACECC office, 6860 S. Yosemite Court, 2nd Floor, Centennial, CO, 9:30 am-1:00 pm.
- ⇒ February 1 — Expanding Quality in Infant & Toddler Care!, 8 sessions on dates through May 20th, Calvary Early Learning Center, 6500 E. Girard Ave., Denver, CO., 9:00 am—3:30 pm, no cost.
- ⇒ February 23rd and 24th — Ounce Scale Rating (infant/toddler assessment tool), Centre Point Plaza, 14980 E. Alameda Dr., Aurora, 8:30 am—4:00 pm. \$25.
- ⇒ February 25 — Project BLOOM (social/emotional development), 1290 Chambers Road, Aurora, CO, 8:15 am—3:30 pm.

Contact Michelle Reetz at 303-340-7053

Denver Metro District of CAEYC

- ⇒ January 28 — Jiffy Conference
- Contact Barb Sawyer, 303-423-6503



Pikes Peak Region FCC

Holy Cross Lutheran Church (SW Corner of Constitution & Murray), 6:45 PM - 9:00 PM:

- ⇒ January 17, 2006—Communicable Diseases - When to Worry w/Corlis Brecht, RN, MSN, El Paso County Health Department



2 hours credit, No children under 16 years, please.
Cost: free for members, \$5.00 for non-members.

Upcoming ACGN Activities:

January 2006

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2	3	4	5	6	7
8	9	10	11	12	13	14 Medication Admin., Univ. Pre-cautions, pg 5
15	16	17	18	19 Workshop: Kindergarten Readiness, 7pm, pg 3	20 Storytime, 10 am, RSVP, pg 6	21 First Aid & CPR, 8:45 am, pg 5
22	23	24	25	26	27	28
29	30	31				

February 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Board Meeting	3	4 FCC Pre-licensing 8:45 am, pg 5
5	6	7	8 Preschool Planning Club, 7 pm, pg 5	9	10	11 Medication Admin., Univ. Pre-cautions, pg 5
12	13	14 	15	16 Workshop Diversity, 7 pm, Pg 3	17 Storytime 10 am & Rules Review 6:30 pm, pg 6	18 First Aid & CPR, 8:45 am, pg 5
19	20	21	22	23	24	25
26	27	28				



A Caregiver Network

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

Phone: 720-870-1161
Email: info@caregivernetwork.org

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

*Supporting All Early Childhood
Professionals*

WOYC

Week of the Young Child



Early Childhood— Where Our Future Begins

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC).

The purpose of the Week of the Young Child (WOYC) is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we--as citizens of a community, of a state, and of a nation--will better meet the needs of all young

children and their families.

See page 1 to see how ACGN will be celebrating Week of the Young Child.

Mark your calendars for Wednesday, April 12th.

WOYC logos can be found online at <http://www.naeyc.org/about/woyc/logos.asp>

