

Provider Watch

www.providerwatch.com/caregivernetwerk/

Provider Watch is a business protection for Child Care Providers, Center Owners/Directors and Nannies. Provider Watch offers delinquent account reporting, collection agency services and assistance in screening potential child care clients.

If you can't get to a computer, you can mail a check or money order for \$29.95 and mail it to: Provider Watch, 514 West Main Street, Monroe, WA 98272

***MUST INCLUDE: Your name, name of your business, phone number, address and email address (if applicable). Within 5 – 7 business days of your payment being received you will be notified via mail, or email, that your membership has been processed.**

This is a great service that you would be wise to take advantage of. ACGN members can utilize this service at a discount price of *ONLY* \$29.95. *That is a savings of \$20.04!*

President's Message

I have had the honor of writing the newsletter for about a year now. It has been very enjoyable, rewarding and a lot of hard work. ACGN is so fortunate to have someone like Dawn Rhods step up to the plate and volunteer to take over as Newsletter Editor effective October 1st. Even though I will sorely miss being able to utilize my creativity as editor I will now be able to focus even greater on my presidential duties. The board and I have great plans for this organization. We hope that you will join us in any capacity that you are able to in order to help this organization grow and to become the best it can possibly be.

On September 28, 2003, Sunday, at 6:00 pm, the Executive Board of Directors is having a Provider Appreciation Dinner to honor YOU! It will be at Bennetts. We will be welcoming in the new board members and recognizing the "old" board members. Your attendance at this fun filled occasion will be a great opportunity for you to eat a delicious meal at no cost and to meet with your board and fellow providers. I will be there, will you?

RESERVATIONS ARE A MUST! Call Maria at 303-690-5836 by September 15th.

Respectfully, Carol Johnson

- **Make the first day a first week - If at all possible, start your child's child care experience very slowly. Maybe only an hour the first day, half a day the next, until the child is comfortable remaining in care the full day.**
- **Don't Scold or Tease - Never make fun of a child's separation distress. Do not scold child for it.**
- **Reinforce a sense of trust with your child - Young children's separation anxiety is often closely tied to fears of abandonment. Make sure he/she knows you will be returning for them. If the child is old enough you can even show him/her on a clock what time you will return. Share with your child why they are there and what you will be doing while they are playing. Ex. Work, school, etc. In any case remind your child that you will indeed return.**
- **Leave something behind - Sometimes called transitional objects; teddies, blankies, and other objects of comfort can help a child feel secure. Something from home will often make the child feel safe. These "remembrance" objects may include photos or an object of the parents clothing – a scarf maybe?**
- **Do not bribe - If you plan a special activity after you pick the child up, let it be unconditional.**
- **Communicate with the caregiver - They are your greatest ally in making the separation a smooth and calm experience. Be sure to let them know if you have any specific concerns and needs. Don't be afraid to specifically request their assistance or guidance. And know they will comfort your child and reassure them you will return once you have left.**
- **Say Good-bye - You may want to remind the child that you will be leaving for work after you take them inside. When it is time to go, say good-bye and go. Continued good-byes, hugs and kisses only seem to add to anxiety and make the separation more difficult. It is never suggested to "sneak" out. Sneaking out only adds to their anxiety, increases fear of abandonment, and breaks down the child's sense of trust.**

Suggested Books to Read with your Child

- ***The Good-bye Book* by Judith Viorst** This delightful story proves that not all picture books have to be syrupy-sweet. Children see themselves in the young character who refuses to let his parents leave without a fuss.
- ***Into the Great Forest: A Story for Children Away From Their Parents For The First Time* by Irene Marcus** A young prince achieves a sense of mastery and discovers that the forest is not really as threatening as he had expected. This would be a good bedtime story for a preschool child who is having some concerns about going to child care.
- ***The Good-bye Game* By Diane Cocca-Spofford, Diane Spofford, Maryann Cocca-Leffler** The Goodbye Game helps children say Goodbye in a positive way. The repetition of playing the goodbye game not only a useful tool to combat separation anxiety but also a math activity.
- ***The Kissing Hand* By Audrey Penn, Ruth E. Harper, Nancy M. Leak** Chester is about to start school and he's terribly nervous. In a single, calming gesture, his Mom helps him feel loved and secure by kissing the center of his hand. She reminds Chester that her love is always right there and if he should feel frightened or scared or lonely he should simply hold the hand to his cheek and he will feel her love.

Separation Anxiety - You and Your Child

By: Pam Ball

Separation Anxiety is a normal part of childhood. Change even when it is positive or exciting can cause separation anxiety.

Separation anxiety can present itself in a number of ways.

- constant thoughts and fears about safety of self and parents
- refusing to go to school or child care
- frequent stomach aches and other physical complaints
- extreme worries about sleeping away from home
- overly clingy
- panic or tantrums at times of separation from parents
- trouble sleeping or nightmares


Factors that may contribute to separation anxiety include:

- Tiredness
- Minor or major illness
- Changes in the household routine
- Family changes such as birth of a sibling, divorce, death or illness.
- Change in caregiver or routine at child care.
- Parents usually are not the cause of the separation anxiety, but they can make things worse or better.

If separation anxiety occurs with your child there are several things you can do to ease the transition when starting child care.

- Recognize your own feelings -Be sure to choose a child care environment you are comfortable with yourself, otherwise these negative feelings may rub off on your child. If you are feeling uneasy about it, your child will sense this. Do not apologize to your child for having to attend child care and be sure to make it a positive and exciting time for them.
- Recognize your child's temperament - No one knows your child like you do, use this knowledge to help your child. If your child is usually shy about new things ease into the child care environment. Try to visit several times before leaving your child. Prepare him/her ahead of time when you will be leaving him/her by him/herself.

*Kid-mit-ment**



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SERIOUS INQUIRES ONLY
CALL PATTY
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Did your email address change?
Are you planning to move?
Don't forget to call Jay
at 303-690-8267 with your
new address and phone number.

**A GREAT BIG THANKS TO ALL
OF THE TELEPHONE
COMMITTEE FROM ME TO
YOU! YOU ARE SUCH AN
IMPORTANT PART OF THIS
ORGANIZATION!**

Sincerely,
Carol Johnson



**PLEASE NOTE...Our
newsletter is no longer on our
web site. You will need to join
our yahoo groups to be able to
view the newsletter at that site.
If you are interested in joining
please contact Dawn at
303-690-7684 for more
information.**

Need a contract, or other forms, for your home
childcare business? Go to our website at
www.caregivernetwork.org to download all
sorts of forms that may help you to run your
business more efficiently and professionally.

ADVERTISING PRICES for ACGN NEWSLETTER

Please note that **ALL** ads will be paid for in advance of printing the newsletter.

Checks are to be made out to A CareGiver Network and mailed to: P.O. Box 460861 Aurora, CO 80046-0861

These prices are for black and white copies ONLY!

AD or FLYER SIZE	CIRCULATION of 250 or less		CIRCULATION of 251 to 1000 (For every 100 over 1000 the cost is \$10/non-member or \$8/member)	
	NON- MEMBERS	ACGN MEMBERS	NON-MEMBERS	ACGN MEMBERS
FULL PAGE	\$100/MO	\$80/MO	\$200/MO	\$160/MO
HALF PAGE	\$ 60/MO	\$48/MO	\$120/MO	\$ 96/MO
QUARTER PAGE	\$ 40/MO	\$32/MO	\$ 80/MO	\$ 64/MO
*BUSINESS CARD	\$ 20/MO	\$16/MO	\$ 40/MO	\$ 32/MO
36 Characters (or less)	\$ 10/MO	\$ 8/MO	\$ 20/MO	\$ 16/MO

*Most members of A CareGiver Network can advertise a business card size AD THREE times a year absolutely FREE!
Contact the newsletter editor to see if you qualify for this benefit at 720-216-1861.

TRAINING and EVENTS

◇ Saturday, September 6th from 8:00a – 2:45p is the Hurried Provider Training Solution Workshop. The segment titles are: Effective Discipline, Understanding and Respecting the Gifts of Culture, and From Trash To Treasures. You may register for one or all three of the segments offered on that day. Register on line at www.caregiver.org utilizing pay pal OR you can use the registration form that is in this newsletter.

◇ Tuesday, September 9th from 7p-8: 15p our general membership meeting and training will be held at the Medical Center of Aurora, 1501 S. Potomac, Rm. 1. The topic will be “Connecting Emotionally” and will be facilitated by Jay Skinner. Jay is a licensed childcare provider with over 15 years experience and is a member and board member of A CareGiver Network. This workshop will cover *why* it is important to connect emotionally, *ways* to connect emotionally, *problems* that arise that may make this connection difficult, and some *solutions* to help with these problems.

We will also be having a door prize drawing valued at \$75.00 at this meeting! To have your name entered into the drawing, you must bring in a brand new undergarment to this workshop, OR \$5.00. For every garment, or \$5.00, you donate tonight your name will be entered into the drawing. The winner will be awarded the door prize at the end of this workshop. “Operation Undercover” is a statewide fundraising project where NEW undergarments that have been collected will be donated to a local charity. A CareGiver Network selected the Comitis Shelter in Aurora. The collections will be presented to this shelter in November.

◇ Wednesday, September 17th, from 10:30 am-12:00 pm, ACECC (Arapahoe County Early Childhood Council) will have a new member orientation meeting held at the Denver Hampden Branch Library located at 9755 E. Girard Avenue in Denver. Call 303-246-5146 for more information.

◇ Saturday, September 20th, CAEYC Fall Conference 2003 will be held at Denver Merchandise Mart. Call 303-791-2772 or go to <http://www.coloradoaecyc.org/> to register. Pay by September 3rd for Early Bird discount. The cost ranges from \$40 to \$80 with early bird and member discounts.

◇ Saturday, September 27th, Appelbaum Training Institute Presents SOARING to Success in Child Care at the Doubletree Hotel, 3203 Quebec St., Denver, CO from 8:00a-3:00p. To register for this seminar go www.atiseminars.org or call 1-800-23-CHILD.

◇ Sunday, September 28th, PROVIDER APPRECIATION AND BOARD MEMBER INSTALLATION DINNER at Bennetts - 6:00 p.m. RESERVATIONS A MUST! Call Maria at 303-690-5836 by September 15th.

◇ Saturday, October 11th, from 9:00 am to 2:00 pm, 4 hours of training in Literacy and Math is being offered absolutely FREE to home care providers within the Cherry Creek School District! SARC (Student Achievement Resource Center), 14188 E. Briarwood Avenue, Englewood, CO. (From Arapahoe Rd. and Parker Rd.: West on Arapahoe to Jordan Rd.; Left on Jordan Rd. to Briarwood turn Right; go to SARC – large beige building. **MUST RSVP BY OCTOBER 4th TO CAROL JOHNSON AT 720-216-1861.**

◇ Thursday, October 16th from 7p-8: 15p our general membership meeting and training will be held at our Presidents house located at 934 S. Oakland Court, Aurora. The topic will be “Caring for Your Community” facilitated by Ann Hobbs. Ms Hobbs has been an educator and administrator for 30 years. Her background includes a BA in Elementary Education and an MA in Gifted and Talented. Ann has presented workshops for CAEYC, CAQSAP and to A CareGiver Network. MsHobbs involvement in volunteering keeps her in contact with the community. This workshop will focus on Community Resources available for Parents and Caregivers, as well as giving parents and children ideas for getting involved and volunteering in their own communities. A list of Community Resources and Volunteering Opportunities will be provided. **RESERVATIONS A MUST! Call Carol at 720-216-1861.**

◇ Saturday, November 22nd from 9a-4p Prudential Foundation and Child Welfare League of America and Hosted by Nicholson, Spencer & Associates, a Professional and Family Training Institute, is offering a FREE training at Colorado Christian Home, 2950 Tennyson Street, 3rd floor, Denver, CO 80212. The training is for Early Childhood Child Care Staff. It is a train the trainer workshop to support caregivers in their support of parents. Taught by Dolly Hull. Minimum of 50 participants accepted on a first come first serve basis. **PRE-REGISTER by November 8th at 303-433-6449.**



A CareGiver Network

Telephone/E-mail/Fax Listing

SEPTEMBER/OCTOBER 2003

Executive Board Members

President, **Carol J.** 720-216-1861
inlucktoday@yahoo.com fax 720-216-1862
 Vice President, **Mary I.** 303-699-2681
 Secretary, **Dawn R.** 303-690-7684
drhods@comcast.net
 Membership, **Jay S.** 303-690-8267
 Referral Coord. **Maria C.** 303-690-5836
mariaconrad@comcast.net
 Spanish Referrals, **Alma D.** 303-344-9596
 CAFCC State Representative
Carol R. 303-343-9737

Committee Positions:

CPR/First Aid, **Carol** 720-216-1861
 Fieldtrips/Special Events, **Mary** 303-699-2681
 Hospitality Secretary, **Rhonda** 303-766-2647
 Librarian, **Carol** 720-216-1861
 Medication Course, **Maria** 303-690-5836
 Newsletter, **Carol** 303-216-1861
 Phone Tree, **Angie** 303-306-7151

Human Services, Division of Child Care:

Main Number 303-866-5958
 Oxana Golden 303-866-5943
 Dana Andrews 303-866-5946
 Susan Conley 303-866-5941
 Arapahoe County Main # 303-636-1100
 Arapahoe County Crisis # 303-636-1750

Licensing Specialists: Front Range

Main Number 303-404-5092
 Message Line 303-404-5597
 Supervisor, Rosemarie Allen 303-404-5304

Caseworkers: Front Range

Trisha Swinton 303-404-5597 3595
 80010, 11, 12, 13, 14, 80111 & 80222
Kathi Wagoner 303-404-5092 x3151
 80015, 17, 18, 80110 112, 120, 121, 122, 123

Denver Child Care Licensing:

Main Number 303-285-4075

Food Programs:

A Child's Choice 303-693-4467
 Child Care Sponsors 303-745-1358
 Kid's Nutrition 303-987-4852
 Wildwood 303-730-0460

CPR & First Aid:

ACGN Fundraiser 303-216-1861

County Referrals:

A CareGiver Network 720-870-1161
 Adams 303-451-1061
 ACFCCA 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 303-968-8772
 Longmont 303-651-1539
 Lafayette 303-828-4617

Resource Agencies:

Corra, www.corra.org 303-290-9088
 Metro Denver R&R 303-969-9666
 Family Resources 303-969-9500
 Care Connection 303-604-0030
 Colorado Childcare Association 303-860-7174
 CAFCC 303-450-7297
 CAEYC 303-791-2772

Education:

*Pre-licensing, Universal Precautions, Medications
 and Continuing Education*

Dawn Rhods 303-690-7684

www.caregivernetwork.org

Hurried Provider Training Solutions,

Mary Ingleby 303-699-2681

Colorado Department Of Health

Immunization cards 303-692-2650

A CareGiver Network Presents

The Hurried Provider's Training Solution **Saturday, November 15, 2003**

Church of The Holy Spirit, 8237 South Holly Street, Centennial, CO 80122

This training is customized to fit any schedule. You may pre-register for 2, 4, or 6 hours.

8:00a-10:00a Effective Discipline

**Theresa Weber, BS Child Development and Family Relations,
CCA Educator**

Learn how to effectively discipline children using natural and logical consequences as well as how to build children up so they don't act out.
2 hours in Child Development

10:15a-12: 15p Understanding and Respecting the Gifts of Culture.

Deborah Coleman

This workshop is geared to help you learn about different cultures and how to respect diversity within your program and how to work together with parents to build relationships between you and the clients of infants and toddlers.
2 hours in Infants and Toddlers/Cultural Diversity.

12:45p-2: 45p From Trash To Treasures

LaDean Dickerson, Experienced Child Care Provider

This is a hands-on workshop that will give you some ideas on how to use things for crafts that you might just throw away. What do you do with those little left over pieces of sidewalk chalk? How about old pantyhose? Please bring an empty gallon milk jug, an old pair of pantyhose, and a pair of scissors with you to learn these secrets.
2 hours in Early Childhood Education

****A Continental breakfast is provided. Please bring a potluck dish to share with others for lunch.***

Questions???? Please call Mary Ingleby 303-699-2681

Name: _____ License # _____
Address: _____ Zip _____ Phone _____

Please register me for: Discipline... ____ Culture ____ Treasurers ____

MEMBERS COST: 1 workshop \$ 15.00; 2 workshops \$20.00; Whole day \$25.00

NON-MEMBERS OF ACGN PLEASE ADD \$5.00 PER WORKSHOP or \$10.00 FOR THE ENTIRE DAY OF ATTENDANCE.

Make checks payable to: Caregiver Network

Mail to: Caregiver Network Attn: Mary Ingleby 17572 E. Bellewood Cir. Aurora, CO 80015-2024
OR register on line at www.caregiver.org and use pay pal.

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

Deadline for registrations is November 12, 2003

GREAT NEWS!

Cherry Creek Early Childhood and Arapahoe County Library District in cooperation with A CareGiver Network offer *EIGHT HOURS* of **FREE** training regarding literacy and math and an opportunity to make materials to use in your home for home care providers within the Cherry Creek School District.

SESSION 1

WHEN: October 11, 2003 **TIME:** 9 am – 12 noon Literacy
1 pm – 2:00 pm Math

WHERE: SARC (Student Achievement Resource Center), 14188 E. Briarwood Ave., Englewood, CO
From Arapahoe Rd. and Parker Rd.: *West* on Arapahoe to Jordan Rd.; *Left* on Jordan Rd. to Briarwood Rd. turn *Right*; on Briarwood go to SARC - large beige structure.

RSVP: By October 4th to Carol Johnson 720-216-1861

SESSION 2 Session 2 will be held in November. The time and place will be announced at a later date. The topic of this session will be Make and Take.

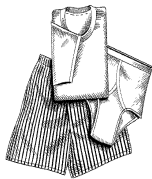
**TOGETHER WE CAN
MAKE A
DIFFERENCE!**



**PLEASE HELP BY JOINING A
CAREGIVER NETWORK IN A STATE
WIDE FUNDRAISER...**

OPERATION UNDERCOVER!

Bring in **BRAND NEW** undergarments for women or children, in **ANY** size, to the General Meeting and Workshop on September 9th, 7 p.m., at Medical Center of Aurora located at 1501 S. Potomac in Room #1.



FOR EVERY NEW UNDERGARMENT YOU BRING TO THIS MEETING, OR FOR EVERY \$5.00 YOU DONATE, YOUR NAME WILL BE ENTERED INTO A DRAWING VALUED AT \$75.00!

The winner will be awarded the prize at the end of the workshop.

Did you know that as a member of ACGN you are entitled to ALL of the benefits listed below? If you have any questions call Dawn at 303/690/7684 or Carol at 720/216/1861.

- ◇ *Free licensed childcare referral service*
- ◇ *Spanish referral line*
- ◇ *Monthly support and continuing education*
- ◇ *Networking opportunities*
- ◇ *Discounts on Saturday workshops, conferences and online workshops*
- ◇ *Bi-monthly and online newsletter*
- ◇ *Three free business-card size newsletter ads a year*
- ◇ *Web page information and resources*
- ◇ *Free link to your child care website*
- ◇ *Legislative updates*
- ◇ *Discount to our Lending Library*
- ◇ *Discount from Purified Water To Go (Aurora)*
- ◇ *Discount to Bridge Center Copy Center*
- ◇ *Discount to Provider Watch*
- ◇ *CAFCC affiliate (Colorado Association of Family Child Care)*
- ◇ *Member of the Arapahoe County Early Childhood Council (ACECC)*
- ◇ *Accidental death and dismemberment benefit from American Income Life*





A CareGiver Network

"The link that connects all childcare professionals"
SEPTEMBER/OCTOBER 2003

OUR MISSION

A Caregiver Network is a nonprofit member organization founded for the purpose of offering support and training to all childcare professionals. Our membership is comprised of family home childcare providers, center owners/employees, nannies, parents and advocates. We believe that both a strong support foundation and continuing education lead to the development of Quality Child Care Professionals.

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ELECTIONS for your CareGiver Network Board of Directors are just around the corner. You will be receiving your ballot in the mail sometime during the week of September 8th. Please call Deanna at 303-306-1775 if you do not receive your ballot. To help you in getting to know the candidates that are running for various board positions we have included their biographies below.
Please REMEMBER that YOUR vote counts and that we need YOU!

Biographies of Candidates

Vice President-Mary Ingleby-I am running for the office of VP. I am a founding member of ACGN and have held the position of VP for most of the 5 years we have been around. I am married with 2 teenagers and have done child care for 17 years. With your vote I will be able to continue doing quality work as the Vice President.

Secretary-Sandy Campbell-I am married and have two children. Nathaniel is off to Boston College this fall and Evan is in the seventh grade at Thunder Ridge MS. My husband, Stuart, teaches grades 4, 5 and 6 at Community School for the Gifted. I have been a childcare provider for the past 13 years. I have been a member of ACGN since February of 2003 and was a member of ACFCCA for ten years prior. During that period I served as Secretary for three years. I also served as Vice President for two years. I have served as Secretary of the vestry for my church for a period of four years. I look forward to being of service to ACGN.

Membership-Jay Skinner-I have been a member of ACGN since 1999 and have been holding the Membership position for the past year. I have been in childcare for 15 years and am currently working on my early childhood degree at the Community College of Aurora. I have been a member of ACFCCA since 1990 and served on their board as the membership person for three years. I am the chairperson for the social committee for Park View H.O.A. and volunteer for children's chapel at St Martin in the Fields Episcopal Church. I have been married for 23 years, have two children ages 19 & 15 with one on the way. I am a proud grandma of a 5 mo. old little girl. I believe in volunteering and helping out even though my schedule is very full. Thank you for taking the time to vote and I hope you will elect me for Membership of ACGN.

Referral Coordinator-Maria Conrad-I have been a member of ACGN since its inception about 5 yrs ago. I have been a childcare provider for 11.5 yrs and have been active on the Boards of ACGN and ACFCCA. I have been married for 23 yrs to Rick and we have a 12 yr old son named Zachary. Zach is the reason I got started in childcare, but now I do it for all the other children. I volunteer on Friday nights at a homeless shelter and work in the daycare facility as well. I have done referrals for ACFCCA and now handle them for ACGN and would like to continue doing so. I like helping out the members and helping parents find quality care for their little ones.

State Representative #2-Tonie Rutledge-I own and operate Tonie's Precious Cargo Daycare & Preschool. I have been in home childcare for 15 years. I was born and raised in Pueblo Co and am the middle child of 5. I have been remarried for 11 years this Aug 18th and have the most wonderful husband in the world. He went from bachelor to father and husband within days. He has been raising three beautiful, and testing children, who are not blood related to him, but treating them as his own. They are: RJ 13, NaTasha 12 and Carl 11. My boys go to Columbia and my daughter is home schooled. I enjoy ACGN and would like to be able to serve this organization as State Representative #2. Thank you.

APPOINTED POSITION will be effective October 1st Dawn Rhods is interested in the Newsletter Editor position and Karen Geyer in the Treasurer position.