



EST.



1997



# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## May 2023 Newsletter

### Announcements

This month **ECCLPS** feature Board member is **Julie Brower**. Julie is a Professor and the Director of Nursing Programs at NJC. She teaches a lot more than just how to draw blood, including: nutrition, mindfulness, preventative medicine, pharmacology, and the art of caring. She also teaches the medication administration class for our Providers. For her, Nursing is a rewarding career, making a difference in the lives of others. She became Board Treasurer in 2010, and remained so until the beginning of 2023. Julie, we are so grateful to have you on "Board".



### ECCLPS News

**ECCLPS** is so excited to welcome **Bailee Jones** to our team, as the new UPK Coordinator! Bailee will coordinate with our UPK Manager to support both families and providers in navigating UPK Colorado. Bailee jumped at the opportunity to help serve her community's needs. She has experience working alongside NE BOCES and the **ECCLPS** team, and she is also well versed in navigating online platforms and new technology. With these combined skills, she is looking forward to helping troubleshoot and navigate the UPK program. If you have questions relating to UPK and how it will work for you and your family, or your child care business, or you have difficulty navigating the system, you can reach her at [ecclps.jones@gmail.com](mailto:ecclps.jones@gmail.com).



# Save the Date

## Congratulations Stephanie!

Stephanie has been selected as a coaching partner for Healthy Child Care Colorado's Pyramid Coaching Project. Stephanie used her coaching credentials and recently became a Pyramid Facilitator, and has now been chosen to be part of this amazing project.

\*This project ensures that Pyramid-related coaching and implementation support is offered to early childhood programs across the state. This project aims to recognize and reduce challenging behaviors in children while increasing positive behaviors. It can also reduce stress, burnout, and turnover among existing early childhood educators and staff, keeping child care facilities open and operating.

\*Healthy Child Care Colorado's Pyramid Coaching Project will offer support to 50 licensed or license-exempt programs at no cost to participants. The implementation of [Pyramid Model](#) practices will be supported through coaching, fidelity observation tools, educational books, and teaching materials. The project will be delivered in partnership with the statewide network of certified Pyramid Facilitators/Coaches.

As a coaching partner, she will provide Pyramid related coaching and observations to 2 educators/teaching teams at no cost to them. Those programs will be chosen by Healthy Child Care Colorado, and Stephanie will be notified once their decisions have been made.

[Check out all Logan County Events here](#)  
[Sedgwick County Events](#)  
[Phillips County Events](#)

### May 5 - **First Friday Concert**

130 S. 4th St. Sterling [www.facebook.com/FPC.Sterling](http://www.facebook.com/FPC.Sterling) **SHS Jazz Band**  
12:05 - 12:35 PM

### May 12 - **Provider Appreciation Day Party**

Sterling Elks Lodge - Dome Room  
6:30 PM **Reservation Required by May 1**  
[ecclps.zink@gmail.com](mailto:ecclps.zink@gmail.com)

### May 13 - **Peetz HS Graduation**

311 Coleman, Peetz  
2:00 - 3:00 PM

### May 14 - **Fleming HS Graduation**

506 N Fremont, Fleming  
2:00 - 3:00 PM

### May 14 - **Holyoke HS Graduation**

545 E Hale, Holyoke  
2:00 - 3:00 PM

### May 14 - **Julesburg HS Graduation**

102 W 6th, Julesburg  
1:30 - 2:30 PM

### May 14 - **Merino HS Graduation**

315 Lee, Merino  
2:00 - 3:00 PM

### May 18, 19, 20 - **Friends of the Library Used**

**Book Sale** Logan County Fairgrounds  
under the grandstands 970-522-2023

### May 21 - **Platte Valley HS Graduation**

300 Morgan, Ovid  
10:00 - 11:00 AM

### May 21 - **Haxtun HS Graduation**

201 W Powell, Haxtun  
1:00 - 2:00 PM

### May 27 - **Caliche HS Graduation**

26308 County Road 65, Iliff  
2:00 - 3:00 PM

### May 27 - **Sterling HS Graduation**

407 W Broadway, Sterling  
10:00 - 11:00 AM



**MAY 12 IS PROVIDER APPRECIATION DAY - ECCLPS WOULD LIKE TO THANK ALL OF OUR PROVIDERS THAT PARTICIPATE IN COLORADO SHINES.**

## **WHAT IS COLORADO SHINES, AND HOW IS IT USEFUL?**

### **SUPPORTING QUALITY EARLY CARE AND LEARNING PROGRAMS**

Colorado Shines is the quality rating and improvement system for all of Colorado's licensed early care and learning programs serving children ages 0-5.

Colorado Shines exists to:

- Rate the quality of Colorado's licensed child care and preschool programs
- Help programs continue to improve the quality of services they provide
- Show families a program is committed to quality

Colorado Shines is a free resource for programs, early childhood professionals and families.

A Colorado Shines rating demonstrates your commitment to quality. It communicates to families that your program is a safe place where their children will learn and thrive.

Not licensed yet? [Click here.](#)

### **COLORADO SHINES QUALITY RATINGS PROCESS AT A GLANCE**

A Colorado Shines rating is a symbol of quality. The Colorado Shines rating is a guarantee to families that your program is licensed, in good standing and meets basic health and safety standards.

Colorado Shines rates the quality of Colorado's early learning programs, on a scale of 1 to 5, based on how well your program:

- Supports children's health and safety
- Ensures staff are well-trained and effective
- Provides a supportive learning environment that teaches children new skills
- Helps parents become partners in their child's learning
- Demonstrates good leadership and business practices

Once you receive a rating, Colorado Shines provides support to help your program continue to improve its quality. Colorado Shines is a flexible process that can be customized to meet the needs of each program.

Benefits include:

- Involvement in setting goals and making plans that will guide your work to improve program quality over time.
- Quality Improvement (QI) incentives and supports within the Colorado Shines Quality Rating and Improvement System (QRIS) are intended to help support costs to improve and maintain program quality.
- Support from a local Licensing Specialist.
- A Standardized method to provide quality ratings that assess, enhance and communicate quality as a critical component of licensed child care

- Incentivizes programs to strive for higher quality ratings
- Improves outcomes for Colorado's children by increasing access to quality early care and education programs
- Programs that earn higher ratings in the Colorado Shines QRIS enjoy increased access to grants and funding; training and resources to strengthen early childhood professionals' skills; and marketing tools to promote programs to families looking for high-quality care options
- Quality early care and learning programs ensure a positive and prosperous future for Colorado
- By participating in Colorado Shines, providers can take advantage of incentives that may be available such as technical assistance, which provides customized support from subject matter experts, and/or financial incentives for professional development training, maintaining accreditation and background check processing.

### Colorado Shines Supports and Incentives

#### QI funding and supports:

- Promote and reward high quality
- Support a smooth transition to Colorado Shines
- Help offset the costs of providing high-quality education and care

All QI funding is linked to a child care program's quality improvement plan. The State of Colorado contracts with local Early Childhood Councils to administer QI funding and supports. Early Childhood Councils work to leverage local governmental and private funding to provide local early care and learning programs with additional resources. Council staff and coaches are available to help programs navigate Colorado Shines.

- \* All Licensed Providers start as a Level 1, as it is embedded in Licensing.
- \* If a Provider accepts CCCAP, having a higher Colorado Shines rating increases the amount that they are reimbursed for children who are in their care using CCCAP.

For more information, you can access the Colorado Shines Program FAQ by clicking [HERE](#)

Quality early learning programs and the early childhood professionals who work in the programs, help young children get a strong start in life. The work that you do every day could not be more important, and we are grateful to your commitment to deliver high-quality early care and education to the families you serve. Thank you for all you do to keep Colorado children healthy, valued, and thriving.

# A GREAT BIG THANK YOU TO ALL OF OUR LICENSED PROVIDERS!!!

Tammy's Licensed Child Care  
Tina's Child Care  
Brenda's Buddies Child Care  
Doree's Daycare  
Tami's Daycare  
Virginia Jones  
Kristy's Daycare  
Tangled Acres Daycare  
Joyce Lively Daycare  
Sara's Daycare  
Reach 4 More  
Marla's Daycare  
Kelli's Kiddos  
Gloria's Country Child Care  
Kris Gordon's Daycare  
Pat's Place Daycare  
Kidz Alley Child Care

8th Street Child Care  
Iliff Head Start  
Bullpup Preschool  
Little Folks Preschool  
Peetz Little Bulldogs Preschool  
Trinity Lutheran Early Ed Center  
Caliche Little Buffs  
Hagen Early Ed Center  
Dragons' Wagon Preschool  
Sterling Early Learning Center  
Fleming Community Preschool  
Janelle's Preschool  
Julesburg Early Ed Center  
Sunshine Child Care Center  
Little Sprouts Learning Center  
Revere Child Care Community  
Busy Buddies Learning Center

Just by doing what you do every day, you make our children,  
communities, Colorado, and the world better!



# ECCLPS Event Photos

We held several **AMAZING** events in April, and here's the scoop on them:

**Week of the Young Child - Free Movie Days:** In Sterling, *The Dog Who Saved Easter*. In Julesburg, *Hop*. In Holyoke, *The Dog Who Saved Easter*. We had a great turn-out for all three counties. Each child received a reflective backpack with goodies, and the opportunity to win an awesome Easter basket! (One winner per county.) It is so much fun to host these events, and the kids always seem to have a good time! Thank you so much to each of the three theaters and staff for your support and for helping to make these events so much fun!

## 3 Golden Egg Winners!!!





Our **Car Seat Check Up Event** was a success as well. We had several families show up to receive instruction on how to properly install and use their car seats, so that children are safe while travelling. A **HUGE THANK YOU** to everyone who participated, from the amazing Technicians, Law Enforcement to Fire, Partners to Volunteers. We couldn't have done it without **YOU!**

Colorado State Patrol, Logan County Sheriffs, Northeast Colorado Health Dept., Sterling Police Dept., Sterling Fire Dept., Family Resource Center, CSU Extension



**ECCLPS** and **Banner Health** are teaming up again this year to host the **Safe Sitter** classes in Sterling June 5, July 24, and possibly August. We are hosting the class in Julesburg on June 15, and in Holyoke on July 6. Please contact Angie Myers at 970-470-3226 to register your child, and **watch our [FB page](#) for details.**



[amee.duncan@state.co.us](mailto:amee.duncan@state.co.us)  
720-692-4678

# Coping with Trauma, Stress and Violence

After the 19th shooting at a school or university this year, the NAEYC has posted these articles to help caregivers talk to their children about coping with the tragedies they learn about in the media.

## [Coping with Violence](#)

Online resources for parents, teachers, and others working with young children.

## [Coping with Disasters](#)

Online resources to provide information on how to help when disaster strikes, and preparedness for child care and preschool programs.

## [Creating Trauma Sensitive Classrooms](#)


A significant number of children experience trauma, and the effects can be profound. It is imperative, therefore, that early childhood settings be safe, trauma-sensitive spaces where teachers support children in creating positive self-identities.



## [Focusing on Families](#)


Model for Reducing Parents' Stress and Boosting Preschoolers' Self-Regulation and Attention


## [Resources to Help Young Children Cope in the Aftermath of Violence](#)


The NAEYC remains committed to influence public will, action, and policy by collaborating with partners to reduce the causes of violence; and to enhance the ability of educators to respond to violence with tools and practices that acknowledge and address its impact on children.




 **Licensing Tidbits** 

 Hooray! The sun is finally out!

 Don't forget to use sunscreen on your little ones **every time** you go outside. This is a great time to review the regulations regarding sunblock. If you have any questions, please do not hesitate to ask.

 How are your drill logs? Be sure to stay familiar with drills and what you would do in an emergency situation. One thing we all know about the weather out here, is that it is VERY unpredictable.





# Try Being POSITIVE!

As May rolls around, you may find your children struggle to find something constructive to do, and this can lead to conflict. Here are some suggestions to keep emotions in check – both theirs and yours.

## Positive Parenting Tips

As a parent you give your children a good start in life—you nurture, protect and guide them. Parenting is a process that prepares your child for independence. As your child grows and develops, there are many things you can do to help your child. These links will help you learn more about your child's development, positive parenting, safety, and health at each stage of your child's life.

## Positive Parenting Solutions

The 7-Step Parenting Success System® online course gives you the tools you need to finally put an end to exhausting power struggles with your children. (As seen on Steve Harvey, ABC News, Rachael Ray, Today, and many more.)

## 9 Essential Positive Parenting Tips, The Definitive Guide

Positive parenting and positive discipline focus on teaching good behavior using kind and firm parenting techniques. Here are some effective positive parenting tips to help you create a peaceful, happy home.

## Here's what makes 'positive parenting' different—and why experts say it's one of the best parenting styles

Unlike authoritarian parenting, which places high expectations on children with little responsiveness, or uninvolved parenting, where there is little nurturance or guidance, positive parenting is an empathy-based approach that involves techniques such as encouragement and problem-solving — rather than shouting, hostility, shaming or leveraging rewards.

## What is Positive Parenting? 33 Examples and Benefits

This article provides a highly comprehensive compilation of evidence-based positive parenting techniques. These ideas and strategies will cover a range of developmental periods, challenges, and situations. More specifically, drawing from a rich and robust collection of research, we will address exactly what positive parenting means; its many benefits; when and how to use it; and its usefulness for specific issues and age-groups.

When you're finding it especially hard to stay positive, (if possible) try: taking a bath with Epsom salt or baking soda (it can help remove toxins from the body, and a good soak will often put you in a better state of mind), or try giving your child a bath, maybe a good soak will be good for him/her too. Try taking children for a walk (now that it's starting to warm up, there are lots of interesting sights to catch everyone's eye) talk about what you see, hear, and smell. If you're still struggling, find someone to watch the kids for an hour and spend some time doing something you enjoy, even if it's just chocolate (that you don't have to share) and a coffee in an outdoor space.

# A New Approach?

## Positive Discipline

### 5 Different Types of Child Discipline

Although new parenting books and [child discipline](#) strategies are always surfacing, many "new" parenting ideas are actually subtypes of five basic types of effective discipline. Parenting experts don't always agree on which specific type of discipline is best in each situation. However, a kind but firm authoritative approach that uses consistent limits and consequences while also validating feelings is most often recommended.

### What is Positive Discipline and what techniques do you use to employ it?

**"It's a parenting philosophy based on encouragement, empowerment, and mutual respect,"** Zeichner says. "It supports parents in finding solutions to misbehavior rather than using or relying on punishment. Discipline is all about guiding children, being neither permissive nor punitive."

### How to Help Your Child Manage Frustration

Developing coping strategies to deal with frustration requires time and practice.

### 5 Positive Discipline Techniques to Try

Proponents claim that this [discipline method](#) can help strengthen bonds and increase trust between parents and children. When you respond to provocation with these five tried-and-true examples of positive discipline instead of anger, you also teach a child that it is possible to respond to frustrating moments without conflict.

### The Importance of Chore Time for Kids

"Do chores benefit children?" Some say absolutely yes! Life will always be full of a never-ending "to-do list". Chores are one area of life that is never-ending. So learning how to manage your time at a young age sets children up to be successful adults.

### 7 Reasons Why it Feels Like Positive Parenting Isn't Working

When you feel overwhelmed trying a new parenting style, know that YOU ARE NOT ALONE!

### 5 Common Missteps Parents Make When Implementing Positive Parenting Techniques

Don't give up, everyone has bad days! Try, try again, consistency is the key.

### 10 Reasons Positive Parenting Isn't Working

Make sure you and your spouse are on the same page, mixed messages can be very difficult for a child to navigate.

# Fun Activities For The Whole Family...

**Spring** – it's the BEST time of year to get everyone back outside! While temperatures are moderate, there are LOTS of things to do, to spend time as a family and be active again. "Outside" is a wonderful place to let them burn off that extra energy, and ensure a good nights sleep. Spending play time outside is a great way to bond with your children, and get some good exercise for you, too. When children get lots of active play time in, they're more likely to eat better (this is a good time to offer fruits, vegetables, nuts and healthy snacks). Make sure they get plenty of water.

Strive for activities to get them off of their devices. When they interact, it's easy to have fun! There's lots of organized activities on the web, but let's not forget the "little" things like - mud pies, "I Spy", flying a kite, running through the sprinkler on a warm day, collecting rocks and making a mosaic, picking wildflowers, trying to whistle like the birds, shadow puppets, pine cone bird feeders (with peanut butter), gazing at the clouds and seeing shapes, making lemonade, baking cookies (and sharing with a neighbor or friend), tug of war, planting flowers, building a fort, camping in the back yard, picnics at the park, playing "would you rather", scavenger hunts (you can look for flowers, bugs, birds, colors, shapes, etc. maybe you can take a picture rather than gathering the items), finding a stick to make a wand, weaving flowers to make a crown, pressing flowers for a scrapbook or craft, dancing in the rain and splashing in puddles – sometimes you just need to be *present* in nature and let IT inspire YOU!

## [125 Funny Jokes for Kids That Will Get the Family Laughing Together](#)

Let your youngsters tell you the joke they learned that day, while your family has dinner together.

## [123Homeschool4me](#)

I can't lie, I got lost here for quite a while, SO MANY cool experiments and fun activities, plus free printables! STEM activities for the whole family to try together.

## [30 Spring Activities for Kids](#)

Some of these could be led by an older sibling and still be so much fun.

## [51 Spring Activities for Kids](#)

Some of these might take a bit of time to prepare, but could be great fun for a weekend family day.

## [Happy Toddler Playtime](#)

Amazing sensory bin ideas, and fun counting crafts and activities, many of which can be modified for older kids as well.

## [50 Fun Family Spring Activities](#)

Many of these ideas can be done at little to no cost.

## [Cheap Crafts for Kids - 133 Fun and Easy Project Ideas](#)

Remember - it's not a bad thing for kids to be bored sometimes! It can inspire their creativity, stimulate problem solving strategies, give their brain time to recharge...

## [Boredom can actually be a positive thing](#)

# Holidays and Special Occasions in May

[May Day - May 1](#)

[Mother Goose Day - May 1](#)

[Firefighters' Memorial Day - May 4](#)

[Cinco De Mayo - May 5](#)

[National Teacher's Day - May 9](#)

[Provider Appreciation Day - May 12](#)

[Mother's Day - May 14](#)

[National Missing Children's Day - May 25](#)

[Memorial Day - May 29](#)

[Nurse's Week May 6 – 12](#)

[Be Kind to Animals Week May 7 – 13](#)

[National Police Week May 14 – 20](#)

[Emergency Medical Services Week May 21 – 27](#)

[May is Heal the Children Month](#)

[May is Indian Heritage Month](#)

[May is Maternal Mental Health Month](#)

[May is Military Appreciation Month](#)

[May is National Youth Traffic Safety Month](#)

**ECCLPS** is once again hosting a **Provider Appreciation Day** event on May 12. All of our Champions are welcome to join us for this **“SIMPLY MAGICAL”** evening, in appreciation of just how magical you all are. It is sure to be spectacular and a great time for all! We do this each May to show our appreciation for all of our Early Childhood Champions! You do your part each and every day to ensure a bright future for our communities young learners, and you are an integral part of preparing our youth for kindergarten and beyond. Watch our [Facebook](#) page for details about the celebration.



Any Time is a Great Time to Give Where You Live

**ECCLPS**

Accepts and appreciates donations through out the year!

If you would like to donate, go to:

[ECCLPS Colorado Gives](#)

**~ECCLPS TEAM~**

<p><b>Stephanie Swenson</b> Quality Support Coach <u><a href="mailto:ecclps.edwards@gmail.com">ecclps.edwards@gmail.com</a></u></p>	<p><b>Stacey Zink</b> Coordinator <u><a href="mailto:ecclps.zink@gmail.com">ecclps.zink@gmail.com</a></u></p>	<p><b>Michelle Sharp</b> Executive Director <u><a href="mailto:ecclps.sharp@gmail.com">ecclps.sharp@gmail.com</a></u></p>
<p><b>Aileen Miranda</b> Program Assistant <u><a href="mailto:ecclps.miranda@gmail.com">ecclps.miranda@gmail.com</a></u></p>	<p><b>Bailee Jones</b> UPK Coordinator <u><a href="mailto:ecclps.jones@gmail.com">ecclps.jones@gmail.com</a></u></p>	<p><b>Mary Pennock</b> Child Read Coordinator <u><a href="mailto:ecclps.pennock@gmail.com">ecclps.pennock@gmail.com</a></u></p>

**GENERAL INFORMATION**

Office Hours

Tuesday - Friday 8:30 - 5:00

ECCLPS Partner Meetings

4th Monday of the Month (September - May)

11:50 AM - 12:50 PM

ECCLPS Professional Development Trainings

4th Monday of the Month (September - May)

6:30 PM - 8:30 PM

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