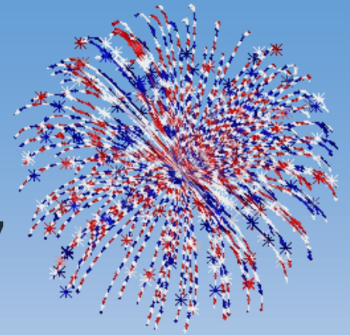


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# EARLY CHILDHOOD COUNCIL LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## July 2023 Newsletter

### Announcements

We're kicking off a new segment to feature our Early Childhood Champions! This month we are grateful for **Little Folks Preschool**, and **Terry Curtis**.

Terry opened **Little Folks Preschool** in 1992 in Merino, CO. Her and her 4 staff members care for children (typically) ages 2 1/2 to 5 years, and serve approximately 25 families each year. One of her favorite things about the programs is that she strives to provide a quality program where children and families feel welcome at any time. She believes they do a great job of this. **Little Folks** is unique as they provide a homey atmosphere along with age appropriate structure to help children move on into public school. She loves her staff, students, and families. They all work together to provide a well rounded program. Terry is rated a Level 5 in Colorado Shines, which is proof of how hard she works for the families who attend her preschool. Way to go **Little Folks Preschool!**

### ECCLPS News

\*We are so pleased to announce that **Safe Sitter** classes are well underway, and the turnout has been fantastic! The first class in Sterling, on June 5th, was FULL with 15 students in attendance! In Julesburg on June 15th, we had 4 students for the class. Class will be held in Holyoke on July 6th, and again in Sterling on July 24th. If you would like to enroll your child in the class, please contact **Angie Myers** at **970-740-3226**. We also want to thank Angie for doing such a great job teaching the class!

\*We had a fantastic time at Dandelion Daze hosting the **Car Seat Check Up**. The families that came received instruction on how to install their car seats, and ensure that their children are safe while travelling. Thank you to **Michelle Pemberton** at the Health Department for doing the inspections, and to the **Holyoke Fire Department, Phillips County Sheriff's Office** and **Police Department** for all you do every day! If you missed the event and would like to have your child's seat inspected, please call Michelle at 970-522-1412 ext. 1239



[amee.duncan@state.co.us](mailto:amee.duncan@state.co.us)

720-692-4678

## Save the Date

July 4 - **Heritage Festival**  
Overland Trail Museum, Sterling  
10:00 AM - 3:00 PM

July 4 - **Holyoke Fireworks**  
City Park - Starts at Dusk

July 4 - **Haxtun Fireworks**  
Community Center - Starts at Dusk

July 4 - **Fireworks Jam**  
Home Depot Parking Lot, Sterling  
5:00 PM Fireworks will follow

July 4 - **Hometown 4th of July**  
Sedgwick County Health Center  
5:30 PM - Fireworks start at dusk

July 6 - **Safe Sitter - Holyoke**  
Phillips County Event Center, Ortner Room  
22505 US-385 Holyoke  
8:30 AM - 2:00 PM 970-740-3226

July 7, 14, 21, 28 - **July Jamz**  
Sterling Courthouse Gazebo  
6:00 PM - 9:00 PM

July 15 - **Old Fashioned Saturday Night**  
Haxtun - All Day Event

July 16 - **Ice Cream Sundae Social**  
1:30 PM - 4:00 PM  
Phillips County Museum

July 19, 20 - **Ryan Lieber Memorial Blood Drive** Call Dave for an appointment  
970-580-1278

July 24th - **Safe Sitter - Sterling**  
100 Broadway Suite 14  
8:30 AM - 2:00 PM 970-740-3226

July 25 - 30 - **Phillips County Fair**  
Phillips County Fairgrounds

July 27 - August 6 - **Logan County Fair**  
Logan County Fairgrounds

August 3 - 6 - **Sedgwick County Fair**  
Sedgwick County Fairgrounds

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

[Sedgwick County Events](#)

[Phillips County Events](#)

## Licensing Tidbits

1. Providers please be sure to always sign your responses to your Report of Inspection.
2. If you are hiring a new employee, be sure you are asking about living out of state and have the correct paperwork in files. Anyone living out of state in the last 5 years (even if they were just attending college) must run background checks from the state they lived in.
3. Home providers, there's set rule changes in discussion. I encourage you all to look over them and give feedback. You need to be an advocate for your profession.

<https://cdec.colorado.gov/public-notice-information>

**Summer** is officially here! We thought we'd bring more ways to help your child stay active and outdoors, but also to promote learning and quality engagement during family time. While we support outdoor play and learning all year long, we realize summer is the best time of year to spend quality time in nature. During long, hot days, physical activity might feel strenuous, so try some of these activities in the early morning or evening and enjoy the cooler temperatures.

### [Playing in the Rain: Get kids outside in almost any weather](#)

The National Wildlife Federation [polled](#) more than 1,000 parents about the barriers to getting their kids outside, and weather topped their list of reasons to keep kids indoors.

### [How to Instill a Love of Nature in Your Kids](#)

With the advent of technology and the overscheduling of childhood, our time in nature is dwindling.

### [Things You Never Knew About Dragonflies](#)

Dragonflies were one of the first insects to inhabit this planet. Here are eight facts that may change the way you look at these unique, ancient, and incredibly varied insects.

### [28 Days of Stem and Steam Activities for Kids](#)

STEM is the abbreviation for Science, Technology, Engineering, & Math. In STEAM we add an A for Art, too. Both are integrated approaches to learning that encourage students to think more broadly about real-world problems.

### [How to Make Glowing Bubbles](#)

Glowing bubbles are so awesome and fun to watch! Plus, our bubble solution makes long-lasting bubbles, so you'll really be able to enjoy them. (This recipe needs adult supervision to make, and is not considered non-toxic because of the highlighter.)

### [Mud Kitchen Ideas](#)

You know we're always looking for fun ways to get kids outside. This article is all about the many benefits of [playing in the mud](#). You'll also find a little mud kitchen inspiration.

### [Summer Meditation - Flow Like a Jellyfish](#)

So, it hasn't been the easiest week, but this meditation will lighten your load a bit. Just the thought of breaking free from the grind and [going with the flow](#) like a jellyfish has major appeal.

### [Six Thinking Games for Kids](#)

Thinking games for kids are some of the easiest indoor activities you can find. They also work when you are on the go.

### [50+ Children's Books About Empathy to Help You Raise Kind Kids](#)

### [Why Are Part-time Jobs So Important for Our Teens?](#)

While **Summer** can be awesome in so many ways, it can also be a time for struggles between you and your children. Here are a few things to address some of those struggles, before they turn into battles.

### [By Invitation Only](#)

So you had a pretty good partnership going until your baby morphed into a toddler, and now the dance isn't going quite the way you envisioned? Welcome to the club.

### [How to Get Your Toddler to Stay in Bed All Night](#)

Making the [transition from a crib to a toddler bed](#) is a major milestone in a child's life.

### [To the Mom of "That Kid" Who is Seen for His Behavior \(Instead of His Character\)](#)

Parenting isn't easy, but with the right mindset and knowledge, we can push through what looks like a pile of weeds, vines and bushes and find the beauty within.

### [12 Basic Social Skills Kids Need](#)

Social skills are a critical element to helping kids succeed socially, emotionally, personally, and even academically.

### [15+ Proactive Anger Management Strategies for Children and Teens](#)

For kids and teens struggling with managing their anger, it's important to stress that anger isn't the issue. Anger is a normal emotion. The challenge is learning to manage that anger in healthy ways.

### [Preventing Sibling Fights: Eight Tips](#)

You can do a lot to prevent sibling fights by helping your children learn to get along and guiding them towards better ways of resolving conflict. Lay the groundwork with our eight essential tips. (There's so much helpful and thought provoking information on this site, take some time to browse by age as well.)

### [How to Avoid Power Struggles With Children](#)

Strategies to stop the arguing and gain peace.

### [How to Stop Arguing With Your Child: 9 Steps to Take Today](#)

How do you stop arguing with your child? The best and most effective approach to stop arguing is to refuse to take part in arguments in the first place.

### [How to Stop Kids from Fighting](#)

No parent wants to be a referee in their home 24/7.

### [The Gentle Approach to Sibling Rivalry](#)

#### [10 ways to defuse a power struggle](#)

Parenting educator and psychotherapist Andrea Nair offers up these genius tricks for avoiding and managing pint-sized attempts at household domination.

#### [18 Ways to Avoid Power Struggles](#)

More strategies for avoiding the power struggle, create a win/win environment.

Now that you're (hopefully) getting a handle on disagreements, try getting your teens and even toddlers in the kitchen to help you prepare meals, snacks, and desserts. When children are involved in food prep, they're far more likely to enjoy meal times, and take ownership of the items prepared. Take this opportunity to introduce new, healthy, and fun foods. The skills learned in the kitchen can also improve hand strength (a must for writing), attention, and focus all while being fun and building connections!

### [100 Healthy Foods for Toddlers](#)

A great list of healthy foods that nourish little bodies. When you start them young, they will be more likely to eat them even when they get to that picky stage.

### [20 Easy Recipes for Kids to Cook](#)

When you're in need of fun toddler activities to increase their exposure to a variety of foods, keep them busy, and make food to share at the next meal or snack, get them in the kitchen.

### [20 Toddler Recipes](#)

While no one expects you to try all of these, maybe you'll find something you and your kids will love. At very least, let them inspire you to try something new.

### [18 Healthy Recipes to Make With Toddlers](#)

Getting kids to eat healthy meals from a young age is important, but not always easy. Here's advice and recipes to help.

### [50+ Easy and Healthy Toddler Meals](#)

Here are some easy toddler meals to make getting a healthy, balanced meal on the table doable!

### [15 Healthy Recipes You Can Cook With Your Kids](#)

Although numerous activities can keep kids busy, cooking is one of the best choices, as it's both fun and educational.

### [Hassle-Free Healthy Foods for Toddlers](#)

Better strategies include incorporating nutritious items into familiar packages, offering choice whenever possible, and of course, making food fun!

### [100 Healthy Toddler Meals](#)

Looking for healthy toddler meals? Here are 100 real-life toddler plates with ideas for breakfast, lunch, and dinner from a Registered Dietitian to inspire you.

### [Chop Chop Family](#)

Literally hundreds of kid and family friendly recipes to support healthy eating.

### [Healthy Meals for Kids From the Food Network](#)

# Child Health and Well Being

## Healthcare Program for Children and Youth With Special Needs (HCP)

HCP supports children with special health care needs, from birth to age 21, and their families. Through care coordination, HCP assists Northeast Colorado families in understanding and coordinating the resources available for care and support. Click the link above to learn more.

## Early Childhood Mental Health Consultation

Information in English and Spanish, a no-cost and confidential resource.

## Best Preschool Music for Energetic Kids

This collection is perfect for getting the wiggles out, especially when stuck indoors.

## Specialty Clinic Dates 2023

### Neurology Clinic

May 11 - Sterling

June 8 - Fort Morgan

July 13 - Sterling

September 7 - Sterling

November 9 - Sterling

December 14 - Fort Morgan

### Orthopedic/Rehab Clinic

April 12 - Sterling

June 20 - Fort Morgan

October 18 - Sterling



Children's Hospital Colorado

Services from NCHD's specialty clinics are scheduled by appointment only. Clinics are held at NCHD's District Headquarters in Sterling, or in our Fort Morgan office. To make an appointment at one of our clinics, please contact Mechelle Beck, (970) 474-2619 x6021

## Baby Sign Language Apps

If your child struggles to communicate through speech, there are some great apps here that you may find helpful.

## Yoga for Kids and Parents: How to Bond With Your Child Through Yoga

One way to introduce mindfulness and wellness into your family is yoga for kids and parents.

We have spots for **Childcare Read** (with awesome new books) available! Please contact Mary at 970-466-0778 or email [ecclps.pennock@gmail.com](mailto:ecclps.pennock@gmail.com).



# Partner News Links

[Colorado Shines PDIS June](#)

[Preschool Development Grant June](#)

[Colorado UPK Latest Info](#)

[Child Care Aware of America](#) (Scroll to bottom of their page to sign up)

[Early Learning Ventures](#)

[NAEYC June Newsletter](#)

[Colorado Department of Early Childhood](#)

School starts in August, here are the links to the **School Calendars** [RE-1](#), [Fleming](#), [Merino](#), [Peetz](#), [Holyoke](#), [Haxtun](#), [Julesburg](#), [Ovid](#)

## Coming Soon...

**Medication Administration Parts 1 & 2** - Saturday, September 23, 2023. To reserve your spot, email [Stacey](#).

**Pre-Licensing Class - TBA** (15 hours) for becoming a Licensed Family Childcare Home Provider

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If you have information you would like us to share in our newsletters, please send to [Aileen](#) prior to the month you would like it to be featured.

Please join us on **KPMX 105.7** the second Wednesday of each month at 9:00 AM to stay up to date on what's happening at ECCLPS.

**Mark your calendars** - Sterling's 1st Hospice of the Plains Charity Golf Tournament is September 9th, 2023 at 9 am at Sky Ranch Golf Course. We are reaching out to the community for your support. If you are able to help support this Charity Golf Tournament there are several ways:

- Sponsor The event
- Sponsor The Food/Drinks
- Sponsor a Hole
- Give a Donation
- Give a Gift Certificate
- Donate a Prize

If you need us to arrange pickup for any items or donations, we would be glad to do that. Please call 970-526-7901 or 970-332-4116 to let us know when to come to your business to pick it up.

Due to rising costs of the tournament, your monetary gifts are greatly appreciated. Thanks for your consideration, Jennie Midkiff & Cassie Diehl

Be sure to watch our Facebook page for important updates, reminders, sneak previews of some of the hole prizes and more!

[Hospice of the Plains, Inc.](#)

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**ECCLPS** graciously accepts and appreciates your donations any time of year. Each donation made to us qualifies for the childcare tax credit. For every dollar, the donor receives the donation to lower their taxable income, and 50% as a tax credit to offset their taxes owed.

# Holidays and Special Occasions in July

- July 1 – [American Zoo Day](#)
- July 4 – [Independence Day](#)
- July 7 – [Global Forgiveness Day](#)
- July 7 – [National Strawberry Sundae Day](#)
- July 11 – [National Free Slurpee Day](#)
- July 14 – [National Be Nice to Bugs Day](#)
- July 16 – [National Cherry Day](#)
- July 16 – [National Ice Cream Day](#)
- July 19 – [National Hot Dog Day](#)
- July 24 – [International Self Care Day](#)
- July 26 – [One Voice Day](#)
- July 28 – [National Milk Chocolate Day](#)
- July 28 – [National Water Park Day](#)
- July 28 – [World Nature Conservation Day](#)
- July 30 – [International Day of Friendship](#)



- [National Clean Beaches Week July 1 – 7](#)
- [National Culture Consciousness Week July 1 – 7](#)
- [National Childhood Obesity Week July 3 – 9](#)
- [Shark Week July 11 - 18](#)
- [Coral Reef Awareness Week July 17 – 23](#)

## July is -

- [National Bison Month](#)
- [National Blueberry Month](#)
- [National Culinary Arts Month](#)
- [National Grilling Month](#)
- [National Make a Difference to Children Month](#)
- [National Picnic Month](#)
- [National Watermelon Month](#)
- [Wild About Wildlife Month](#)



### Fun Facts about – the Meadowlark (see and hear the Meadowlark [here](#))

Their nests are situated on the ground and are covered with a roof woven from grass. There may be more than one nesting female in a male's territory. Nests are sometimes destroyed by mowing operations with eggs and young in them (so please watch out for them). Eggs are laid at daily intervals. Incubation only begins after the last egg is laid. Eggs have brownish spots and blotches on a white ground. The eggs hatch over a period of one or two days after being incubated by the female for 13–15 days. The young are [altricial](#) and nearly naked; their eyes are closed until the 4th day. Only the female broods the chicks. The nestlings are almost exclusively fed insects. The male brings food to the nest which is then usually fed to the chicks by the female. The young fledge at 10-12 days but are only capable of sustained flight at around 21 days. The young receive parental care for around 2 weeks after fledging. They mainly eat [insects](#), although they will consume [seeds](#) and [berries](#). They can live 5-6 years.



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

Early Childhood Council Logan, Phillips, Sedgwick

100 Broadway Suite 14

P.O. Box 802

Sterling, CO 80751

**970-526-2440**

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

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