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EARLY CHILDHOOD COUNCIL

LOGAN - PHILLIPS - SEDGWICK

Every child can learn, play & succeed!

June 2023 Newsletter

Announcements

We're wrapping up our Board member introductions with **Michelle Anchondo**. Michelle is the Business Manager at Revere School District in Sedgwick County, since July of 2021. She has been an ECCLPS Board member since 2020. We appreciate her service and perspective in this role. She is the mom of two beautiful children, who are active in school, sports, 4-H, and rodeo, and Michelle loves spending time with her family. Nothing brings her more joy than watching her kids experience new things and find new passions. She has also worked with Sedgwick County DHS, and Creek Valley Public Schools, as well as Melissa Memorial Hospital. Thank you for all you do for children and for ECCLPS.



ECCLPS News

ECCLPS is gearing up for a busy summer! We're so excited to offer **Safe Sitter classes** in all three counties this year. In **Sterling**, classes will be held on June 5, July 24, and if needed, we'll offer one more in August. They will be held at the **ECCLPS** office, 100 Broadway Suite 14, from 8:30 - 2. In **Julesburg**, it will be held on June 15 at Sedgwick County Human Services, 118 West 3rd Street from 8:30 - 2. And in **Holyoke** on July 6 at the Phillips County Event Center, Ortnor Room, 22505 US-385 from 8:30 - 2. **ECCLPS** will be paying half of the usual \$40 fee, so that our youngest caregivers can provide safe, intelligent services for our community's little ones. Classes fill up fast, so contact Angie Myers to register your child/ren for the class. 970-740-3226. **ECCLPS** will also host the **Car Seat Check Up Event** in Holyoke, during Dandelion Daze, at the Phillips County Courthouse from 10 AM until 1 PM.

Congratulations Participants!

Stephanie has been VERY busy the last couple of months, and so have all of the Pyramid Colorado participants! Each of the following Providers has completed the course, and is now officially trained in the Pyramid Model Colorado. The Pyramid Model training, coaching and certification offered through this project supports early educators to recognize and reduce challenging behaviors in children while increasing positive behaviors. It also reduces stress, burnout, and turnover among existing early childhood educators and staff, keeping child care facilities open and operating.

Alexis Gutierrez	Alyssah Avila
Andrea Abarca	Ashley Hillyer
Aubrey Gonce	Brenna Deleon
Cassandra Palmer	Christina Polycarpou
Daelynn McMurrin	Debby Griebel
Doree Gilbert	
Gloria Bornhoft Bergner	
Hollie Monaco	Joyce Lively
Laura Garcia	Linda Williams
Lynn Saylor-Salmon	Lindsey Schoepner
Marisela Garcia Hernandez	
Marla Stewart	Mary Hurst
Samantha Ewertz	Sarah Walker
Sebrina Richie	Stephanie Nichols
Tamara Dugan	Troy Stewart
Tisha Gutierrez-Mullennix	
Xiuxian Vaisman	Ixayana Gurrola

Save the Date

June 2 - **First Friday Concert**
130 S. 4th St. Sterling
www.facebook.com/FPC.Sterling **Jeff Spielman, Bassoon**
12:05 - 12:35 PM

June 5 - **Safe Sitter - Sterling**
100 Broadway Ste. 14 970-740-3226
to register 8:30 AM - 2:00 PM
(One coming July 24, and possibly August 7 if enough students sign up)

June 14 - **Westernaires**
Sedgwick County Fairgrounds
5:30 PM

June 15 - **Safe Sitter - Julesburg**
118 West 3rd St. 970-740-3226 to
register 8:30 AM - 2:00 PM

June 17 - **Dandelion Daze/Car Seat
Check Up Event** - Phillips County
Courthouse 10:00 AM - 1:00 PM

June 21 - **HELLO SUMMER!**

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 19, 20 - **Ryan Lieber Memorial
Blood Drive** 10:00 - 3:45 PM
970-580-1278 Call for an appointment



Teens - FYI

How to Teach Kids to be More Empathetic and Less Entitled

If we want our kids' empathy to be strong enough to overpower "drivers" such as peer pressure, we need to be proactive. Role model and actively teach empathy.

The Bully Your Child Faces Every Day

A child's inner critic can be very powerful and sometimes debilitating. How can parents and teachers help?

Friendship Lessons from a Fishbowl

Seven lessons our kids need for healthy friendships at school (and in life).



amee.duncan@state.co.us

720-692-4678

Licensing Tidbits

I have been reminding you all that written attendance verification must be done throughout the day and there must be written verification. If you are using a white board, please document the information before erasing. This information will be very important if we have a reason to look back at records from a particular day. If you have questions, please reach out to me.



ECCLPS has openings for **Childcare Read** sessions. If you care for children ages 0-8, are a licensed or unlicensed child care program, private academy, or preschool, and would like us to come and read to your children, please call our office or Mary Pennock at **970-466-0778**. We provide active imagination books and it's a fun way to engage the children.



As we roll into **SUMMER**, it's an exciting time for children of all ages! There are so many ways to enjoy this amazing time of year. While adults don't often get the luxury of time off for the summer, there are still ways you can enjoy this time with your children and family. Of course, we have some great ideas to share with you for organized activities, but don't forget... Some of the BEST summer memories are made spending time OUTDOORS! FUN summer activities can include: watermelon seed spitting contest, the "telephone" game, how many different kinds of insects can you find (no need to collect them just take a picture), yoga, write a song, write or paint positive messages on rocks and place them around your yard or neighborhood, with leftover paint (or make your own from the [recipe](#) found in the "Edible Sensory Fun" link) paint a masterpiece, draw Hopscotch and play with friends or siblings, help an elderly neighbor with lawn chores or carry in groceries, random acts of kindness, keep a journal, go through closet and drawers and donate things that no longer fit or you don't wear, get a library card and read one book per week, walk barefoot on the grass, make a list of the things you are grateful for. Whatever you choose to do this summer -- please BE KIND to others and to nature!

[Kids Who Spend More Time in Nature Become Happier Adults, Study Confirms](#)

You don't really need a study to tell you this, but it's worth noting the science behind our intuitive guess that kids who spend more time in nature become happier adults.

[100 Summer Fun Ideas for Kids and Parents](#)

A whole list of things to do with your little ones, and many of these won't break the bank.

[50+ Best Fun Summer Activities & Play Ideas for Kids](#)

Some great ideas here too, even if you don't do all of them, they may inspire you to try something new.

[For All the Slime Fans](#)

This one kind of says it all.

[Pretend frozen/melting ice cream](#)

You can use this over and over again. We have been warned though, it IS messy!

[Edible Sensory Fun!](#)

While these are all made with non-toxic ingredients, they are not meant to be food. It just means that they are toddler "taste proof".

[Super fun food experiments](#)

Many (but not all) of these are experiments that CAN be eaten, while learning FUN chemistry.

[Air pressure Experiments](#)

These should only be performed with adult supervision, but look like so much fun to try, AND very educational.

[Safe and Edible Glow Water for Baths and Play](#)

This Glow in The Dark Water looks like such a blast, plus there are lots of other glow in the dark items that would be perfect for the warm summer nights. These need adult supervision also.

30 Best Children's Books

After a fun and exciting day of experiments and activities, settle in with a great book that is sure to engage their minds long after they finish reading.

10 FREE Learning Websites for Kids

Switcheroo Zoo – Watch, listen and play games to learn all about amazing animals.

Nat Geo for Kids – Learn all about geography and fascinating animals.

Into the Book – Go into the book to play games that practice reading strategies.

Seussville – Read, play games, and hang out with Dr. Seuss and his friends.

ABC Ya – Practice math and reading skills all while playing fun games.

Fun Brain – Play games while practicing math and reading skills.

PBS Kids – Hang out with your favorite characters all while learning.

Star Fall – Practice your phonics skills with the read-along stories.

Storyline Online – Have some of your favorite stories read to you by movie stars.

Highlights Kids – Read, play games, and conduct cool science experiments.

Science Kids – Fun science and technology for kids.

Simple Sensory Activities for Baby

Lots of sensory development ideas, plus sensory milestone information.

Want To Make Life Easier For Your Toddler? Get Their Screen Time In Check

A study looking at what impacts executive function in toddlers offers crystal clear guidance for parents. (There are some other really interesting articles on this page, keep reading.)

MRIs Show Screen Time Linked to Lower Brain Development in Preschoolers

More studies show screen time is not beneficial to brain development.

Brain Wave Study Shows How Different Teaching Methods Affect Reading Development

To compare the effects of two ways to teach reading, research from Bruce McCandliss and his colleagues used brain waves to map neural circuits.

How Movement in the Classroom Helps Kids Focus

In the simplest of terms, movement “turns on” the brain. Movement is one of the best ways for children and teens to gain control over their behavior, engage in their learning, and retain what they’re being taught.

MyPlate Recipes

Delicious, healthy, MyPlate recipes you can make with your children. Even if you don’t prepare these per recipe specifications, maybe they’ll inspire you to create something brand new, that you and your family will love.

Sparking Healthy Connections

As an early childhood provider, you may hear parents wondering how their child is learning and growing at different stages. The [Sparks video series](#) is a free resource for parents that blends health, safety, sleep and nutrition topics with practical ways to promote children’s healthy learning and development.

Getting Over the Finish Line: Teaching Children to Use Their Big Voice

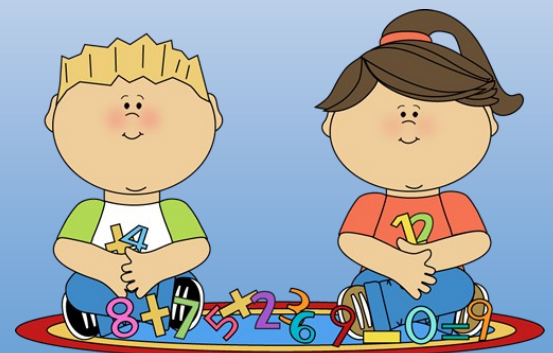
Children’s Big Voice is the assertive voice that children use to teach others how to treat them.

Dropping Negative Language Improves Child Behavior

What research on neurobiology says about how to speak more effectively and find positive phrases to improve listening and [misbehavior](#).

Holidays and Special Occasions in June

- June 1 – [International Children's Day](#)
- June 1 – [National Go Barefoot Day](#)
- June 1 – [National Say Something Nice Day](#)
- June 1 – [Stand For Children Day](#)
- June 2 – [National Love My Dentist Day](#)
- June 3 – [National Prairie Day](#)
- June 4 – [International Day of Innocent Children Victims of Aggression](#)
- June 5 – [World Environment Day](#)
- June 5 – [Thank You Day](#)
- June 6 – [D-Day](#)
- June 7 – [World Caring Day](#)
- June 8 – [World Oceans Day](#)
- June 9 – [National Meal Prep Day](#)
- June 11 – [National Children's Day](#)
- June 14 – [World Blood Donor Day](#)
- June 14 – [U.S. Flag Day](#)
- June 16 – [Fresh Veggies Day](#)
- June 17 – [National Eat Your Vegetables Day](#)
- June 17 – [Nursing Assistants Day](#)
- June 18 – [Father's Day](#)
- June 18 – [Go Fishing Day](#)
- June 18 – [International Picnic Day](#)
- June 19 – [Juneteenth](#)
- June 20 – [National Ice Cream Soda Day](#)
- June 21 – [National Day of Indigenous People](#)
- June 21 – [Summer Solstice](#)
- June 22 – [Be Kinder Day](#)
- June 24 – [Upcycling Day](#)
- June 25 – [National Fatherless Children's Day](#)
- June 26 – [Forgiveness Day](#)
- June 27 – [National PTSD Awareness Day](#)
- June 28 – [The National Day of Joy](#)



Community Health Improvement Week June 4 - 10
National Garden Week June 4 - 10
National Week of the Ocean June 4 – 10
Pet Appreciation Week June 4 - 10
National Flag Week June 11 - 17
National Men's Health Week June 12 - 18
National Grasslands Week June 18 - 24
National Play Catch Week June 18 - 24
Animal Rights Awareness Week June 19 - 25
Insect Week June 19 - 25
National Pollinator Week June 19 - 25
Deafblind Awareness Week June 25 – July 1
National Boys and Girls Club Week June 25 – July 1

June is –

African American Appreciation Month
Black Lives Matter Month
Child Vision Awareness Month
Children's Awareness Month
Great Outdoors Month
National Camping Month
National Fresh Fruit and Vegetables Month
National Pollinator's Month
National PTSD Awareness Month
National Safety Month
Oral Health Month
Pride Month
Professional Wellness Month



Fun Bee Facts - A worker honey bee...

- * Flaps its wings 230 times per second
 - * Can fly up to 15 mph
 - * All worker bees are female
 - * Has a sense of smell as much as 100 times more powerful than a human's
 - * Can taste with their feet
 - * Visits 50 - 100 flowers in a single collection trip
 - * Can carry pollen and nectar equal to 80% of her body weight
 - * Makes about 1/12 tsp of honey in her lifetime
 - * One pound of honey is made by visiting two million flowers
 - * The average life span of a worker bee (in summer) is about six weeks
 - * The average life span of a worker bee (in winter) ranges from 6 - 8 months
 - * A **queen** bee can lay up to 3,000 eggs per day to establish her colony
- Now you know where the phrase "busy as a bee" comes from!

TAKE THE ACTIVE PARENTING PUBLISHERS SELF-CARE CHALLENGE!

Remember Leaders, "Caring for the Caregiver" is an important part of the Active Parenting Model. Learn to calm your mind and release stress as it will support your ability to have stronger bonds in all of your relationships! [Click here](#) to access our YouTube community and complete our daily polls to share your self-care experiences!

1

Do a random act of kindness

2

Do something creative

3

Stay off social media for a day (or longer)

4

Spend a day alone in nature

5

Declutter your room/apartment

6

Spend time with animals!

7

Give yourself a compliment in the mirror

8

Call someone you love

9

Spend time with a loved one

10

Watch a comfort show or movie

11

Dance it out!

12

Dress up and take yourself out on a date

It's as easy as 1,2,3 with support from APP!

We all need self-care! Try one or more of these. Learn more about Active Parenting by clicking the links below.

Active parenting links

[Website](#)

[Blog](#)

[Parenting](#)

[Leader Training](#)

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

Early Childhood Council Logan, Phillips, Sedgwick

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970-526-2440

www.ecclps.org

[Follow us on Facebook](#)