



EST.



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# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## October 2023 Newsletter

### Announcements

This month, we're excited to share about **Bull Pup Preschool** in Haxtun. Bull Pup was moved to the Haxtun school in 2004. **Paige Thompson** became the director in 2008. They currently have two staff members, Paige and Melyssa Nelson, and serve between 30 - 45 families per year. One of their favorite things about their program is that not only do they get to be with their students while in preschool, but they get to watch them grow up as they go through school. They love being in the school building and getting to interact with previous students. Paige stated that they even have TA's from the high school who used to be in preschool with them, that come down and spend time with their preschoolers. They recently received a grant from the Buell Foundation and were able to update their classroom over the summer! Bull Pup Preschool is rated a 4 in Colorado Shines. Way to go **Paige** and **Melyssa**!

### ECCLPS News

We're all geared up for **ECCLPS' 4th Annual Pigeon Race!** The race has become one of our favorite events, and each year we try to improve it. This year we are excited to offer a **\$500** first place prize, and a **\$250** last place prize! They will be racing from Gothenburg, NE to Sterling, CO on October 8th. This is a fun and exciting way to support our Early Childhood Champions, and draw interest in our cause. If you haven't purchased a ticket yet, please reach out to any of our Board members, or Staff, or call us at **970-526-2440**. Don't miss out on the fun!

We also want to give a great big **THANK YOU** to **Buckeye Welding** for their generous donation of a full helium tank to use at our events!

As **Halloween** approaches, many children will be thinking about candy. We hope some of them will be thinking about **BOOKS!!!** Join **ECCLPS** at **Trick or Treat Street**, Downtown Sterling, and get your child a fabulous book. We'll be there from 3-5 PM (or until we run out).



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

720-692-4678

## Licensing Tidbits

Please use the Flag Removal Form to remove any former employees from your license, they are not accepting the cross out list I was providing. If you need the form, I can send it to you or it can be found on our website under background checks. If you need help or would like a list of employees still being flagged, reach out to me.

[Logan County Events](#)  
[Sedgwick County Events](#)  
[Phillips County Events](#)

## Save the Date

October 7 - **Hometown Marketplace**  
Downtown Sterling  
9:00 AM - 3:00 PM

October 8 - **ECCLPS Pigeon Race**  
Watch our [FB](#) page for WINNERS!

October 7, 14, 21, 28, November 4, 11  
**Mother/Father Read Program**  
100 Broadway, Suite 14 Sterling  
1:00 - 2:30 PM  
(By appointment only - contact [Mary](#))

October 14 - **Halloween Fest**  
Phillips County Event Center, Holyoke  
4:00 PM - Midnight

October 23 - **Healthy Child Clinic**  
700 Columbine St. Sterling  
8:00 AM - 3:00 PM Call for Appt 970-522-3741

October 23 - **ECCLPS Partner Meeting**  
100 Broadway, Suite 14 Sterling  
11:50 AM - 12:50 PM

October 23 - **ECCLPS Professional Development Training**  
100 Broadway, Suite 14 Sterling  
6:30 - 8:30 PM

**Adult and Pediatric First Aid/CPR/AED**  
NJC Knowles Hall Room 312  
October 28 - 8:30 AM - 5:00 PM  
Click [here](#) to register or call 970-521-6773 or email [stacey.nelson@njc.edu](mailto:stacey.nelson@njc.edu)

October 31 - **Trick or Treat Street**  
Downtown Sterling  
3:00 - 5:00 PM

October 31 - **Trick or Treat the Town**  
Downtown Holyoke  
3:00 - 5:00 PM

# Family Support and Education

[Colorado Department of Education - Resources](#) for Families and Students

## [Resources for Colorado Families with Young Children](#)

No-cost programs to help families find support for children birth to age 8. (In English and Spanish)

[Baby Bear Hugs](#) - Family and child services

[SafeCare Colorado](#) - Family and child services

[Co4kids](#) - Resources for strengthening families

[Healthy Kids, Healthy Care](#) - Health and safety information for parents and caregivers.

[Early Childhood Mental Health](#) - Consultation and Support

[Early Intervention Colorado](#) - Support and Services

[First Feed Lactation](#) - Lactation and maternal wellness

[Healthy Child Care Colorado](#) - Programs and Services

[Molly Wright: How every child can thrive by five](#) - a MUST watch video!

[Vroom](#) - Fun, engaging ways to build your child's brain (you can also sign up for their newsletter by scrolling to the very bottom of the page). I know we've shared Vroom before, but please take a moment to look it over. If you have questions reach out to [Aileen](#), and she can help you get started.

## Child Health and Well-Being

### NCHD Healthy Child Clinic

Brought to you by Children's Hospital Specialty Clinics for Orthopedic, Rehabilitation, and Neurology and Northeast Colorado Health Department. These services benefit families in our rural communities by offering services that they would have to drive to Denver for (Children's Hospital Clinics). The Healthy Child Clinics are free of charge. The clinic dates are as follows for the remainder of the year. Services from NCHD's specialty clinics are scheduled by appointment only. Clinics are held at NCHD's District Headquarters in Sterling, or their Fort Morgan office. To make an appointment at one of our clinics, please contact Mechelle Beck at 970-474-2619 ext 6021.

### Children's Hospital Specialty Clinic Dates:

#### Neurology Clinic

November 9, 2023 - Sterling

December 14, 2023 - Fort Morgan

#### Orthopedic/Rehab Clinic

October 18, 2023 - Sterling

# Child Health and Well-Being

## Strategies to Reduce Challenging Behavior

It's not possible to eliminate challenging behaviors, but there are strategies to reduce them.

## A Complete Guide to Potty Training

I want you to know that your feelings (and fears) are valid. Potty training is a scary unknown, and if it's your first potty training rodeo - this is unlike anything you've ever done.

## Want Happier, Calmer Kids? Simplify Their World

If the schedules and screens are making you feel like you're losing track of or losing touch with your child, it's time to simplify.

## Mindfulness Exercises to Reduce Anxiety in Kids

When it comes to helping your child unwind their anxiety, the very first step is to help them identify their emotions.

## Body Scan for Kids Guided Meditation Script

This mindfulness practice can help grow your child's self-awareness, encourage them to notice the present moment, and make connections between their emotions and physical body. (Plus you can sign up for more meditation scripts near the bottom of the page. I did, and they are amazing!)

## 8+ Ways to Support Literacy Skills Development

It's never too early to nurture children's development of language and literacy skills.

## Beyond Bubble Baths: The Self-Care Routines (You and) Your Kids Really Need

What is self-care *really*? It isn't just spa days!

## Every Child Needs a Toolkit for Positive Mental Health

This fits really well with the above article. Both are a great read!

## Snoop Dogg's affirmations

Fun video kids will enjoy that teaches positive affirmations

## Easy Follow-Along Songs With Actions

For when they need to get the wiggles out - a whole playlist with videos!

## Vroom Videos

Fun videos that show you how easy it is to start using Vroom tips

## Transitions

Transitions can be tough on children and caregivers, check out these resources.

## Learning & Development

**Professional Development** - Jerry Casebolt - Logan County Director of Emergency Management will present on Disaster Preparedness.

### Healthy Child Care CO [Training Calendar](#)

**First Aid/CPR/AED** - Two more classes available this fall. Please schedule ahead of time, as classes fill up fast.

NJC Knowles Hall Room 312 - cost is \$89.00

October 28 8:30 AM - 5:00 PM

November 18 8:30 AM - 5:00 PM

Click [Here](#) to register.

Complete online registration, or contact Stacey Nelson directly at:

970-521-6773

[stacey.nelson@njc.edu](mailto:stacey.nelson@njc.edu)

ECCLPS will be offering new training opportunities in the weeks to come. Inquire with [Stephanie](#) if you're interested or to learn more.

### [FLIP IT](#) [Building Your Bounce](#) [PAS-3](#)

FLIP IT and Building Your Bounce pair well with Conscious Discipline.

[Conscious Discipline](#) is a very engaging form of teaching children and adults, to be aware. Over the next few months, a link will be included to introduce new chapters. Try it, notice the changes in how you look at yourself and others, once you become more mindful and present.

[Chapter 3](#) - School Family

[Chapter 4](#) - Composure

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.

## Partner News Links

[Wildwood](#)

[Chop-Chop Family](#)

[Baby Bear Hugs](#) - Scroll to bottom to subscribe

[Child Care Aware of America](#) - Scroll to bottom to subscribe

[DECC Newsletter](#) - Click to subscribe

[Green Child Magazine](#) - Click to subscribe

[Our Voice](#)

[CDEC](#)

[CDE The SPARK Newsletters](#)

[ELV Newsletter](#)

[USDE Newsletter](#)

[ECCLA](#)

[Colorado Shines Brighter](#)

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ECCLA [Grants and Scholarships](#)

Early Learning IDEA [Grant](#)

CDE [scholarships](#)

CDHE [resources](#)

COAEYC [funding](#)

PDIS [funding](#)

UC Denver [funding](#)

Daniels Fund [scholarship](#)

NJC [scholarships](#)

ECMHC [scholarships](#)

Colorado Shines Improvement [funding](#)

We're excited for the new **Childcare Read/Mother Read/Father Read** books we've ordered to make the sessions even more fun! Please reach out to [Mary](#) if you would like to be a part of these programs.

**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. You can donate anytime by clicking [Here](#) (PayPal) or [Here](#) (COGives).



# Proposition hh

- \* Claim to reduce property tax rates
- \* Allow the state to retain and spend revenues that it would otherwise be required to refund to residents under the Colorado Taxpayer's Bill of Rights (TABOR)
- \* Create a new, increased cap on state revenue, allowing the state to retain and spend additional revenue each year up to the Prop hh Cap
- \* Allocate revenue to local governments to make up for decreased property tax revenues
- \* Create a limit on local government property tax revenue
- \* Do not confuse Proposition HH with a lowering of your property taxes. This would likely result in smaller increases in property taxes, but not a reduction of property taxes
- \* In addition to reducing the increase in property taxes, the state would be allowed to keep TABOR refunds for 10 years, with the option of state lawmakers to extend it without voter approval

Learn more at [Ballotpedia](#), [CPR News](#), [CBS News](#), [Common Sense Institute](#)

# Proposition ii

- \* This issue, also put on the ballot by state lawmakers, would allow the state to keep funding for universal preschool that it underestimated in 2020
- \* When voters approved Proposition EE in 2020, increasing nicotine and tobacco taxes for universal preschool, the state-issued Blue Book underestimated how much money would be generated in the first year
- \* The state is only allowed to keep what was stated in the Blue Book, but it took in \$23.65 million more in tax revenue
- \* Proposition II would allow the state to keep that excess revenue. If voters say no, the money will be refunded to nicotine and tobacco wholesalers and distributors and the 2020-approved tax on tobacco and nicotine would be reduced

Learn more at [9News](#), [Ballotpedia](#)

## Noteworthy Items

As you may have heard, we have a newly Licensed Family Child Care Home Provider, **Liliana Ledezma!!!** Her business, **Lily's Daycare**, is located in Holyoke, CO and she is now providing care for children ages 3 months to 12 years. We are so thankful to have her on board as an Early Childhood Champion, providing a much needed service for children and families in Phillips County. Welcome aboard Lily, we're so happy to have you join the team! If you are interested in becoming a licensed provider, please email [Stacey](#) or call our office at 970-526-2440.



We also wanted to share **Gloria Bornhoft-Bergner's** story in regard to the Universal Design & Inclusion Project. Gloria's testimony was featured in the University of Colorado Denver newsletter. "Initially, I was not sure this project was for me because I did not have any children with severe needs; however, I was so wrong. The changes I made to my home have been beneficial for ALL children, and will make me proactive instead of reactive when it comes to caring for the needs of ALL children. The changes did not require extensive time, classwork, skill, or money. They just required me to think in a different way about being inclusive of all children. I will be forever thankful I was included in the project." Michelle Sharp sent the following message to Gloria, "Gloria, you are such an inspiration and we are so proud of all you do to support our families and community. You should be so proud of yourself and all that you do, I know we are. Thank you for being such an inspiration and willing to look outside the box to expand and grow." Well said, Michelle. From our tri-county area, other participants are **Petz Little Bulldogs Preschool, Bull Pup Preschool, Dragon's Wagon Preschool, and Julesburg Early Education Center**. To learn more about this project, click [HERE](#).

# ECCLPS 4th ANNUAL FLIGHT FOR FUNDS VIRTUAL PIGEON RACE



**WHEN: Sunday, October 8th**

**RELEASE TIME: 7:00 AM from Gothenburg, NE**

**ARRIVAL TIME: Approximately 11:00 AM in Sterling, CO**

**ABOUT THE RACE: The racing pigeons will begin their flight in Gothenburg and race to Sterling. They will fly approximately 160 miles and each bird will have its own chip band to track their arrival. The release and arrival will be posted on the ECCLPS Facebook Page and the 1st place and last place winners will be announced!**

**1st place ticket holder will win \$500 and the last place ticket holder will win \$250!**

**Suggested donation for a ticket is \$100. (That's less than \$1 per mile.)**

**If you would like a ticket: Please contact any ECCLPS Board Member or our office at 970-526-2440 or email [ecclps.miranda@gmail.com](mailto:ecclps.miranda@gmail.com).**

Funds raised from the race will be used to continue our work to support Early Childhood Educators, families, & children in Logan, Phillips, & Sedgwick Counties. You don't need to be a resident to play. Multiple people can go in on the cost of a ticket. Purchasers will receive a Childcare Tax Credit.

**A special THANK YOU to Tyler Graber, owner of Olympus Loft, for providing the pigeons for the race!**





# Holidays and Special Occasions in October

- October 2 - [World Farm Animals Day](#)
- October 4 - [Kindness to Animals Day](#)
- October 4 - [National Taco Day](#)
- October 4 - [National Truckers Appreciation Day](#)
- October 5 - [World Teachers' Day](#)
- October 9 - [Indigenous Peoples' Day](#)
- October 9 - [National Native American Day](#)
- October 10 - [World Inclusion Day](#)
- October 13 - [National Train Your Brain Day](#)
- October 19 - [National Get Smart About Credit Day](#)
- October 28 - [Make a Difference Day](#)
- October 31 - [Books for Treats Day](#)
- October 31 - [Halloween](#)
- October 31 - [Samhain](#)
- October 31 - [World Savings Day](#)



- October 1 - 7 - [Mental Illness Awareness Week](#)
- October 4 - 10 - [World Space Week](#)
- October 16 - 22 - [National Adoption Week](#)
- October 16 - 20 - [National Parenting Week](#)
- October 24 - 31 - [Bat Appreciation Week](#)



## October is

- [Eat Better, Eat Together Month](#)
- [Emotional Wellness Month](#)
- [Financial Planning Month](#)
- [German-American Heritage Month](#)
- [Global Diversity Awareness Month](#)
- [Museums and Galleries Month](#)
- [National Book Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [National Domestic Violence Awareness Month](#)
- [National Learning and Development Month](#)
- [SIDS Awareness Month](#)
- [World Animal Month](#)
- [World Habitat Awareness Month](#)



## Bats

- ✱ There are at least 1,400 bat species across the globe
- ✱ There are 18 species of bats known to live in Colorado
- ✱ Those that live in Colorado are strictly insectivorous
- ✱ By law, bats are a protected species in the U.S.
- ✱ Depending on their species, bats either hibernate or migrate during the fall
- ✱ Bats are the only mammal capable of true, sustained flight
- ✱ Typically, they have a life span of about 20 years, but six species can live up to 30 years
- ✱ Bats are natural pollinators and help spread seeds for fruit, cacao, nuts
- ✱ At least 300 fruit species depend on bats for pollination, including: figs, bananas, mangoes, avocados, agave
- ✱ Nearly 80 different human medicines are derived from plants that rely on bats for survival
- ✱ Many bats exclusively eat insects and can consume thousands every night
- ✱ Baby bats are called pups, and survive on breast milk from their mom
- ✱ The largest known colony is in Texas, and contains more than 15 million bats
- ✱ Bats can fly up to 100 miles per hour
- ✱ Bats live on every continent except Antarctica
- ✱ Bat populations are declining worldwide due to pesticide exposure and habitat destruction

### Bat species you'll find in Colorado

Big Brown Bat

Big Free-tailed Bat

Brazilian Free Tailed Bat

California Myotis

Eastern Pipistrelle (Tri-Colored Bat)

Fringed Myotis

Hoary Bat

Little Brown Bat

Long-Eared Myotis

Long-Legged Myotis

Pallid Bat

Red Bat

Silver-Haired Bat

Spotted Bat

Townend's Big-Eared Bat

Western Pipistrelle (Canyon Bat)

Western Small-Footed Myotis

Yuma

For everything else you ever wanted to know about [bats](#)

And learn about [bats](#) in Colorado



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, please 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>
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**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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