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1997

# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## February 2024 Newsletter

### Announcements

### ECCLPS News

This month we're featuring **Brenda Gertge** of **Brenda's Buddies Child Care**. Brenda began providing childcare in June of 1985. She started so she could be home with her own children, and quickly realized that she loved caring for children, and operating her own business. She typically serves between 10 and 15 families in a year, and currently cares for children between the ages of 9 months and 8 years old. She loves that her program has children of all ages, and loves watching them grow and learn together. In the past few years, she has been blessed with being able to care for a few second-generation children. She says that nothing is more rewarding than building the trust to have a childcare baby bring their baby to her to care for, and the fact that they all do become one big family. Thank so much for all you do, Brenda! You bring so much love and joy to the families of the children you care for. Brenda is rated a number 2 in Colorado Shines.

We had a great turn out for the ECCLPS/ NJC ECE Conference on the 27th. We ended up with 44 in attendance. We were blessed with outstanding presenters and had some awesome vendors as well. Those in attendance were provided with the opportunity for 7 hours of professional development training, and most took full advantage of it. We received a lot of positive feedback, were provided with some amazing door prizes, and even though it was a "work" day, everyone seemed to enjoy themselves. Thank you to everyone who participated, from Presenters, to Vendors, to Attendees, to everyone who donated a door prize, and to NJC for hosting and catering the event! Looking forward to seeing you all again in 2025!

If you would like to offer additional feedback, please send an email to [Stacey](#) or [Aileen](#) with your comments and/or suggestions. Thank you.

## Noteworthy Items

\*We would like to thank everyone who participated in the ECCLPS/NJC ECE Conference again. A special thank you to Donna Brady-Lawler for all her help in this event, along with the conference committee members, the NJC catering staff, the PDIS staff for their assistance with certificates, and again to all the Presenters, and Vendors for their time and effort to make the event special and memorable, and again thank you to everyone who donated a door prize. Thank you to everyone who attended as well.

\*Mary is opening a new round of the **Motheread/Fatheread** program. Dates are February 17, 24, March 2, 9, 16, 23 from 1:00 - 3:00 PM. Classes will be held at the ECCLPS office 100 Broadway Suite 14, Sterling. These are no cost, but we will not be able to provide child care. They are available for any caregivers. This includes grandparents, single parents, teen parents, foster parents, babysitters, etc. Please feel free to share this information with anyone who might benefit from the classes, and reach out to [Mary](#) or call 970-466-0778 to sign up and reserve your spot. These classes allow you to practice reading to children and have fun with others while you do, and they are an excellent way to help build your self-esteem, and engage with other like-minded folks who can become a great support system!

## Save the Date

February 14 - *Happy Valentine's Day*

February 17, 24, March 2, 9, 16, 23  
**Motheread/Fatheread Classes**  
1:00 - 3:00 PM ECCLPS Office  
100 Broadway Suite 14, Sterling

February 26 - **ECCLPS Partner Meeting**  
11:50 AM - 12:50 PM ECCLPS Office  
100 Broadway Suite 14, Sterling  
RSVP by February 19th to [Aileen](#) or attend via [Zoom](#)

February 26 - **ECCLPS Professional Development Training**  
6:30 - 8:30 PM provided via [Zoom](#)

March 2 - **Medication Administration Training Parts 1 & 2**  
9:00 AM - 1:00 PM ECCLPS Office  
RSVP to [Stacey](#) by February 19

**Adult and Pediatric First Aid/CPR/AED**  
Saturday, March 23, 2024 and Saturday, April 27, 2024 at NJC Knowles Hall Room 312. Cost is \$89.00  
Click [HERE](#) to register or reach out to Stacey Nelson directly at 970-521-6773.

[Logan County Events](#)

[Sedgwick County Events](#)

[Phillips County Events](#)

# Family Support and Education

## [Screen-Time Recommendations for Children Under Six](#)

Parents wonder whether screen time is educational, distracting, or both. It's important to consider how and how much your little ones use screens.

## [A "Million Word Gap" for Children Who Aren't Read to at Home](#)

That's how many fewer words some may hear by kindergarten.

## [Why Reading the Same Book Repeatedly is Good for Kids](#)

Despite its annoyances, repetitive reading offers a surprising number of benefits for new readers.

## [How to Make Your Child Feel Absolutely Loved: 75 Positive Words for Kids](#)

Kids deserve to hear *every single day* that no matter what road bumps we hit, you feel lucky to be on this lifelong road trip with them.

## [How to Be a Happy Parent: Science Says do These 7 Things](#)

If your goal is to be a happy parent 100 percent of the time, your goal is unrealistic. Try these things to get back on track when **you** are the one having a tantrum.

## [A Child's Brain Develops Faster with Exposure to Music Education](#)

Research shows that exposure to music and music instruction accelerates the brain development of young children in the areas responsible for language development, sound, reading skill and speech perception.

## [New Research Suggests Babies Start Learning Language Before Birth](#)

If you are an expectant mom, give this a read. Talk to your child while still in the womb.

## [Limbic System: Your Child's On/Off Switch for Emotional Grounding, Fight or Flight and Meltdowns](#)

If the lower levels of the brain are not working properly, the higher emotional functions of the cerebral cortex will not work. Your child's ability to regulate their emotions and emotional responses to think both rationally and logically can be compromised.

## [How to Model Healthy Coping Skills](#)

Mindfulness simply put – "paying attention in a particular way: on purpose, in the present moment and non-judgmentally."

## [Top Eight Books Every Educator and Teacher Should Read](#)

If you are a teacher of English, an educator, or someone who is highly preoccupied with educational issues, this post might be of great help to you.

# Child Health and Well-Being

## Power Foods Kids WILL Eat to Improve Attention and Focus

Here are five elite foods that are proven to provide those needed brain energy boosts that are achievable even on the busiest days.

## Turns Out Monkey Bars and Kickball Might Be Good for the Brain

Over the past couple of decades, schools have cut recess time to make room for tests and test prep. Here's a novel idea – bring it back! This “study” shows kids are less distracted, they make more eye contact, and they tattle less.

## Cold Weather Outdoor Games for Kids

No need to hibernate during the cold weather, these outdoor games will help you embrace the cold and give your kids the exercise and fresh air they need.

## Why Kids Should Go Barefoot – Avoiding Modern Foot Binding

Going barefoot is important for infants and toddlers who are learning to walk. When toddlers learn to walk barefoot, they experience more stability and fewer falls. It's important for muscle development, strengthens the arch and helps with posture.

## Children's Books About Kindness

The power of kindness can change the world. This list of books for kids will model characters who choose kindness.

## 125 Children's Books that Teach Positive Character Traits

Character-building activities are powerful tools in helping our kids learn and grow. From learning to live with love, kindness, and gratitude, there are some amazing children's books about character traits.

## 27 Winter Books for Preschoolers

It is still recommended to get the kids outside – even during the winter months, but here's a great list of books to keep them entertained when it's too cold to be outside.

## Involving Children in Child Care Emergency Preparedness

When children are involved in child care emergency preparedness planning, they know what to expect, which can make it less scary.

## The Best Non-Toxic Car Seats

Similar to the [dangers of flame retardants in mattresses](#), car seats are equally concerning. Endocrine disruptors and other chemicals off-gassing are legitimately dangerous to the developing brain, body, and nervous system of a baby.

**Thomas Riccardi at Happy Smiles (1122 9th St., Greeley) will provide any uninsured child's (up to age 16) dental appointment at no cost on February 8th during normal business hours. 970-353-5203 Call for an appointment.**

## Learning & Development

**Professional Development** - This month's Professional Development training will be presented by Becker's along with a short presentation by Project Include. Watch your email for more information.

**Medication Administration Training** with Julie Brower Saturday, March 2, 2024 9:00 - 1:00 We need a minimum of 5 people registered. RSVP to [Stacey](#) by February 19th. Cost is \$25.00 (paid to Julie day of class). No scheduled lunch break, feel free to bring your own.

**Adult and Pediatric First Aid/CPR/AED** Saturday, March 23, 2024 and Saturday, April 27, 2024 at NJC Knowles Hall Room 312. Cost is \$89.00  
Click [HERE](#) to register or reach out to Stacey Nelson directly at 970-521-6773. Classes fill up fast, so if you need this for your license, don't wait! (Bring your own lunch.)

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

ECCLPS is offering new training opportunities. Inquire with [Stephanie](#) if you're interested or to learn more.

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

Stephanie has tentatively scheduled a **FLIP IT training** for March 30th. It will be a 7 hour class at the ECCLPS office. Watch your email for more information.

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](#) - Subscribe

[CDE The SPARK Newsletters](#)

[ELV Newsletter](#)

[USDE Newsletter](#)

[Colorado Shines Brighter](#) - Subscribe

[Healthy Child Care Colorado](#) - Scroll to bottom to subscribe

[RMPBS](#) - [subscribe](#) or [view online](#) - scroll to bottom

[The Scoop](#) - New and past issues online

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ECCLA [grants and scholarships](#)

CDE [scholarships](#)

CDHE [resources](#)

COAEYC [funding](#)

PDIS [funding](#)

UC Denver [funding](#)

Daniels Fund [scholarship](#)

NJC [scholarships](#)

Colorado Shines Improvement [funding](#)

[Growing Forward](#) scholarships, coursework

We're excited for the new **Childcare Read/ Motherread/Fatheread** 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.

# Project Include

SUBJECT: Increase Inclusion in your Child Care Program - Project Include Kits are now available from ECCLPS!

[Project Include \(en español\)](#) offers all licensed child care programs in Colorado the opportunity to build more inclusive learning environments through simple modifications and adaptive equipment.

There is no cost or application to participate in Project Include – all Colorado licensed child care programs are eligible. Simply [fill out this interest form \(en español\)](#) to get started.

Interested programs will start by completing the *Introduction to Universal Design training on the Colorado Shines Professional Development Information System (PDIS)*. After the training is complete, Project Include offers **Universal Design and Inclusion Kits** for programs to borrow and experiment with adaptive equipment. Each kit contains toys, tools, and materials that can be used to increase inclusion and participation by young children with delays and disabilities. The kits are focused on one of four developmental areas: **Communication & Literacy, Behavior & Cognition, Fine & Gross Motor, Vision & Hearing**.

We are excited to announce that Project Include's Universal Design and Inclusion Kits are now available to be borrowed directly from ECCLPS. After completion of the *Introduction to Universal Design training*, we will contact you with instructions for requesting your kit.

In addition, after programs have borrowed and explored at least one Universal Design & Inclusion Kit, they are eligible to receive customized coaching from our team of experts and free tools and materials to keep that will more permanently support inclusion of all children.

[Learn more and get started!](#) ([en español](#)). Contact [Projectinclude@ucdenver.edu](mailto:Projectinclude@ucdenver.edu) with questions.

This project is a partnership between the Center for Inclusive Design and Engineering (CIDE) and the Colorado Department of Early Childhood.



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# Oral Health Presentations and Resources

In honor of **National Children's Dental Health** month and **Give Kids a Smile** day, here are some wonderful ways to express the importance of oral health to the children in your life! These are provided by [mouthhealthy.org](http://mouthhealthy.org) and the American Dental Association. Use these [resources for interactive discussions](#) with children about their oral health.

## Easy-to-do Activities

The following activities from the [National Children's Dental Health Month Program Planning Guide](#) contain easy-to-do activities that can be done at any time. National Children's Dental Health Month takes place every February and strives to help children get a good start on a lifetime of healthy teeth and gums.

## Print and Video Resources

The American Dental Association produces a wide variety of educational materials, including pamphlets, posters, teaching packets and audiovisuals which can be viewed and purchased through the [ADA Store](#).

## Drinks Destroy Teeth

Free app for fun, interactive lessons about the effect of acid and sugar in popular drinks on teeth. Features videos, 3D mouth, vocabulary and a short quiz. Free curriculum resources are available on [DrinksDestroyTeeth.org](http://DrinksDestroyTeeth.org), an educational outreach program of the Indiana Dental Association.

## Healthy Habits

Name some things that you do to keep your body healthy. There are daily health habits that everyone needs to practice, such as eating a proper diet, exercising, bathing, and sleeping. Caring for your mouth is as important as caring for the rest of your body. Cleaning teeth and gums removes a sticky film of plaque. Plaque contains harmful bacteria that can cause tooth decay.

## My Plate Explanation

Show the USDA 'Choose My Plate' chart to children. Explain/review the food groups and why each is important for healthy bodies and teeth. List the five main food groups on a chalkboard or easel (grain, fruit, vegetable, dairy, and protein). Have children discuss some of their favorite foods and write them under the appropriate group. Bring enough healthy snacks to share with the children and ask them to identify its food group. Free reproducible MyPlate sheets for children are available from the [United States Department of Agriculture](#).

## Primary Teeth

Have children raise their hand if they had a tooth that fell out. Ask one or two children to describe what it feels like without the tooth. Discuss baby teeth. Some teeth are supposed to come out. They are called the "baby" teeth or "primary" teeth. After a baby tooth comes out, another tooth will come in. This new tooth must last for many, many years. You must take extra special care by brushing each day. (See also: Eruption charts: [Primary Teeth and Permanent Teeth](#))

## Tooth Function

Ask children to make a list of what foods can be eaten without teeth and what foods must be chewed. Without teeth you couldn't chew crunchy foods like carrots, nuts, or apples. Have children pronounce the alphabet and tell which sounds are made by using the teeth, tongue, and lips. If you didn't have any teeth, it wouldn't be easy to say teeth, toys, or toothbrush.

**Thomas Riccardi at Happy Smiles (1122 9th St., Greeley) will provide any uninsured child's (up to age 16) dental appointment at no cost on February 8th during normal business hours. 970-353-5203 Call for an appointment.**

# Holidays and Special Occasions in February

February 2 – [Give Kids a Smile](#)

February 2 – [Groundhog Day](#)

February 3 – [Elmo's Birthday](#)

February 3 – [National Missing Persons Day](#)

February 3 – [Take Your Child to the Library Day](#)

February 4 – [Facebook's Birthday](#)

February 4 – [Farmer's Day](#)

February 4 – [USO Day](#)

February 7 – [World Read Aloud Day](#)

February 9 – [Chocolate Day](#)

February 9 – [National Pizza Day](#)

February 10 – [Chinese New Year](#)

February 11 – [Super Bowl Sunday](#)

February 13 – [Brazilian Carnival](#)

February 13 – [Mardi Gras](#)

February 14 – [Library Lover's Day](#)

February 14 – [Organ Donor Day](#)

February 14 – [Read to Your Child Day](#)

February 14 – [Valentine's Day](#)

February 19 – [President's Day](#)

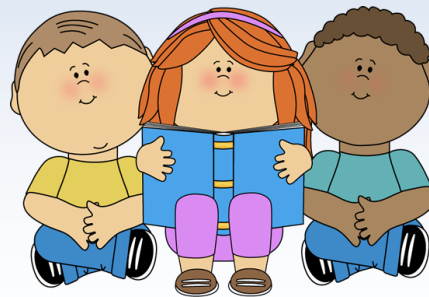
February 26 – [Tell a Fairy Tale Day](#)

February 7 – April 30 – [National Green Week](#)

February 11 – 14 – [American Association for the Advancement of Science Week](#)

February 14 – 20 – [Random Acts of Kindness Week](#)

February 17 – 24 – [National FFA Week](#)





# Holidays and Special Occasions in February - cont.

## February is

[African American Heritage Month](#)

[Black History Month](#)

[Celebration of Chocolate Month](#)

[Declutter for a Cause Month](#)

[Financial Aid Awareness Month](#)

[Human Relations Month](#)

[Humpback Whale Awareness Month](#)

[Library Lovers Month](#)

[National Children's Dental Health Month](#)

[National Haiku Writing Month](#)

[Women's Role in History Month](#)

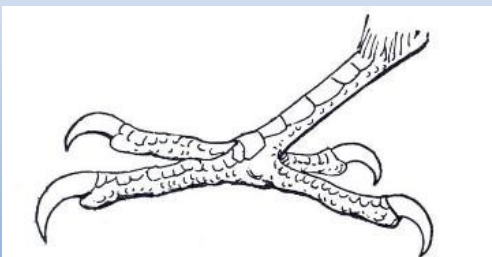


**African-American History Month**

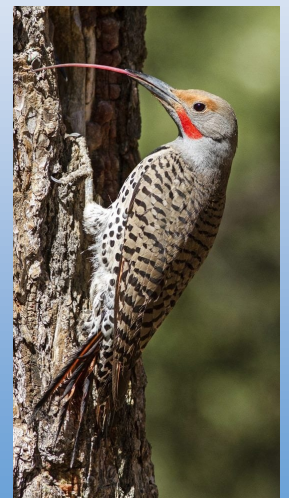
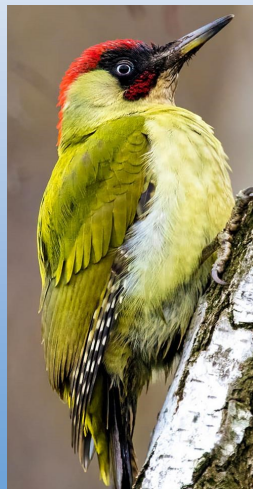


# Woodpecker

- \*Woodpeckers are found nearly everywhere except in Australia, Antarctica, Madagascar, New Zealand, and New Guinea.
- \*There are about 210 different species of Woodpeckers. Most of them are resident, but a few are migratory.
- \*They prefer dead or dying trees, and can “drill” up to 20 times per second.
- \*They have extra muscles in the skull that act as a protective helmet and keeps the brain from jiggling around, and it is able to dissipate the energy to its body.
- \*They have excellent hearing and can hear insects crawling and chewing in a tree. They also have an exceptional sense of smell.
- \*Most Woodpeckers are completely naked and [altricial](#) when they hatch.
- \*They have stiff tail feathers that act as a brace to stabilize them.
- \*A Woodpecker’s tongue can be up to a third of its total body length, when it’s retracted, it coils around the back of the bird’s skull. It’s sticky and bristled.
- \*All but 2 species have feet with 4 toes - the first and fourth face backward and the second and third face forward. This is known as [zygodactyl](#) feet.
- \*They are primarily cavity nesters. The cavities will usually hold 3-6 eggs, both parents tend to the young, and they sleep in the cavities throughout the year.
- \*They are omnivores and eat insects, spiders, small lizards, rodents, nuts, acorns, fruit, sap, and even nectar.
- \*They are typically non-social and prefer to be solitary or travel in pairs. The Pileated Woodpeckers mate for life. A group of Woodpeckers is called a descent.
- \*The Pileated Woodpecker is one of the largest, being nearly the size of a crow! The nest holes offer crucial shelter to many other species including swifts, owls, ducks, bats, and pine martens.



Listen to Woodpecker sounds [HERE](#) and learn even more about Woodpeckers [HERE](#)



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 <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

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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