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EARLY CHILDHOOD COUNCIL

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Every child can learn, play & succeed!

May 2024 Newsletter

Announcements

This month's featured provider is **Little Sprouts Learning Center** in Haxtun! Little Sprouts has been in operation since January of 2022. **Carissa Kirschbaum** became the Director in August 2023. When the previous Director resigned, the Board elected to have her serve as the Interim Director. She did such a wonderful job, in September they chose to have her continue the role and serve as Director. They serve roughly 20 families per year with children ages 12 months to 12 years old, and intend to grow with the hope of getting their infant room up and running. One of Carissa's favorite things about their program is that the Staff is fantastic with the children and they all work well together. They are currently developing and growing in Haxtun and have the support of the wonderful town and community. Keep shining Little Sprouts, because that's what stars do!

ECCLPS News

*We had such a wonderful time spending the day with the community for the eclipse event at Sterling Public Library on April 8. It was so amazing to see the community come together to celebrate the celestial event, and Week of the Young Child in Logan county. There were over 300 in attendance, and we are so grateful to everyone who attended, volunteered, and donated goods and services. Again, we would like to thank the library staff, Baby Bear Hugs, CSU Extension, Culligan, Domino's, Little Caesars, Wal-mart, our 4-H and community volunteers!

*This year's WOYC movie was a BIG hit in Holyoke and Julesburg! Sing 2 was a hit for both the children, and the adults who attended with them. We love the movie days and spending time with our communities youth and families. Thank you to everyone who attended, and to those that helped, and a special thank you to the Peerless and Hippodrome theaters!

*Safe Sitter classes are being held again this year in all three counties. The class is scheduled for May 3rd in Holyoke, May 13th in Sterling, and May 29th in Julesburg. Congratulations to everyone who attended in Sterling and completed the class and, as always, THANK YOU to Angie Myers for teaching the class and ensuring our children are safe and well cared for by siblings and sitters.

Noteworthy Items

*We want to give a great big shout out to three of our amazing Preschools that have completed a Colorado Shines Rating in the 2023-2024 school year. Dragon's Wagon Preschool of Holyoke received a Level 4, Haxtun Bullpup Preschool received a level 5, and Trinity Lutheran Preschool of Sterling received a level 5. These high-quality programs have done extensive work, received hours of coaching from ECCLPS quality support coach and have been assessed and rated by a Colorado Shines Quality Rating Assessor. 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. For more information on the rating process, please visit:

[Colorado Shines Overview of Rating Process](#)

*To all of our wonderful Childcare Providers, we are looking forward to a day of celebrating YOU, and all you do to help ensure a bright future for Colorado's children. Provider Appreciation Day is May 10, but we're hosting the event on May 3. We are celebrating YOU at the Elks Lodge 321 Ash Street, Sterling starting at 6:00 PM, and we're looking forward to seeing you all there!

*Keep watching our FB posts to learn about our new fundraiser (or should we say FUNraiser) in July! We are trying something new and different this year and are really looking forward to it. We hope you'll join us for an exciting opportunity to engage with friends in the community, and help make great things happen!

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.

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

Save the Date

May 3 - **Provider Appreciation Day Celebration**
Elks 321 Ash Street, Sterling
6:00 PM

May 5 - **Platte Valley Graduation**
500 Main Street, Ovid
2:00 - 3:00 PM

May 11 - **Peetz Graduation**
311 Coleman Avenue, Peetz
10:00 AM - 12:00 PM

May 11 - **Holyoke Graduation**
545 E Hale Street
2:00 - 3:00 PM

May 12 - **Happy Mother's Day!!!**
We hope you spend some quality family time together!

May 12 - **Fleming Graduation**
506 N Fremont Ave, Fleming
2:00 - 3:00 PM

May 12 - **Haxtun Graduation**
201 W Powell Street, Haxtun
1:00 - 2:00 PM

May 12 - **Julesburg Graduation**
401 Cottonwood Street, Julesburg
1:30 - 2:30 PM

May 19 - **Merino Graduation**
315 Lee Street, Merino
2:00 - 3:00 PM

May 25 - **Caliche Graduation**
26308 CR 65, Iliff
2:00 - 3:00 PM

May 25 - **Sterling Graduation**
407 W Broadway, Sterling
10:00- 11:00 AM

July 19 - **ECCLPS Fundraiser at the Elks**
Details coming soon!

Learning & Development

Professional Development - We will not have another scheduled Professional Development training until the Fall. Please enjoy time with family and friends, and have a great Summer!

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](#)

[Problem Solvers Curriculum and Songs](#)

Download Problem Solvers early math curriculum, made possible by the generous support of the Honda USA Foundation and the Dr. Seuss Foundation.

[8 Brain Breaks to Spark Joy and Help Young Students Concentrate](#)

Theater games make fun brain breaks that also foster valuable executive function skills.

[Helpful or Hurtful? Gamification Through a Conscious Discipline Lens](#)

Replacing external rewards with intrinsic motivation through thoughtful gamification.

[The Importance of Composure](#)

Podcast with DJ Batiste - Teachers have the power to change a child's life.

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. You can view past issues of our newsletters [HERE](#)

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](#) - 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 (weekly publication)

[CDEC](#) - [subscribe](#) or [view 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](#) [T-PREP](#)

[Growing Forward](#) scholarships, coursework

[CDEC](#) new grants see if you qualify - Applications open now

[Preschool Development Grant 0-5](#)

Family Support and Education

The benefits of Deleting Social Media

Much attention is given to adolescents and the amount of time they spend on social media, but what about adults?

Stay Away from Containers (Car Seats, Bumbos, Swings, and Nursing Cushions)

This article provides information regarding containers and the possibilities of Container Baby Syndrome (CBS).

Role Model the Behavior You Want to See From Your Kids

Your children are always watching. They see how you handle stress, how you treat others, and how you deal with your feelings. Set a good example. Even when you think they aren't paying attention, they are.

10 Behaviors to Model for Your Kids

Being aware of your own behavior can help teach children how to be successful in school and in life.

What We Know About Early Literacy and Language Development

This handout provides information on how early language and literacy skills unfold for infants and toddlers across the first three years of life.

Reading Doesn't Just Happen

It must be taught, and it's never too soon to start. Language is more than words.

How do I Build my Child's Basic Wellness Habits, Like Sleep, Diet, and Exercise?

Discover how creating healthy meal plans and fun physical activity routines for the family can help your child understand the importance of healthy choices. (Plus other informative videos.)

Harvard Study Proves Kids with Chores Became Independent Successful Adults

When young people have been expected to roll up their sleeves and pitch in, and to ask how they can contribute to the household, it leads to mindset of pitching in in other settings, such as the workplace. It's never too late to start!

Napping Helps Preschoolers Unlock Their Full Potential for Learning

Research shows that naps help young children regulate their emotions and solidify memories that accumulate so quickly at this age.

Nine Elements That Power Positive Parenting

Parenting comes with mistakes and missteps. What makes a parent great is recognizing when things haven't gone right and responding with love to repair the relationship.

Child Health and Well-Being

Top Five Ways Children Develop Through Play

It can't be stressed enough – play is how children learn about the world around them.

Natural Sensory Learning

This article explains how you can make the most of your outdoor play space.

How Play Strengthens Your Child's Mental Health

Playful moments are essential for your little one's emotional well-being.

Your Strong-Willed Toddler: 3 Shifts to Turn Defiance Into Cooperation

What the parents of strong-willed toddlers should know.

How to Connect With Your Child and Repair Conflict: The Magic of the 5:1 Ratio

After a negative moment, it's hard to see how to connect with your child and close the gap. That's why you need the Magic 5:1 Ratio.

5 Tips for Raising an Emotionally Intelligent Child

When a child's emotional intelligence is nurtured, parents also benefit. Here are some ways to develop the emotional intelligence of a child.

Why Identifying Your Child's essence is the Key to Conscious Parenting

By removing the stories and ideas of who we want our child to be, we begin to understand this is the way they are wired, and this is the way they need us to honor who they are.

5 Lessons We Can Learn From Our Children

No level of education, expertise, or life experience can compare to the lessons we can learn from our children.

6 Ways to Help Your Child Manage Their Anger

Why do young kids get physical when they're angry, and how can you better understand their behavior? Here's how to handle an angry, aggressive child.

What Every Child Needs for Good Mental Health

While it's easy for parents to identify their child's physical needs, a child's mental and emotional needs may not be as obvious.

Gardening with Young Children

Many adults have wonderful memories from childhood about growing things. Help children gain and foster similar experiences by planting a garden in your outdoor playground.

Guided Meditation for Emotional Release: The Beautiful Dragonfly

Teach children to release anger, frustration, anxiety, stress, and sadness with this wonderful guided meditation.

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 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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Miller Moths

It's that dreaded time of year again! With all of the wonderful things that Spring brings, one of them is the (not so wonderful) hate/hate relationship we have with “millers”! Here are a few things that might make this season a little easier to tolerate.

‘Miller moth’ is the term given to any type of moth that is abundant in and around homes. In Colorado and much of the Rocky Mountain west, the common ‘miller’ is the adult stage of the army cutworm. In some years, it becomes a serious nuisance pest, particularly during its annual migration from the plains to the mountains in late spring. Army cutworm moths have a wingspan of 1.5 to 2 inches. It is generally gray or light brown with wavy dark and light markings on the wings. The wing patterns of the moths are variable in color and markings, but all have a distinctive kidney-shaped marking on the forewing. Severe nuisance problems with “millers” seem to be limited to Eastern Colorado.

Life History and Habits

The army cutworm has an unusual life history. The moths lay eggs in late summer and early fall. Most eggs are laid in weedy areas of wheat fields, alfalfa fields, or other areas where vegetation is thick—including turf grass. Eggs hatch within a few weeks and the young caterpillars begin to feed. Army cutworm has a wide range of plants on which it feeds. It prefers broadleaf plants but will also feed on grasses. Army cutworms spend the winter as a partially grown caterpillar, feeding as temperatures allow. In early spring, the cutworms may damage crops, particularly alfalfa and winter wheat. They may also damage garden plants and are common in lawns. When high populations occur that consume all plants they may take on the “armyworm” habit of banding together crawling across fields or highways. Army cutworms become full grown by mid-spring, burrow into the soil, and pupate. Pupation can occur as early as March or may extend into early May, depending on temperatures. Between three to six weeks later, the adult “miller” stage of the insect emerges. Next, they migrate and ultimately settle at higher elevations where they spend a few months, feeding on nectar and resting in sheltered areas. During this time, they are in reproductive **diapause**, a physiological state during which they do not produce nor lay eggs. In early fall or late summer, they return to lower elevations, come out of diapause, and begin to lay eggs, repeating the annual, single generation life cycle.

Miller Moth Migrations

Miller moths are the migrating adult stage of the army cutworm. In eastern Colorado, spring flights move westward, originating from moths that developed across eastern Colorado and border areas of Wyoming, Nebraska, Kansas, and Oklahoma where army cutworm also occurs.

A likely explanation for the migration is that it allows the moths a reliable source of summer flowers. Flowers provide nectar, which the moths use for food. In addition, the cooler temperatures of the higher elevations may be less stressful to the moths, allowing them to conserve energy and live longer.

During outbreak years, miller moth flights typically last five to six weeks, generally starting between mid-May and early June.

However, they tend to cause most nuisance problems for only two to three weeks.



Miller Moths - continued

Miller moths avoid daylight and seek shelter before daybreak. Ideally, a daytime shelter is dark and tight. Small cracks in the doorways of homes, garages, and cars make perfect hiding spots. Often moths are found clustered together in particularly favorable sites. Since cracks often continue into the living space of a home (or a garage, car, etc.) a 'wrong' turn may lead them indoors. At night, the moths emerge from the daytime shelters to resume their migratory flights and feed.

Many things influence cutworm outbreaks. Wet weather and extremely cold winter conditions may kill many of the caterpillars. The effectiveness of natural enemies, such as ground beetles and parasitic wasps help regulate cutworm populations. Plowing fields where cutworms develop kills many, as does tilling gardens.

The adult miller stage is primarily a nuisance—albeit a considerable nuisance at times. Moths in the home do not feed or lay eggs. During the migratory flights, the moths do not produce nor lay eggs. Furthermore, they do not feed on any household furnishings or food. Moths in the home will eventually find a way outdoors or die without reproducing. When large numbers die in a home, there may be a small odor problem (due to the fat in their bodies turning rancid). Also, unless they are cleaned out, old moths may serve as food for carpet beetles (See fact sheet 5.549, [Carpet Beetles](#).) and other household scavengers. These secondary insects may become problems in subsequent years. Miller moths also may spot drapes or other surfaces, such as unfinished wood because they excrete fluid for most of their adult life. This product is slightly acidic and is sprayed by the moth. Presumably, the purpose of this is defensive, although it is not particularly irritating. Probably the greatest damage created by millers is the lost sleep resulting from their flying about the room and the needless worry that they may reproduce in the home and cause harm to household furnishings.

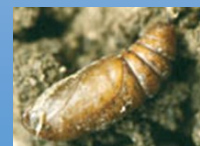
Natural Enemies of Miller Moths

The caterpillar stage of the army cutworm has many natural enemies. Predatory ground beetles and many birds eat cutworms. Bats or birds may eat adult millers. One commonly observed phenomenon involving birds is swallows concentrating at intersections where they feed on miller moths. (House sparrows and other birds are also found at these sites, feeding on wounded moths.) This likely occurs because many miller moths seek shelter in automobiles and emerge while the cars are idling at stop lights. Other wildlife feed on miller moths as well. For example, they are an important part of the grizzly bear's diet in the Yellowstone National Park area. Grizzly's feed on the fat-rich moths that rest under loose rocks.

Miller Moth Control Around Homes

Before miller moth migrations, seal any obvious openings, particularly around windows and doors. Also, reduce lighting at night in and around the home during flights. This includes turning off all unnecessary lights or substituting non-attractive yellow lights. Landscaping may affect the number of millers you'll see because it may provide food (nectar) and/or shelter. Some of the flowering plants most readily visited by miller moths include lilac, cherries, spirea, cotoneaster, horsechestnut, raspberry, and Russian olive. Dark, dense plants such as cotoneaster shrubs, spruce, and pines are used most often as shelter by miller moths. Landscaping considerations can be important in the tendency of miller moths to linger around a home.

You can learn even more about miller moths [HERE](#)



Holidays and Special Occasions in May

May 1 – [Beltane](#)
 May 1 – [Global Love Day](#)
 May 1 – [May Day](#)
 May 1 – [Mother Goose Day](#)
 May 1 – [School Principals' Day](#)
 May 2 – [Baby Day](#)
 May 2 – [Harry Potter Day](#)
 May 3 – [National Space Day](#)
 May 3 – [School Lunch Hero Day](#)
 May 4 – [Anti-Bullying Day](#)
 May 4 – [Kentucky Derby](#)
 May 5 – [Cinco de Mayo](#)
 May 5 – [Museum Lover's Day](#)
 May 7 – [Childhood Depression Awareness Day](#)
 May 9 – [Make a Book Day](#)
 May 10 – [Child Care Provider Day](#)
 May 10 – [National Provider Appreciation Day](#)
 May 12 – [Mother's Day](#)
 May 15 – [International Family Day](#)
 May 16 – [Drawing Day](#)
 May 17 – [Bike to School Day](#)
 May 17 – [Endangered Species Day](#)
 May 17 – [International Child Helpline Day](#)
 May 17 – [Walk Safely to School Day](#)
 May 20 – [World Bee Day](#)
 May 25 – [National Missing Children's Day](#)
 May 27 – [Memorial Day](#)

May 5 – 11 – [Teacher Appreciation Week](#)
 May 15 – 21 – [National Police Week](#)
 May 19 – 25 – [National EMS Week](#)

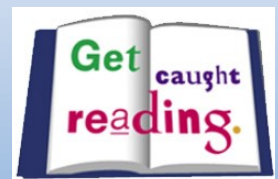
May is
[Be Kind to Animals Month](#)
[Family Wellness Month](#)
[Get Caught Reading Month](#)
[Heal the Children Month](#)
[Leaders of Tomorrow Month](#)
[National Bicycle Safety Month](#)
[National Foster Care Month](#)



May Day



Be a BUDDY NOT a BULLY



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~

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GENERAL INFORMATION

Office Hours

Tuesday - Friday 9:00 - 4:00

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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