



EST.



1997



# EARLY CHILDHOOD COUNCIL

LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## October 2024 Newsletter

### Announcements ECCLPS News

For the month of October, our Featured Provider is **Fleming Community Preschool!** **Hailey Ruff** has been the Director and a Teacher for over 10 years. This year they are serving 24 families with the capacity for up to 30 children. One of Hailey's favorite things about Fleming Community Preschool is that they are such a small community that she is able to create an incredible bond with all of the families, and knows many of the children before they even enter preschool. She is also very grateful to have an incredible staff that helps keep the Preschool Program running smoothly. They provide a quality learning environment, that is both fun and enriching for young minds.

The preschool increased their Colorado Shines rating from a 1 to a 2 earlier this year. Way to go Fleming Community Preschool!

\*We had such a great time at the Baby Safety Events in Sterling and Holyoke in September. We provided information to several families, networked with partners old and new, and learned a lot. We hope to bring this to our communities again next year. Thank you to everyone who participated! Denta Quest, Banner Health, Northeast Colorado Health Department, SafeCare Colorado, Melissa Memorial Hospital, Baby Bear Hugs, Eastern Colorado Services, Centennial Mental Health, A Caring Pregnancy Resource Center, First Feed LLC, Sterling Sleep Solutions, and Jodi Geis-Crowder with her emotional support dog Shay River! Also, thank you to Delta Dental of Colorado for donating children's toothbrushes for the event, and Culligan and Home Depot for donating water! A GREAT BIG thank you to Melissa Memorial Hospital for donating the prize drawing in Holyoke!!! Congratulations to our winners as well.

\*October is the month of "Trick or Treat", and at ECCLPS that means BOOKS!!! Stop by and see us in front of Sam & Louie's to get a new book and a toothbrush (courtesy of Delta Dental of Colorado) for your children. We can't wait to see all of your fun and creative costumes this year!

## Noteworthy Items

**\*\***You can use the QR Code below to enroll a child under 5 in the program, and also to donate to our program at any time. Or click [www.imaginationlibrary.com](http://www.imaginationlibrary.com)



### Kid Kindness Grants

Applications are open! Explore how you can help kids to become a kinder generation.

### 988 Colorado Mental Health Line

988 is a national network of local support centers offering free and confidential assistance to people feeling overwhelmed, panicked, out of control, or facing other mental health struggles, substance use issues, life-threatening crises, and more via talk or text.

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](#)  
[MediaLogic Radio Events](#)

If you have information you would like us to share in our newsletters, please send to [Aileen](#). You can view past issues of our newsletters [HERE](#)

## Save the Date

October 5 - **Parks with a Purpose Color Run**  
10:00 AM 970-466-0063  
Pioneer Park, Sterling

October 6 - **ECCLPS Pigeon Race**  
7:00 - 11:00 AM  
From Gothenburg, NE to Sterling, CO  
Call 970-526-2440 to get your tickets!

October 12 - **Hometown Marketplace**  
8:00 AM - 2:00 PM  
2nd & Main Street, Sterling

October 12 - **Tombstone Trail**  
Riverview Cemetery, Sterling  
[sterlingcreativedistrict@gmail.com](mailto:sterlingcreativedistrict@gmail.com)

October 18 - **Corn Maze Mania 2024**  
5:00 - 7:00 PM  
16695 CR 20.5, Atwood

October 19 - **First Aid/CPR/AED**  
8:30 AM - 5:00 PM 970-521-6708 [Register](#)  
Knowles Hall room 312

October 28 - **Trunk or Treat**  
4:00 - 6:00 PM  
Pioneer Park Hosted by the Girl Scouts

October 28 - **ECCLPS Partner Meeting**  
11:50 AM - 12:50 PM  
100 Broadway, Suite 14, Sterling

October 28 - **ECCLPS Professional Development Training**  
6:30 - 8:30 PM  
100 Broadway, Suite 14, Sterling

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

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

October 31 - **Trunk or Treat**  
3:30 - 5:00  
2nd Street, Julesburg

## Learning & Development

**Professional Development** - Please join us on Monday, October 28 for PD training. Topic - TBA 6:30 - 8:30 PM at ECCLPS office

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

**ECCLA's EC Career Pathway [Tool](#)**

Support for those seeking careers in Early Childhood.

**Devereux Center for Resilient Children**

**[Virtual Trainings](#)**

**[Free Webinars](#)**

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

**[FLIP IT](#)**

**[Building Your Bounce](#)**

**[Provider Quality Improvement Application](#)** (Instructions)

**CDEC Rulemaking Updates**

Sign up to receive [Rulemaking Notifications](#) and consult the [CDEC Rule Tracker](#) for the latest updates on rulemaking activities.

**[Training Requirements for FCCH](#)**

**[Colorado Shines PD Opportunities](#)**

Upcoming Live Virtual and In-Person Training Events

If you are a member of **COAEYC**, you can access no cost Professional Development courses! Use the links below to request access.

**[Child Care Education Institute](#)**

**[Conscious Discipline E-Course: Building Resilient Schools & Homes](#)**

**[Conscious Discipline E-Course: Start Strong - SEL Foundations and Resiliency in Infants and Toddlers](#)**

## 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](#) PDIS

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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](#)**  
**[FFN Grant](#)**

# Family Support and Education

## 6 Tips for Raising Independent Children

Our primary job as caregivers is to move our kids from complete dependence to complete *independence*. If we don't, we inhibit their progress (and make *our* lives harder).

## Effective Consequences for Misbehavior: 5 Tips for Success

Tips for effective *consequences*, that shift your mindset away from *punishments*.

## Conscious Discipline Consequences: FAQs and Common Scenarios

Using consequences effectively requires you to shift your mindset, which is no easy task. It also requires you to learn new skills, because you can't teach a child a skill that you don't possess yourself.

## 10 Reasons Why We Want to Start the School Year Helping Our Children Build a Strong Emotional Vocabulary

One of the best ways to nurture emotional intelligence in our kids is by helping them develop a strong emotional vocabulary.

## Strategies to Make Homework Go More Smoothly

Routines and incentive systems to help kids succeed.

## 3 Things I Wish I Knew When I Was a Teacher

In this brief video, Dr. Nefertiti Poyner reflects on her time as a teacher, and what she wishes she knew back then.

## School Mornings Without the Stress

How to get your child up and out the door with the least amount of conflict.

## Don't be on Behavior Patrol: Parent the Whole Child

Change your mindset, change your approach. Once you realize that parenting isn't about controlling your child, but connecting with them, everything can change.

## Celebrating the Whole Child

It's important to remember that a young child is a whole, realistic, and curious person.

## The Magic of Circle Time: Sparking Meaningful Conversations in Preschool

While these questions are great for school, they can also be meaningful conversation starters for your little ones at home too.

## 7 Adulting Resources at the Library

Completing legal documents? Learning to drive? Job searching? Libraries can help!

# Child Health and Well-Being

## 10 Reasons Why Kids Need to Read Non-Disney Fairy Tales

Old-school fairy tales are filled with a richness and complexity that is often missing from the big-screen.

## Get Children Outside!

Again, the importance of outdoor play for young children, from yet another perspective.

## Studies Show Kids that Use Tray Walkers are Delayed in Mental and Motor Skills

Many parents love infant walkers, but they can impair a child's motor and mental development.

## Promoting Children's Health and Well-Being

Physical, mental, emotional, and social health are all equally important and contribute to our overall well being. All four should be fostered in children from an early age.

## Halloween Safety Tips

Many helpful tips to keep kids safe while trick or treating. Many of these are helpful all year.

## Halloween Health & Safety Tips

An even more extensive list of ways to keep kids healthy and safe on Halloween.

## Easing Babies & Toddlers into Halloween Fun: 8 Tips for Parents

This list is geared toward the very little ones, and loaded with great information.

## Halloween Dental Tips for Keeping Mouths Healthy

Resist the urge to load up on sugary snacks while trick or treating, then brush after consumption.

\*Remember that you don't have to buy an expensive Halloween costume for your children! Hit up a thrift shop, go through closets and see if you can put together something fun with little or no extra spending involved. Ask your child for costume suggestions, they have some pretty great ideas. Get creative and have FUN! Retread Threads in Haxtun has costumes for \$2, and you can even host a costume swap amongst your friends!

Here are a few websites for inspiration:

[Country Living](#)

[Today's Parent](#)

[Wellesley & King](#)  
[Hello Wonderful](#)

[HGTV](#)  
[How Wee Learn](#)

## Kid's Guided Meditation for Difficult Emotions: The Storm Calms When We Let Go

This script can help little ones understand that anger is normal. Feeling it is healthy, and not holding onto it is the key.



# Yellow Garden Spider

Yellow garden spiders are large, orb-weaving arachnids, meaning they spin a circular web. Most spiders have two claws on each foot, but orb weavers have an additional claw to help them spin their complex webs. In females, the top side of the abdomen is black with symmetrical patches of bright yellow. The legs are reddish brown at the base and black toward the tips. Males are less striking in appearance—they are smaller with brownish legs and less yellow coloration on their abdomens.

They are found throughout the continental US, Canada, Mexico, and Central America. These spiders produce venom that is harmless to humans, but helps to immobilize prey like flies, bees, and other flying insects that are caught in the web. The web of the garden spider contains a highly visible zigzagging X-shaped pattern called a stabilimentum. The exact function of the stabilimentum is unknown, but its purpose may be to alert birds to the presence of the web so that they don't fly through and destroy it by mistake. The spider may eat and respin its web each night. Only those spiders that are active during the day construct stabilimenta in their webs.

Females are three times as large as males and can live up to a year, while males usually die after mating in the late spring. Throughout the span of a female's life, she can create up to four egg cases, each containing over 1,000 eggs that will hatch in early spring. A female tends to be somewhat local, and often stays in one place throughout much of her lifetime. As winter approaches and temperatures drop, females die.

The garden spider is thought of by many gardeners as a “super helper” because of what they eat. Grasshoppers, damselflies, beetles, and many other garden pests make up the bulk of their diet. The sticky, zig-zag web of garden spiders is the perfect trap for unsuspecting insects. Once stuck in the web, the garden spider wraps the prey item in a thin layer of silk to further secure it. Then, with its fangs, venom is injected into the prey, liquefying the internal organs and killing it.

While that sounds terrifying, the good news is the garden spider's venom does not affect humans. The worst that will happen to you if you pick a garden spider up is a small bite, less painful than a bee sting.

Sources [1](#), [2](#), [3](#)

[Short video of spider capturing its prey](#)



Female



Egg Case



Web



Male



Baby Spiders

# Financial Literacy

We're including Financial Literacy information again, in case you need some reminders to help your own personal spending/savings habits, as well as encouragement for you to help build your child's financial literacy skills. We're nearing the "spending season" and a little mindfulness and motivation may be what you need to help keep spending on track.

## What is Financial Literacy?

As a parent, you can become informed to model and teach financial literacy to your children. It is one of the most important skills you can teach your children to help them be successful in life. Not sure where to start? Try [HERE](#) for tips on creating a budget.

## Money as You Grow: Help for Parents and Caregivers

No need to be a money expert – the tips and activities here can help your children's money skills, habits, and attitudes grow.

## MoneySKILL

This is a no cost curriculum geared toward middle school, high school, and college students. Parents can sign up for an instructor account to implement the course. It may be helpful for the entire family. Check out the flyer [HERE](#)

## Money Smart

The FDIC Money Smart financial education program can help people of all ages enhance their financial skills and create positive banking relationships.

## Building Wealth

A Beginner's Guide to Securing Your Financial Future that presents an overview of wealth-building strategies for consumers, community leaders, teachers, and students. Very helpful budgeting strategies, goal setting, and day-to-day spending tracking.

## Youth Financial Education

Developing financial knowledge, skills, and habits is an important stepping stone on young people's path to adult financial well-being. The tools and resources listed here support K-12 financial education

# Holidays and Special Occasions in October

October 4 – [Kids Music Day](#)

October 5 – [World Teacher's Day](#)

October 7 – [National Child Health Day](#)

October 12 – [Day of Respect for Cultural Diversity](#)

October 12 – [Harry Potter Book Day](#)

October 12 – [National Savings Day](#)

October 13 – [Breast Cancer Awareness Day](#)

October 14 – [Indigenous Peoples' Day](#)

October 17 – [Get Smart About Credit Day](#)

October 31 – [Halloween](#)

October 31 – [World Savings Day](#)



October 3 – 9 – [Animal Welfare Week](#)

October 4 – 10 – [World Space Week](#)

October 21 – 25 – [National Parenting Week](#)



October is

[Bat Appreciation Month](#)

[Breast Cancer Awareness Month](#)

[Dental Hygiene Month](#)

[Financial Planning Month](#)

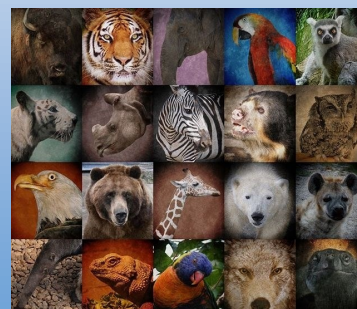
[Halloween Safety Month](#)

[National Book Month](#)


[National Learning and Development Month](#)

[World Animal Month](#)

[World Habitat Awareness Month](#)







## ECCLPS 5th ANNUAL FLIGHT FOR FUNDS VIRTUAL PIGEON RACE

**WHEN: Sunday, October 6th, 2024**

**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.**

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

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# 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.

Please forward this information to anyone who might be interested in participating!

Thank you for helping us spread the word,  
The Project Include team and ECCLPS.



**COLORADO**  
Department of Early Childhood



Center for Inclusive Design and Engineering (CIDE)  
**Project Include**  
Early Childhood Access through Adaptive Technology  
UNIVERSITY OF COLORADO DENVER | AURARIA CAMPUS



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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

Early Childhood Council Logan, Phillips, Sedgwick

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**970-526-2440**

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

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