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# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## September 2024 Newsletter

### Announcements ECCLPS News

Our featured Provider for September is **Diane Hernandez** of **8th Street Childcare**. Diane began working on licensing in January of 2020, and became licensed in March of 2020. She had just retired from a busy position as an international/national sales rep for a local medical company in December 2019 and wondered what would fill her life in the future. Asking herself how could she be helpful and serve her community, the answer came to her - child care. She has served from 4 to 8 families, and cared for children ages 6 months to 12 years. She is now a large family home provider, and can care for up to 12 children with an assistant. One of her favorite things about her program is the diversity of her home, in which she serves different races and ethnicities. She states that guiding small kids to learn to be friends and care for each other's needs is a blessing, and she enjoys the bonds formed with the families. She is the only licensed home care provider in Sedgwick county and is a strong advocate for getting others involved and licensed. Diane we are so grateful for your love and dedication to this field.

ECCLPS will be hosting events for Baby Safety Month in September. In Sterling, it will be September 9 from 10:00 AM - 1:00 PM at Prairie Park. In Holyoke, it will be September 13 from 10:00 AM to 1:00 PM at City Park. Please bring your child/ren with you when you come! We will have many partners to provide information as well as screenings for children birth to age 5. Car seat check and instruction by certified technicians, safe sleep and home safety information, mental health information, also information and resources for parents such as WIC, SNAP, parenting classes, mental health information, breast feeding information, and family planning. We will also be signing children up for Dolly Parton's Imagination Library. If you haven't enrolled your child yet, stop by to get your child an age appropriate book each month until their 5th birthday, at no cost to you! We know how important it is to keep your children safe, happy, and healthy. Don't miss out on this vital information! If you have questions, please email them to [ecclps.miranda@gmail.com](mailto:ecclps.miranda@gmail.com). We will also have a prize drawing, so be sure to register for that the day of the event. Light snacks and drinks will be available.

## 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.



HUGE shout out to **Delta Dental of Colorado** for donating children's toothbrushes to give out at the Baby Safety events! Thank you so much **Delta Dental!!!**

### [Safe Child Care Tools - From Colorado Department of Early Childhood](#)

Child Care Options & State Licensing Rules

### [21 Healthy School Lunch Ideas](#)

Try this guide to keep school lunch ideas fresh with fun twists on everyday favorites.

### [School Incentives and Rewards That Aren't Junk Food or Cheap Toys](#)

There are some great ideas here.

### [Back To School](#)

Explore different topics, such as coping with back-to-school anxieties and emotions, creating daily routines, and tackling situations that arise with the start of school.

Here are some [Back To School Games](#) from PBS that might help ease some of those jitters too.

## Save the Date

September 9 - **Baby Safety Sterling**  
10:00 AM - 1:00 PM  
Prairie Park, Sterling

September 13 - **Baby Safety Holyoke**  
10:00 AM - 1:00 PM  
City Park, Holyoke

September 21, 22 - **Sugar Beet Days**  
Logan County Courthouse - Sterling  
More info [HERE](#)

September 14 - **Fleming Fall Festival**  
All day event

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

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

September 27, 28 - **COMOM**  
Colorado Mission of Mercy in Thornton, CO  
No cost dental clinic  
Learn more [HERE](#)

September 28 - **Haxtun Corn Festival**  
All day event

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](#)

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](#)

## Learning & Development

**Professional Development** - Please join us on Monday, September 23 for the first PD training of the new school year. Donna Brady-Lawler, Amy Kilgour, and Shelli Krager will present on Trauma Informed-Practice: Understanding Stress and Trauma. 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](#)**

**[Start the School Year Strong](#)**

Gear up for the challenges ahead, foster resilience and wellness.

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

**CDE Training & Technical Support 2024**

List of webinars, resources and technical assistance opportunities that may be of interest for districts, BOCES, or other educational groups. Download [HERE](#)

**[CDEC Family Support Programs](#)**

**[Practices to Support the Social and Emotional Quality of Your Program](#)**

Different categories for you to think about as you prepare your classroom and care settings.

## 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

## [The Importance of Reading to Your Children](#)

It is undeniable that a child's reading skills are important to their success in school, work, and life in general. It is very possible to help ensure your child's success by reading to them starting at a very young age.

## [How to build Independence in Preschoolers](#)

Help youngsters develop skills and a sense of self. (Great article)

## [How to Improve Parent-Teacher Relationships](#)

Open communication and strong relationships with teachers are great preemptive strikes to unsavory situations and, even better, they can decrease stress and lead to a smoother, more functional school year.

## [5 Things ER Pediatricians Would Never Let Their Kids Do](#)

As much as we support "risky" play, there are some things you should be firm about.

## [Learning My Kid Has Slow Processing Speed Helped Our Family](#)

Knowing the rate at which you and your family members process information can be the key to minimizing stressors.

## [Providing Opportunities for Risk-Taking](#)

Allowing children to take risks in their play gives them the opportunity to develop the use of their judgement.

## [The Decline of Play in Preschoolers – and the Rise in Sensory Issues](#)

Let the adult-directed learning experiences come later. Preschool children need to play!

## [School Readiness: Why Your Child's Learning Readiness Begins in the Womb](#)

If proper nutrients are not delivered to the flourishing embryo, or the mother is under a great deal of stress, both could affect how the brain develops, which can also affect their school readiness as they grow older.

## [Colorado is the 2<sup>nd</sup> State to Approve Licenses for Outdoor Preschools](#)

Advocates say learning outdoors has advantages over indoor classrooms.

## [The Ultimate Car Seat Guide](#)

Tips on buying, installing, the right fit, and when to change your child's car seat.

## [The Differences Between Poison Ivy, Poison Oak, and Poison Sumac](#)

How do you distinguish between the poisonous plants, and what's the best way to treat rashes that appear after touching them?

# Child Health and Well-Being

## [September is for Safety: Baby Safety Month](#)

Lots of safety tips from safe sleep practices, to car seat safety, to home safety.

## [Baby Safety Checklist](#)

Checklist that covers four important categories for keeping baby safe.

## [Get FREE Expert Parenting Tips by Text](#)

Bright by Text shares free parenting tips by text, based on your child's exact age and where you live.

## [Wonder: A Many Splendored Thing](#)

Encompassing emotional, cognitive, and spiritual aspects – wonder is, in fact, a many splendored thing.

## [The Benefits of Being Outdoors](#)

Most parents would agree they want their kids to be physically healthy, well rounded, independent, and compassionate. What if we told you the best way to instill these qualities in your kids is to encourage them to spend more time outside?

## [Why Music Is So Good for the Brain and Learning Development](#)

Music is a very important part of a child's learning development, not only for auditory, but for speech, language, vocabulary and much more.

## [Guided Meditation: Setting Positive Intentions for the Day](#)

A happy morning can lead to a happy day. Help your child set positive intentions for the day with this simple guided meditation script.

## [Myth: Children Learn by Sitting](#)

Researchers from the Institute of Medicine report that “children who are more active show greater attention and have faster cognitive processing speed than children who are less active.

## [5 Morning Mindfulness Activities for Students](#)

Whether you purchase the books or not, these are some great ideas for keeping children focused and calm throughout the day.

## [6 Skills Toddlers Need to Learn](#)

Often new parents want to know what they are supposed to be teaching their kids and how they can help them. As parents we want to help our kids be successful.

## [How Libraries Turn Reluctant Readers into Lifelong Literates](#)

If you're having a tough time getting your child to read, reach out to your librarian for book recommendations.



## Leafcutter Bee

Leafcutter bees are important native insects of the western United States. They are found on all continents except Antarctica. Leafcutter bees are one of the most important pollinators of [wildflowers](#), as well as of squash, melons, peas, and other [summer fruits and vegetables](#). Farmers use them to pollinate crops such as blueberries, onions, carrots, and alfalfa.

Most common leafcutter bees (*Megachile* spp.) are approximately the size of the common honeybee, although they are somewhat darker with light bands on the abdomen. They also have different habits. Leafcutter bees are not aggressive and sting only when handled. Their sting is very mild, much less painful than that of honeybees or yellowjacket wasps.

Leafcutter bees are solitary bees, meaning that they don't produce colonies as do social insects (honeybees, yellowjackets, ants, etc.). Instead, individual female leafcutter bees do all the work of rearing. This includes digging out nesting areas, creating nest cells and providing their young with food. Adult females may live up to two months and lay some 35 to 40 eggs during this time.

Leafcutter bees nest in soft, rotted wood; thick-stemmed, pithy plants (e.g., rose); and in similar materials that the bees can easily cut through and excavate. Nest tunnels may extend several inches deep and coarse sawdust may be deposited at the entrance. This sometimes causes confusion with other wood nesting insects such as carpenter ants. However, leafcutter bees restrict their tunneling to soft, rotted wood and do not cause damage to homes or other wooden structures.

After the nest is made, the bees collect fragments of leaves to construct individual nest cells. The bees cut leaves in a distinctive manner, making a smooth semicircular cut about 3/4 inch in diameter from the edge of leaves. Although they cut many types of leaves, leafcutter bees prefer certain types, notably rose, green ash, lilac and Virginia creeper. This injury often is only a minor curiosity. However, where leafcutter bees are abundant and concentrate on cultivated plantings, the removal of leaf tissues can be damaging. Serious damage most often occurs in isolated rural plantings.

Leafcutter bees do not eat the cut pieces of leaves that they remove. Instead, they carry them back to the nest and use them to fashion nest cells within the previously constructed tunnels. Then they provision each leaf-lined cell with a mixture of nectar and pollen. The female lays an egg and seals the cell, producing a finished nest cell that somewhat resembles a cigar butt. A series of closely packed cells are produced in sequence. A finished nest tunnel may contain a dozen or more cells forming a tube 4 to 8 inches long. The young bees develop and remain within the cells, emerging the next season.

## Leafcutter Bee - cont.

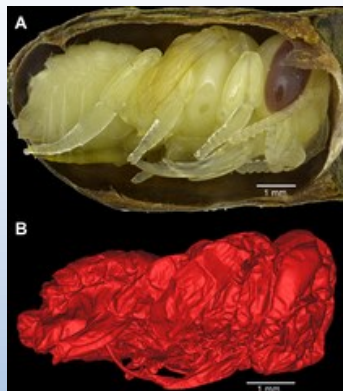
The eggs hatch and larva development occurs within the nesting cells made of leaf fragments. Inside the nest cell, the larvae develop over the winter and [pupate in the early spring](#), emerging as adults a few weeks later. The males begin to emerge a few days prior to the females, so as soon as the females emerge, they mate with the waiting males. The males only live for a short period of time after mating – the females go on to seek out potential nesting sites.

A leafcutter bee will create [a dozen or more](#) nesting cells within the nesting cavity she has either selected or excavated. She will provision each cell with a mixture of pollen, nectar, and her saliva, and then lay an egg in the cell. If the egg is a male, she will place him closer to the opening of the cell, so he can exit early and be ready to mate with the females once they emerge.

A great many parasites act as important natural enemies of leafcutter bees. As a result, leaf-cutting activity may vary widely from year to year. Parasitic bees and wasps, velvet ants and certain blister beetles are among the most important enemies of leafcutter bees and other solitary bees.

At least one species of leafcutter bee is cultivated for agricultural use in Colorado. *Megachile rotundata* is used to pollinate alfalfa grown for seed, a function that it does far more efficiently than honeybees. These leafcutter bees are provided with predrilled “bee boards” that they use for nest construction. At the end of the season, the nest cells with developing bees are collected and carefully stored to be released the subsequent season when alfalfa blooms.

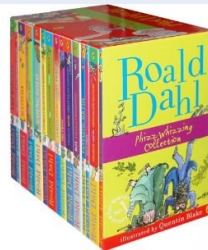
Source [1](#), [2](#), [3](#)





# Holidays and Special Occasions in September

September 2 – [Labor Day](#)  
September 4 – [National Wildlife Day](#)  
September 6 – [National Read a Book Day](#)  
September 8 – [International Literacy Day](#)  
September 11 – [Patriot Day](#)  
September 13 – [Roald Dahl Day](#)  
September 14 – [Free Dental Day](#)  
September 20 – [National Care for Kids Day](#)  
September 22 – [Fall Equinox](#)  
September 27 – [Native American Day](#)  
September 29 – [VFW Day](#)



September 15 – 21 – [Child Passenger Safety Awareness Week](#)  
September 16 - 22 - [Recycle Awareness Week](#)



September is

[Baby Safety Month](#)

[Better Breakfast Month](#)

[Childhood Cancer Awareness Month](#)

[Disaster Preparedness Month](#)

[Newborn Screening Awareness Month](#)





# 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.



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*Every child can learn, play & succeed!*

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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