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EARLY CHILDHOOD COUNCIL

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Every child can learn, play & succeed!

November 2024 Newsletter

Announcements

ECCLPS News

For the month of November, our Featured Provider is **Sunshine Childcare Center!** **Robin Grauberger** recently took on the role of Director. Sunshine Childcare Center opened on June 1st, 2022 after months of planning by the Logan County Childcare Collaborative. Sunshine serves families with children ages six weeks up to three years old. They are licensed for 35 children. They are expecting four newborns to join them right after the first of the year, which will put them at capacity. Big changes over the summer included opening the playground expansion, updating the kitchen, and hiring a new Director, Assistant Director, and Education Manager. They have served 76 families since opening the doors, including their current families. There are currently six more families on the waiting list, which extends out to May of 2025. One of Robin's favorite things about the Center is the community they have built between staff and families. It is such a joy (with a few tears) to watch the tiny infants they started with, learning and growing and preparing to march off to preschool. Congratulations on a job well-done Sunshine!

*Well, another Pigeon Race has come and gone! We sold all \$50 tickets! Our first place winner was Donna Manuello, who received the big payout of \$500, and the last place finisher prize of \$250 went to Carrie Knudson! Congratulations to our two lucky winners!!! If you missed out on your opportunity to play and WIN this year, don't worry, we'll do it again in 2025.

*We had the best time at Hagen on the 30th for their Trunk or Treat event. It's always a blast to see the littles in their Halloween attire.

*And speaking of Halloween, Trick or Treat Street could not have been more fun! We handed out books and toothbrushes. The toothbrushes were provided by two generous donors this year, **Delta Dental of Colorado**, and **Henry Schein**. Thank you so much!!!

*While it seems we've just begun the Holiday Season, the new year will be upon us before we know it. That brings us to our ECE Conference in January. We are currently looking for Vendors for the Conference, and also swag to hand out at the event, and door prizes. If you have a business and would like to include a flyer, gift certificate, or some other incentive, this is a great way to reach the community and get them into your store! If you have something you would like to include, please reach out to us. 970-526-2440 or [email](#) Aileen.

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



Family Resource Center will be starting First 5 years November 5th and the next parenting class in January. You can reach out to them to get enrolled. 970-526-2439

CACFP Vegetable and Fruit Snack Menu

Healthy, delicious snacks for children and adults, with recipes.

School Bullying Prevention and Education Grant Program

Starting November 1, when you set up a **new monthly donation** on [**ECCLPS COGives**](#), Colorado Gives Foundation will match it up to \$100. This limited-time offer only lasts until the \$250,000 match runs out, so please don't wait! Help **ECCLPS** sustain our work year-round. #ColoradoGivesDay #MakeGoodHappen #BestDaytoGive

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](#)
[KPMX 105.7](#)
[Media Logic 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

November 2 - **Night of Champions**
Guest Speaker Nate Carr
6:30 PM
NJC Dorothy Corsberg Theater

November 3 - **St. Anthony's Bazaar**
10:00 AM - 2:30 PM
326 S. 3rd Street, Sterling

November 4 - **Hot Dog Eating Contest**
5:30 PM - Doors open - race at 6:00
Family Resource Center
970-526-2439

November 5 - **Election Day**

November 9 - **A Fair to Remember**
9:00 AM - 2:00 PM
Hippodrome - ETC Building, Julesburg
Crafts, baked goods, Christmas décor, more

November 12 - **Sterling Concert Series**
7:00 PM ~~Jason Coleman~~
Sterling Middle School
Adults \$15 Students \$5 For more [**INFO**](#)

November 17 - **DEVASTATED**
Colorado's Fentanyl Disaster
3:00 PM - No cost film - open to the public
102 West 6th Street, Julesburg

November 20 - **Rural Colorado Career Expo**
10:00 AM - 4:00 PM
NJC, Sterling 970-521-6691 Andrew Lyng

November 25 - **ECCLPS Partner Meeting**
11:50 AM - 12:50 PM
100 Broadway, Suite 14, Sterling

November 25 - **ECCLPS Professional Development Training**
6:30 - 8:30 PM
100 Broadway, Suite 14, Sterling

November 28 - **Happy Thanksgiving!**

ECCLPS office closed

November 29 - **ECCLPS office closed**

Learning & Development

Professional Development - Please join us on Monday, November 25 for PD training. Topic - Tax Prep for Family Childcare Homes 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](#)

[Upcoming Live Virtual and In-Person Trainings](#) offered through PDIS. Register for these free or low cost trainings. [Login](#)

[Illuminate Colorado's Events and Training](#)

Find all of the trainings and events offered through December.

[Reach Out & Read Colorado Parent Resources](#)

Reading, talking and connecting with your child daily has been shown to dramatically improve language skills and set your child up for success in school.

[Gen Z, Here's the Secret to retiring with \\$800,000](#)

Here is a good breakdown of why you should start saving while you're young. Also, a great example of why you should start a savings account for your children too. Even if it is just a small amount each month, it can be a HUGE benefit over time.

[The Colorado Voter's Guide to the 2024 Election](#)

A comprehensive guide to help you make informed decisions when voting in November.

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](#)

COAAYC [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

[Sensory Tricks: Sleep Routines to Help Troubled Sleepers](#)

For some kids, bedtime can be a completely different kind of nightmare. Try some of these tips to help ease the tension, and help ensure a restful night.

[How America Killed Play – and What We Can Do to Bring it Back](#)

Natural selection has designed children to play in risky ways so they can learn how to deal with risk. It makes them more resilient, less anxious, better problem solvers, and gives them a sense of “control over their own lives”.

[Strategies for Internal and External Challenging Behaviors](#)

Here are just a few strategies to try out when working through either external or internal challenging behaviors with a young child.

[Waving Your Magic Wand: Strategies for Minimizing Challenging Behaviors](#)

The physical layout of the classroom is particularly important. This is a great article for centers, and includes how to engage children in making classroom rules.

[Is Low Muscle Tone Interfering with Your Child's Learning?](#)

“Muscle tone” may not be what you think, and it could be affecting your child in the classroom.

[Building Your Child's Reading Muscles: A Guide to Literacy Development](#)

Developing strong reading skills is vital for your child's educational success and cognitive growth. Here are key strategies to build your child's “reading muscles”.

*As the biggest “eating holidays” approach, those with “picky” eaters tend to stress about their child's eating habits even more. We thought we would include some informative articles around selective eaters that may be helpful, and ease some of the stress.

[Food Selectivity](#)

Differences between “picky” eaters and “selective” eaters, causes, and ways to help your child overcome these issues.

[Avoidant/Restrictive Food Intake Disorder \(ARFID\)](#)

Children with ARFID are extremely selective eaters and sometimes have little interest in eating. This article includes signs, related problems, and treatments.

[Selective Eating in Children](#)

A parents and caregivers self-help guide.

[You are Not Alone: Picky Eating Strategies for Kids](#)

According to the American Academy of Pediatrics, there are several strategies you can use that can help picky eaters try new, nutritious foods. (There is a whole section of recipes on this site too!)

Child Health and Well-Being

[Sesame for Families](#)

Everything you need to help children grow smarter, stronger, and kinder. (Resources in English and Spanish)

[Imagination Library's *There's a Monster in Your Book* Activity Sheet](#)

This is something new that the program is doing. You can download and print the pages to help you engage with your child while you read the book together.

[Imagination Library's *A Gift for Nana* Activity Sheet](#)

[Stop Backseat Bickering in its Tracks](#)

Simple technique to make it stop.

[Toxic Pesticides Found in Baby Food](#)

Baby food is not a place for toxic pesticides. However, recent reports have shown dangerous levels in Target brand baby food. Here's what you need to know.

[Homemade Baby Food: The Pros and What to Know](#)

Know what you are actually feeding your baby! Here you'll find the many reasons to make your own baby food and how to go about it.

[Promoting Resilience in Young Children through Supportive and Intentional Interactions](#)

Relationships are the "active ingredients" in healthy human development.

[Questions to Ask a Doctor Prescribing Medication to Your Child](#)

When it comes to mental health challenges, finding the right medication and dosage takes time, and side effects can sometimes be a problem. Here are questions to ask for minimizing side effects and getting good results.

[They Were Babies and Toddlers When the Pandemic Hit. At School, Some Still Struggle](#)

Experts say many of these children carry more emotional baggage than their predecessors.

[Enchanted Fall Forest Guided Meditation](#)

During the fall, many children are busy getting back into their school routine. Mindful techniques like this fall forest meditation are simple ways to help your child deal with any stresses or worries.

Coyote

The coyote is found throughout the US and Canada.

It stands about 24 inches at the shoulder, weighs about 20 – 50 pounds, and is about 3 – 4 feet long, including the tail. Its fur is long and coarse and is grizzled buff above and whitish below, reddish on the legs, with a bushy, black tipped tail.

They are primarily nocturnal, can run at speeds of 40 mph, and are extremely efficient hunters with keen senses. They are visual hunters in the open, but mostly use smell and hearing to locate prey in thick vegetation. They prefer to hunt live prey (rabbits and rodents), but also consume carrion, berries, and fruits.

Competitors include lynx, bobcats, red fox, wolves, and cougars.

Coyotes mate between January and March. Females usually bear between 4 – 7 pups after a gestation period of 58 – 65 days. Pups are born in an underground burrow. Pups begin to emerge after 2 – 3 weeks to play. Weaning occurs at 5 – 7 weeks, and both parents feed and care for them until they are fully grown at about 6 – 9 months of age.

They are territorial, and both parents defend their territory against other coyotes. Territories are marked with urine and feces, and it is believed that howling may serve to indicate occupancy.

In captivity, they may live up to 21 years, but in the wild, the lifespan is about 6 – 8 years. Main causes of death include (mostly) humans including vehicles, mange, canine distemper, and rabies.

They generally fear and avoid humans, but habituate well to human presence in parks and cities, and are found regularly in urban settings. They can breed with domestic dogs and wolves and their offspring are known as coydogs or coywolves.

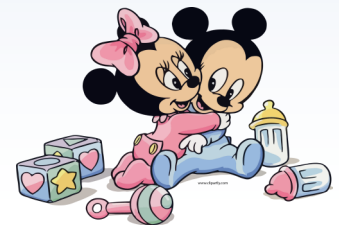
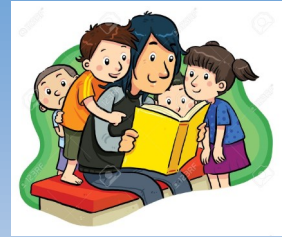
Unlike many predators who face extinction, coyotes continue to survive and thrive in the face of persecution. Their survival is attributed to their intelligence, adaptability, and resilience.

Sources [1](#), [2](#) (There is so much notable information on source 2, I highly recommend giving it a read.)



Holidays and Special Occasions in November

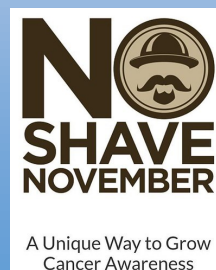
November 1 – [National Brush Day](#)
November 1 – [National Family Literacy Day](#)
November 2 – [Be the Impact Day](#)
November 3 – [Daylight Saving Day](#)
November 3 – [National Sandwich Day](#)
November 4 – [Use Your Common Sense Day](#)
November 5 – [Election Day](#)
November 8 – [National Parents as Teachers Day](#)
November 8 – [National STEM/STEAM Day](#)
November 10 – [International Tongue Twister Day](#)
November 10 – [Sesame Street Day](#)
November 10 – [World Science Day](#)
November 11 – [Veterans Day](#)
November 13 – [World Kindness Day](#)
November 16 – [National Philanthropy Day](#)
November 16 – [Steve Irwin Day](#)
November 18 – [Mickey Mouse Birthday](#)
November 18 – [Minnie Mouse Birthday](#)
November 20 – [National Child's Day](#)
November 21 – [Use Less Stuff Day](#)
November 28 – [National Day of Mourning](#)
November 28 – [Thanksgiving](#)
November 29 – [Buy Nothing Day](#)



November 3 – 9 – [Drowsy Driving Prevention Week](#)
November 7 – 13 – [National Book Award Week](#)
November 11 – 15 – [National Young Readers Week](#)
November 11 – 17 – [Kindness Week](#)
November 18 – 22 – [American Education Week](#)
November 20 – 26 – [Puzzle Week](#)



November is
[Family Stories Month](#)
[Library and Information Services Month](#)
[National Adoption Month](#)
[National Children's Month](#)
[National Family Literacy Month](#)
[National Gratitude Month](#)
[National Native American Heritage Month](#)
[No-Shave November](#)



December 10



ColoradoGivesDay.org

The day that keeps on giving. Easily the best day to give.

ECCLPS is excited to announce [Colorado Gives Day](https://www.ecclps.org) is set for Tuesday, December 10, 2024. For 24 hours, Colorado comes together to raise funds for local nonprofits, and we're excited to be part of the day! On Colorado Gives Day, we'll be celebrating our accomplishments and making good happen for **Northeast Colorado's children and families**, as well as our **Early Childhood Champions**. Beginning November 1, every donation is boosted by allowing us to be a part of the incentive fund, where we will receive a percentage of \$1M+, based on the percentage we raise. Plus, if you set up a new monthly donation, CO Gives Foundation will match your first monthly donation up to \$100 and up to \$250K in total across all organizations! We invite you to join us by helping us share the news about Colorado Gives Day, and invite your family, friends, and your personal network to participate. Every gift is **tax-deductible**, and eligible for a **Colorado Child Care Tax Credit**. By donating to us, not only do you have a donation to lower your taxable income, you also have a tax credit that matches 50% of your donation to ECCLPS. That gives you money back if you receive a refund, or pays into your Colorado taxes if you owe taxes.

Our mission to make sure every child has access to high quality child care and positive early learning experiences is more vital now than ever before. This day of giving is one of the many ways you can make a real difference.

Please visit www.ecclps.org for more information about what we do. We are proud to offer many community programs, such as Dolly Parton's Imagination Library, Safe Sitter classes, Week of the Young Child, Child Abuse Prevention, and many more. If your child or family have been involved in these programs, and found value in them, will you donate to ensure we continue them where it matters most? Where you live! We look forward to having you join us for this special campaign. Together, we can make the world a better place for our community's children.

Share the love, share your light.

With gratitude,
The ECCLPS Team

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.

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

Early Childhood Council Logan, Phillips, Sedgwick

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