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# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## December 2024 Newsletter

### Announcements

### ECCLPS News

For the month of December, our Featured Provider is **Busy Buddies Learning Center, LLC!** **Mardi Stewart** has had her Family Child Care Home since 1993, and became licensed in Colorado in 1995. She and her staff serve 11 families, with a capacity for 12 children, ages one month to 18 years. They have a child who has special abilities that has been in their care for 16 years. They expanded their license to 18 to continue to serve him. Mardi stated, "Childcare has always been a great joy in my life. I love nurturing little people as they discover their God given talents." That is such a wonderful statement! She says that some of the things she loves most about her program include: the adorable things that come out of their little mouths, teaching children gives her great satisfaction, and that she loves working with her staff. There is such a wonderful sense of comradery in helping our tiny friends grow socially and emotionally. We couldn't have said it better, Mardi. We're so grateful to have you in the business of childcare in our small community.

We are nearly ready for the ECCLPS/NJC ECE Annual Conference in January! We have a great line of presenters in store for you this year. The theme is "Bounce Forward" and it will be centered around resilience and the ability to bounce forward. We decided instead of bouncing "back" we wanted to bounce "forward" and continue to progress. We want to invite anyone who works with or cares for children to join us, ECE Educators, Family Child Care Home Providers, Center Directors and Staff, Parents, Grandparents, Foster Parents or if you are interested in becoming a licensed provider. This is a great opportunity to earn your required training hours for licensing, to learn new and different approaches to teaching young children, to learn more about what it takes to work with children who may learn differently, and to discover more of the resources available in our tri-county area. You may register [HERE](#). Registration must be submitted by January 17th and early bird pricing ends on January 10th. We look forward to seeing you there for another great year of learning, networking, and team building. If you have questions, please email [Aileen](#) or call our office at 970-526-2440. Happy Holidays!

## 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)**



**Family Resource Center** will be starting the next parenting class in January. You can reach out to them to get enrolled. 970-526-2439

We will not have our regularly scheduled Partner meeting or Professional Development training in December due to the holiday. Our office will be closed from December 23rd through January 6th. We will return on January 7th. Please enjoy this Holiday Season with family and friends, we'll see you next year!

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](#)

**The Healthy Child Clinic is Monday, December 2, 2024 from 9:00 AM - 3:00 PM. 700 Columbine Street, Sterling. Call 970-522-3741 to schedule an appointment.**

## Save the Date

December 2 - **Holyoke Country Christmas**  
Parade of Lights, soup supper, shopping, more  
3:00 - 8:00 PM Downtown Holyoke

December 2 - **Christmas on the Prairie**  
Overland Trail Museum  
5:00 - 7:00 PM See Santa and his Firetruck

December 3 - **Haxtun Hometown Christmas**  
Chili supper, Santa, Christmas train, more  
5:00 - 8:00 PM Downtown Haxtun

December 5 - **Cookies and Cocoa with Santa**  
4:00 - 7:00 PM  
39924 Hwy 6, Holyoke

December 5 - **A Candyland Christmas**  
Parade of Lights, Cocoa Bar, Photos with Santa  
6:15 PM - 8:00 PM 125 Cedar St. Julesburg

December 5 - **Parade of Lights**  
6:00 PM Downtown Sterling

December 6, 7 - **Christmas Bazaar**  
First English Lutheran Church 701 Fairhurst  
6th 4:00 PM - 7:00 PM  
7th 9:00 AM - 3:00 PM 970-522-5142

December 7 - **Holiday Craft & Fair**  
10:00 AM - 2:00 PM  
Haxtun Elementary Gym 601 N Colorado Ave

December 7 - **Blue Santa**  
Overland Trail Museum  
12:00 - 3:00 PM

December 9 - **A Taste of Christmas**  
Overland Trail Museum  
5:00 - 7:00 PM

December 10 - **Hometown Christmas**  
5:00 - 7:00 PM Logan County Fairgrounds  
Come meet Santa and Reggie Reindeer

December 16 - **Santa's Christmas Village**  
Overland Trail Museum  
5:00 - 7:00 PM

## Learning & Development

**Professional Development** - No PD training in December due to the holiday. We will not have it in January, due to the conference. To register for the Conference, click [HERE](#) (If you are unable to get in, please try again in a couple of days.)

### [Guiding Principles of Emergent Early Childhood Education](#)

This is a wonderful approach for Family Child Care Homes, Preschools, and Centers.

### [Teacher's Guide to ADHD](#)

From recognizing symptoms, to teaching kids that have been diagnosed.

### [Mindful Caregivers](#)

Practicing mindfulness is a great way to slow down and reset.

You can download a copy of The **PLAYbook** to learn how to better interact with the children in your care.

#### [English](#)

#### [Spanish](#)

The Northeast Colorado Health Department (NCHD) is in the first year of implementing their Public Health Improvement Plan. As you know, mental health impacts a person's overall well-being. Learn more about CredibleMind [HERE](#)

### [5 Fun-Filled Strategies to Connect with Children](#)

Effective strategies to help you connect with children and get to know them better.

### [Teachers Who Praise See a 30% Increase in Good Behavior From Students](#)

It's no secret that positive reinforcement works far better than negative reprimands.

## 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

In this “gift giving” season, if you are the kind of parent that doesn’t want more stuff cluttering up the house, request that family and friends who will be giving your child a gift follow the rule of three – something to read, something thing they need (pants, shoes, sports gear), something thing they want. If the “something they want” gift is an expensive one, ask that family members or friends go in on the cost of that item together. That way your child will get something special that won’t break the bank for you, and they’re far more likely to love and cherish it long after the holidays. If they are a child ages birth to 4 years old, we highly recommend getting them enrolled in Dolly Parton’s [Imagination Library](#), where they will receive a new book in the mail, addressed to them, each month until their fifth birthday! Truly the gift that keeps on giving! Of course, there is the most thoughtful gift of all... a savings account! If you buy them less stuff, there could be more to invest in the account, which will have a huge benefit over time. If they are very young, you could opt for a piggy bank so they get the satisfaction of putting the money in themselves, then when it’s full, take a trip to the bank together to open a savings account. This year, instead of just buying more stuff, we challenge you to be mindful and intentional in the gifts you give your children. Most importantly, make this the season of enjoying time with family and friends, rather than the season of more stuff.

## [How to Manage Your Child’s Expectations for Christmas](#)

When you set guidelines early on you can enjoy a happy season without the begging or disappointment.

## [Dealing with Over-Abundant Gifting and Excess Toys](#)

There are some great suggestions in this article. Some may work well for your family.

## [Tacky or Brilliant? Why “Fiver” Parties are Catching On for Kids’ Birthdays](#)

Is it okay to ask your child’s party guests to contribute money toward a larger gift rather than bring presents? Parents who hold fiver parties say “yes”.

## [Judging vs. Noticing](#)

When we judge children, we tell them who we think they should be. Judgment implies conditional love or love that makes demands. Encouragement and noticing are about accepting children for who they are. Acceptance shows unconditional love or love that makes no demands. Watch this short video as Dr. Becky Bailey explains it.

## [How to Help Kids Worried About “Bad Thoughts”](#)

The goal is simple: to help kids recognize that their thoughts are just thoughts. “Bad thoughts” doesn’t make you a bad person.

## [4 Ways You’re Already Promoting SEL – or Ways You Can Start Doing So](#)

SEL can be about making the most of everyday, ordinary moments with children.

## [Six Kinds of Open Ended Questions You Should Ask Your Preschooler](#)

Listening to your child’s answers is even more important than asking the open-ended questions.



# Child Health and Well-Being

## [How Music Unlocked My Son's ADHD Brain](#)

Traditional learning programs helped, but nothing helped as much as music. If your child has ADHD, or difficulty with audio processing, this is a great read.

## [Five Ways Play Changes Your Child's Brain](#)

A growing body of research supports what parents suspected all along – play isn't just play, it is essential to brain development.

## [Tummy Time for All Ages](#)

One of the easiest and most beneficial ways to provide a dose of organizing and regulating sensory input is tummy time. This is a developmental position first encouraged for infants and should be encouraged throughout life... even as adults.

## [Want to Make Life Easier for Your Toddler? Get Their Screen Time in Check](#)

A study looking at what impacts executive function in toddlers offers crystal clear guidance for parents.

## [The Retained Primitive Reflexes Causing Sleep Disruptions](#)

Some kids may constantly struggle with sleep because of one or more retained Primitive Reflexes.

## [Teach Kids to Apologize and Repair Relationships... A Vital Life Skill](#)

Humans can be very slow to learn the skills that will serve them best.

## [Toddlers Engage More with Print Books than Tablets](#)

The goal is to help parents focus on activities that spark interactions with their children where they feel that back-and-forth is really easy.

## [What if Being Good at Things Wasn't the Point of Doing Them?](#)

We live in a culture that emphasizes winning. It's not enough to be good at something, let alone to merely dabble in it. One must strive to be the best and when someone falls short, we think, it must have shame attached to it. But what if...

## [Getting Over the Finish Line: Teaching Children to Use Their Big Voice](#)

Children's Big Voice is the assertive voice that children use to teach others how to treat them.

## [Guided Relaxation: You Are Loved](#)

Being loved (and being aware of it) is one of the basic needs of life. Knowing this gives your child a secure base to build upon.

# Great Horned Owl

The great horned owl is generally colored for camouflage. The underparts are light with some brown horizontal barring; the upper parts and upper wings are generally mottled brown with heavy, complex, darker markings. All great horned owls have a facial disc. Their eyebrow-like “horns” are tufts of feathers called plumicorns. The purpose is not fully understood, but thought to serve as a visual cue in territorial and sociosexual interactions.

It is the second heaviest owl in North America after the snowy owl. Females are somewhat larger than males. It is capable of “silent flight” due to its wing structure. The leading edge of their feathers have serrations that help to disrupt the turbulence generated by wing flapping, then the softer feathers help deaden the sound, and finally the trailing fringe of the feathers works to finish the cutting sounds made by flight. The structure of the wing also allows it to fly at a very low speed for the size of the species, as slow as 2 miles per hour when gliding on a breeze. Their feet and talons are large and powerful, and can apply at least 300 psi. Their eyes are just slightly smaller than that of a human. They have excellent night vision, but its color vision is relatively weak. Instead of turning its eyes, it must turn its whole head and can rotate its neck 270°.

They are distributed throughout most of North America, and are among the world’s most adaptable owls or even bird species in terms of habitat. In prairies, grasslands, and deserts, they can successfully live year round as long as there are rocky canyons, steep gullies, and/or wooded areas with shade-giving trees to provide shelter and nesting sites. They prefer areas with less human activity. All mated pairs are permanent residents of their territories, but unmated and younger birds move freely in search of company and a territory, and leave regions with little food in winter.

Almost all prey are killed by crushing with the owl’s feet or stabbing of the talons. Prey is swallowed whole when possible, then non-digestible parts are regurgitated about 6 to 10 hours later. Large prey items are dismembered making it more compact for carrying. They accrue a cache of prey, especially when nesting. They have one of the most diverse prey profile of any raptor in the Americas, with over 500 species identified as prey. While it mostly consumes small mammals and birds, they also eat reptiles, amphibians, insects, invertebrates, and fish. They need about 50 to 100 grams of food per day and can subsist on a large kill over several days.

In North America, courtship is from October to December, and mates are chosen by December to January. Once thought to be monogamous, recent analysis indicates one male may mate with two females simultaneously. Courtship includes the male bringing the female freshly caught prey, which they will share. Pairs typically breed together year after year, and may mate for life. Nesting behavior appears to be more closely related to prey availability than to seasonal conditions. If prey availability is low enough, the species may forgo mating for a season. The stage at which eggs are laid is variable across North America.

# Great Horned Owl

In our area (Northeast Colorado), egg laying is from early March to late April, but is also dependent on food and weather. There are typically 2 eggs per clutch. Egg weight is about 1.8 ounces, incubation ranges from 28 to 37 days and is usually done by the female. The male captures food and brings it to her. Young weigh about 1.22 grams at birth and gain about 1.2 ounces a day for the first four weeks. When hatched, the young are covered in whitish gray down, with some brown above the wings. Down is replaced by plumage by late summer, and by autumn, first-year birds look similar to adults. Young owls move onto nearby branches at 6 weeks and start to fly about a week later. They are not competent fliers until about 10 to 12 weeks, and the age at which they leave the nest is highly dependent on the abundance of food. They stay near the parents territory until right before the parents start to reproduce for the next clutch. They reach sexual maturity at two years of age.

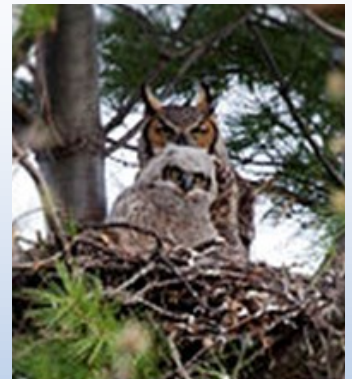
Great horned owls have a long life span in the wild, living from 13 to 29 years. In captivity, the record for the longest lived owl was over 50 years. Adults generally have no natural predators, except the occasional North American eagle or other owls of their own species. Young can fall prey to foxes, bobcats, coyotes, or wild or feral cats. Occasionally raccoons and American black bears consume eggs or nestlings, but this typically only happens when parents are driven from the nest by human activity, or they are forced to leave the nest to forage because of low food sources. Most mortality in modern times is human-related, caused by flying into buildings, cars, power lines or barbed or electric wires. Secondary poisoning from pest control is widely reported. Hunting and trapping may continue on a small scale but it is now illegal in most countries, including the U.S.



Listen to the great horned owl

[HERE](#)

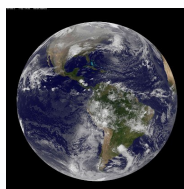
[Source](#)





# Holidays and Special Occasions in December

- December 2 – [Special Education Day](#)
- December 3 – [Giving Tuesday](#)
- December 4 – [World Wildlife Conservation Day](#)
- December 5 – [Walt Disney Day](#)
- December 10 – [Colorado Gives Day](#)
- December 10 – [Dewey Decimal System Day](#)
- December 10 – [International Animal Rights Day](#)
- December 15 – [Ugly Sweater Day](#)
- December 21 – [Winter Solstice](#)
- December 24 – [Christmas Eve](#)
- December 25 – [Christmas](#)
- December 28 – [Pledge of Allegiance Day](#)
- December 31 – [New Year's Eve](#)



- December 5 – 9 – [Inclusive Schools Week](#)
- December 6 – 12 – [Computer Science Education Week](#)



December is  
[Month of Giving](#)





December 10



ColoradoGivesDay.org

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

ECCLPS is excited to announce [Colorado Gives Day](#) 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**. 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](http://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](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.



EARLY CHILDHOOD COUNCIL  
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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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|--|--|--|
| <b>Stephanie Swenson</b><br>Quality Support Coach<br><u><a href="mailto:ecclps.edwards@gmail.com">ecclps.edwards@gmail.com</a></u> | <b>Stacey Zink</b><br>Coordinator<br><u><a href="mailto:ecclps.zink@gmail.com">ecclps.zink@gmail.com</a></u> | <b>Michelle Sharp</b><br>Executive Director<br><u><a href="mailto:ecclps.sharp@gmail.com">ecclps.sharp@gmail.com</a></u> |
| <b>Aileen Miranda</b><br>Program Assistant<br><u><a href="mailto:ecclps.miranda@gmail.com">ecclps.miranda@gmail.com</a></u>        |  | <b>Bailee Jones</b><br>UPK Coordinator<br><u><a href="mailto:ecclps.jones@gmail.com">ecclps.jones@gmail.com</a></u>      |

**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

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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