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EARLY CHILDHOOD COUNCIL

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Every child can learn, play & succeed!

January 2025 Newsletter

Announcements

ECCLPS News

We're starting the new year featuring **Kristy Lechman** of **Kristy's Daycare**. Kristy has been operating as a licensed home childcare provider since September 2001, providing over two decades of dedicated care and support to families in her community. Her journey into this profession began as a mother seeking meaningful solutions to two challenges: finding flexible employment that allowed her to actively participate in her child's activities, and securing quality childcare. Recognizing the need for a nurturing and reliable environment for children inspired her to create one herself. Typically, she provides care for 7-10 families annually, ages birth to 12 years old. These families range from those with a single child to those with multiple children, allowing her to meet diverse needs and build strong relationships within her community. One of the most rewarding aspects of her program is the opportunity to make a meaningful impact on children's lives and witness their growth, and finds great fulfillment in seeing them flourish. Early childhood is a transformative period marked by significant physical, cognitive, and developmental milestones. Kristy is passionate about fostering a healthy, rich environment, and finds it a privilege to help shape confident, curious and capable learners.

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 up to 7 hours of the required 15 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. Plus, breakfast and lunch will be provided! 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.

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**



We will not have our regularly scheduled Professional Development training in January due to the conference. Our Partner meeting will be Monday, January 27th at 11:50 AM in person or via [zoom](#)

Early Childhood Educators can fill out a Teacher ID and use it to get discounts at office and craft stores, on technology, travel, clothing, books and more. Just fill in your information [HERE](#) and create your ID. It may not work everywhere yet, but the list is growing.

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](#)

We would like to thank everyone who donated for the Colorado Gives Day campaign! Including early giving and Colorado Gives Day, we met our goal of \$2,000! Wishing you all the best in the new year!

Save the Date

January 1 - **Happy New Year!**

January 25 - **ECCLPS/NJC ECE Conference**
E.S. French Hall 1110 Sidney Ave, Sterling
7:30 AM - 4:30 PM

January 27 - **ECCLPS Partner Meeting**
100 Broadway Suite 14, Sterling
11:50 AM - 12:50 PM [Zoom](#) link



Thank you to Sterling Public Library for hosting the Parade of Trees! We hope you had a chance to visit and view them all.

Learning & Development

Professional Development - No PD training in January, due to the conference. To register for the Conference, click [HERE](#) (Registration closes January 17th.)

Changes to Colorado Child Passenger Safety Laws - [English](#) [Espanol](#)

You can schedule a car seat check with Northeast Colorado Health Department to make sure you are in compliance and your children are safe by calling **970-522-3741**

[How Much Recess Should Kids Get?](#)

Experts say recess is crucial to learning and development, but many kids don't get enough.

[Finding Joy 2025 Calendar](#)

To help you find joy throughout the new year, download this printable calendar full of fresh ideas for taking care of yourself and sharing uplifting moments with the young children in your life. You'll get tips on reducing stress, avoiding burnout, modeling kindness, infusing more fun into everyday interactions with children, and enjoying small moments of positivity.

[5 Resources to Help Your Child Celebrate What Makes Us All Unique](#)

Check out these five interactive activities from Sesame Workshop that helps children embrace differences.

[New, Free \(STEM\) Resource for Families and Professionals](#)

ZERO TO THREE recently announced Problem Solvers, a free, 44-unit early STEM curriculum with activities designed for children aged 2 ½ to 4 years of age. Each activity includes fun, age-appropriate STEM learning experiences, book suggestions and literacy activities that nurture STEM concepts, parent-child STEM play suggestions in English and Spanish, and more. Download the entire curriculum.

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

When Should You Get Your Kid a Phone?

The question has flipped from when to get your kid a phone, to how do you make it so the introduction of the phone is in line with their developmental stage? (It is highly recommended to read the full article.)

How to Share Books With Your Baby

It's never too early to start. It isn't about letters and words, but spending time engaging with their first and best teacher – you!

Reading to Your Babies and Toddlers is Vital, Says New Pediatric Update

If you read to your babies and toddlers, you are giving them way more than just a bedtime story!

6 Simple Ways to Boost Your Child's Brain

The connections children make in infancy and early childhood will serve them their whole lives. So how can you help your little one grow their brain and prepare them for a happy healthy future? It might be easier than you expect!

What Mental Health Specialists Want Parents to Know About Anxiety

An article for parents about childhood anxiety.

Learned Optimism

The good news is that even if you weren't born an optimist, optimism can be taught and learned. Once learned, optimism makes a permanent, positive difference in a person's life.

What Should an Evaluation for Autism Look Like?

From finding the right clinician to diagnostic tools and parent interviews, there are many steps.

Promoting Resilience in Young Children through the Play and Learning Environment

Young children are sensitive to their surrounding environment. When designing classroom environments, it is important to take into consideration the likes, dislikes, and cultures of the children and families enrolled in the program.

In Defense of Active Learning

We often set up environments for children that are contrary to what we know about who and what they are.

Branching Out: Exploring Math Concepts with Trees

It might be the perfect season to plan to incorporate "tree math" into your curriculum. Start by taking pictures of your class tree with no leaves, and track how it changes throughout the seasons.

Child Health and Well-Being

How to Help Kids Deal with Embarrassment

Don't minimize their feelings, but do praise them for being resilient.

How to Recognize and Respond to Big Feelings

An article for families to help recognize and respond to your child's big feelings.

Cultivating Gratitude in the Classroom

Gratitude is a strong emotion that can shape how children view the world, and is strongly and consistently associated with greater happiness. This is a wonderful lesson for home as well as school.

How Outdoor Play Stimulates a Child's Vestibular System

The vestibular system is one of your child's most important sensory systems. It plays a major role in the overall development of a growing child.

Age Mixed Play II: Its Benefits for Social Development

Age mixing among children and teens reduces bullying, promotes empathy, helps socially inhibited kids overcome inhibitions, provides extra care for little ones, and provides parenting and babysitting practice for older kids.

The Power of Play: 6 Benefits for Child Development

Play is how children learn about the world, themselves, and each other. It is part of healthy development.

The Power of Pretend Play for Children

Pretend play provides a powerful and fun make-believe context for children to express their creativity and develop social and emotional skills.

67 Screen-Free Activities for Kids

How are you supposed to keep kids busy and entertained in these cold, dark winters? Here are some great ideas!

How Parents Can Fight Back Against the Digital Deluge of Life

Seven tips for parents to disconnect in the digital age.

Exercising Your Gratitude Muscle

Easy strategies that help children focus on reasons to be grateful can really help them get through challenging times.

ADHD and Exercise

Even half an hour a day can help kids function better and feel better.

Visualizing the New Year Meditation

A new year brings a fresh start. It's also the ideal time to use a guided meditation script for the new year to help your child set their intentions for the future.



Skunk



Skunks are mammals in the family [Mephitidae](#). They are known for their ability to spray a liquid with a strong, unpleasant scent from their anal glands. Different species of skunk vary in appearance from black and white to brown, cream or ginger colored, but all have warning coloration.

Skunks are not true hibernators in the winter, but do den up for extended periods of time. They remain generally inactive and feed rarely, going through a dormant stage. Over winter, multiple females may huddle together, but males often den alone. Often, the same winter den is repeatedly used.

Although they have excellent senses of smell and hearing, they have poor vision, unable to see more than 10 feet away, making them vulnerable to death by road traffic. They have a short lifespan of an average of six years in the wild.

Skunks mate in early spring. Before giving birth (usually in May), the female excavates a den to house her litter of four to seven kits. The gestation period is about 66 days. Kits are blind and deaf at birth, and covered by a soft layer of fur. At about three weeks, they open their eyes. They are weaned at about two months, and are typically independent at one year of age, when they are ready to mate. Males play no part in raising the young.

Skunks are omnivorous, and change their diet with the seasons. Main sources of food include insects, larvae, earthworms, grubs, rodents, lizards, salamanders, frogs, snakes, birds, moles, eggs, berries, roots, leaves, grasses, fungi, and nuts. They will also feast on human garbage, carrion, and pet food. They are also a primary predator of the honeybee, and rely on their thick fur to protect them from stings. It scratches at the front of the hive and eats the guard bees that come out to investigate. Mother skunks are known to teach this behavior to their young.

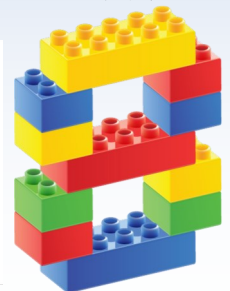
Skunks are notorious for their anal scent glands, which they use as a defensive weapon. They have two glands, one on each side of the anus. These glands produce the spray which has an offensive odor, and is highly flammable. It is powerful enough to ward off bears and other potential attackers. They can spray with a high degree of accuracy as far as 10 feet. They produce enough for five or six successive sprays and require up to ten days to produce another supply. Before spraying, they go through an elaborate routine of hisses, foot-stamping and tail-high threat postures. Most known predators rarely attack skunks, except for the great horned owl. Occasionally skunks are eaten by eagles, crows, vultures, coyotes, foxes, dogs, bobcats, mountain lions, American badgers, and some humans.

The misconception about the removal of skunk odor using tomato juice is ineffective, but a mixture of hydrogen peroxide, baking soda, and liquid dish soap chemically neutralizes the odor-causing [thiols](#) into odorless acids.

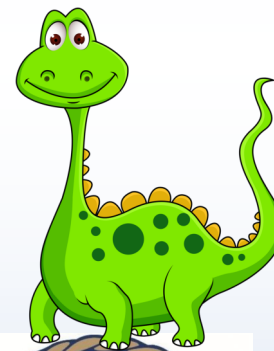
Source [1](#) [2](#)

Holidays and Special Occasions in January

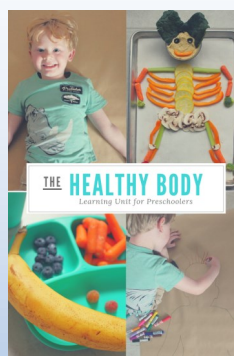
January 3 – [JRR Tolkien Day](#)
 January 9 – [National Law Enforcement Day](#)
 January 17 – [Popeye Day](#)
 January 18 – [Winnie the Pooh Day](#)
 January 20 – [Civil Rights Day](#)
 January 20 – [Elementary School Teacher Day](#)
 January 20 – [Inauguration Day](#)
 January 20 – [International Day of Acceptance](#)
 January 20 – [Martin Luther King Day](#)
 January 20 – [Penguin Awareness Day](#)
 January 21 – [Squirrel Appreciation Day](#)
 January 21 – [Thank Your Mentor Day](#)
 January 24 – [International Day of Education](#)
 January 26 – [International Environmental Education Day](#)
 January 28 – [LEGO Day](#)
 January 30 – [National Draw a Dinosaur Day](#)
 January 30 – [School Day of Non-Violence and Peace](#)
 January 31 – [National Preschool Health and Fitness Day](#)



January 19 – 25 – [Healthy Weight Week](#)
 January 19 – 25 – [Hunt for Happiness Week](#)
 January 19 – 25 – [National School Choice Week](#)
 January 21 – 26 – [World Kiwanis Week](#)
 January 30 – February 7 – [National Storytelling Week](#)



January is
[Financial Wellness Month](#)
[National Blood Donor Month](#)
[National Book Blitz Month](#)
[Self-Love 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 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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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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