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# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## April 2025 Newsletter

### Announcements

For the month of April, we're featuring **Tami Johnson** of **Tami's Daycare**. Tami has been a licensed childcare provider for over 35 years here in Sterling. After working outside of her home, and sending her own three kids to childcare for ten years, she decided to get into in-home licensed childcare, and opened her Family Child Care Home. She wanted to be the kind of provider that she wanted for her own children. She has always been open seven days a week, and provides care during evenings, weekends, and overnight to accommodate families work schedules and needs. One of her favorite things about her program is that she adores giving love to, and receiving love from the children in her care, and watching them grow and learn. She will often take a baby at two months old, and provides care to children up to 13 years old. On average, she provides service to six to ten families each year. She states that at this point in her life, she's a "grandma" type of provider, and we can expect that this is exactly the way the children and families view her too. What a lovely way to approach being a child care provider, Tami. Many thanks to her from all the children she's cared for, and from ECCLPS for providing such loving care to the children in our area. We're so grateful you chose this profession.

### ECCLPS News

As we celebrate Week of the Young Child and Child Abuse Prevention Awareness month, a few things come to mind. Make time to celebrate your child/children! As you recall your own childhood, it is probably the "little things" that you most fondly remember. So, too, will it be with your own children. Find time each day to connect with each child one-on-one, even if it's only a 10 minute window of devoted time. Pack a lunch and go to the park for a picnic with the whole family. Have a family movie day. Find the things that strengthen the bond within your family structure, and let them know they matter, they are important, and they are loved.

Consider that new mom who might not be sleeping enough, or have any time to herself. Offer to watch the children, and allow her a couple hours of "free" time. Small gestures can make a huge difference in one's ability to cope with the stress of a new addition to the family. If you see a parent struggling with a fussy child in the store, take a moment to say hi. Sometimes just a smile in their direction with a kind word, can be encouraging. A silly face, or funny sounds can often distract a crying baby, bringing great relief to a parent who may already be "at their wits end". Be a supportive part of our amazing community, and be the reason someone smiles - or at least feels like they can get through the rest of the day.

## 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)**



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](#)

**May 6th 10:00 AM** - ECCLPS will be hosting an informational session about becoming a licensed **Family Child Care Home Provider**. Learn how ECCLPS can assist you through the process. Licensing Specialist Ameer Duncan will be present to answer questions. [RSVP](#)  
100 Broadway Suite 14, Sterling

**DYK** you can have your child's car seat checked (almost) any time? Contact NCHD to schedule an appointment and make sure your children are safe!  
970-522-3741

[Q&A: How Families can prepare for Trump's proposed immigration policies](#)

If you are concerned for yourself or a family member, here is a good place to start.

[Know Your Rights](#)

## April 4th is Wear Blue Day!

Help raise awareness and show our commitment to stop child abuse.

## Save the Date

April 2 - **Speak up for Kids Day at the Capitol**  
1200 Broadway, Denver 7:30 AM - 12:00 PM

April 4 - **Child Find Screenings**  
Revere Preschool 500 Main Street, Ovid  
9:00 - 10:30 AM 970-463-5477 to schedule

April 4 - **Child Find Screenings**  
Julesburg Preschool 525 Spruce  
1:00 - 3:00 PM 970-474-3364 to schedule

April 7 - **Child Find Screenings**  
315 Lee Street, Merino  
9:00 AM - 12:00 PM 970-522-7424 to schedule

April 11 - **Child Find Screenings**  
600 Elm Ave, Akron  
9:00 AM - 1:00 PM 970-345-2268 to schedule

April 12 - **Easter Egg Hunt**  
400 W. Fourth St. Julesburg  
1:00 PM - Spring Bowling Bash to follow

April 12 - **Spring Bowling Bash**  
Week of the Young Child Celebration  
Melody Lanes 800 W. 2nd St. Julesburg  
2:00 - 4:00 PM

April 14 - **Child Find Screenings**  
506 N. Fremont, Fleming  
9:00 - 11:00 AM 970-265-2022 to schedule

April 16, 17 - **Adventure Vision Eye Exams**  
Contact Sedgwick County Schools for appt.  
Limited space available - Medicaid and CHP+

April 19 - **Spring Fling Dance**  
Week of the Young Child Celebration  
Biesemeier Room, Event Center  
22505 Hwy 385, Holyoke  
5:00 - 7:00 PM

April 28 - **ECCLPS Partner Meeting**  
100 Broadway Suite 14, Sterling  
11:50 AM - 12:50 PM [Zoom](#) link

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

## Learning & Development

**Professional Development - Enticing Picky Eaters.** 2 hours Health, Safety, & Nutrition. Learn reasons, strategies, health info, and ways to help set kids up for success. Offered via Zoom only.

Next available **First Aid/CPR/AED** class at NJC is **Saturday, May 3**. Knowles Hall room 312. Cost is \$89. You can register [HERE](#) or email [Kelly Dyess](#) or call 970-521-6773. You will have to provide your own lunch.

### Eliminating Expulsions, Suspensions, and Exclusions of Children in Early Learning Programs

Expulsions, suspensions, and exclusions in early childhood education have far-reaching consequences for young children.

### Ten Tips for “Stay Safe” Drills with Young Children

“Stay Safe” drills offer a calm and thoughtful way to prepare for emergencies while fostering a sense of security and confidence for both children and caregivers.

### Designing Your Outdoor Classroom

Designing an outdoor space can seem overwhelming. Here is some inspiration you might find helpful.

### PDIS Programs and Scholarships

Resources for individuals interested in entering the early childhood profession, and for current professionals to advance their career.

### PDIS Instructor-Led Training Events

View a list of training you may arrange for your program.

### PDIS Virtual and In-Person Trainings

Early Childhood Council Leadership Alliance (ECCLA) has announced that the application window for the Family Child Care Home (FCCH) Facilities Improvement Grant is open! Grant Information [HERE](#)

## 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

## [Decoding the Backtalk](#)

While it can be frustrating, and test your patience, backtalk is often a normal part of child development. It is a sign that your child is developing their own opinions, testing boundaries, and learning to assert themselves.

## [Music Therapy: Study Says Music is Key for Non-Verbal Children and Children with Speech and Language Delays](#)

Music therapy is an evidence-based health profession that utilizes appropriate music as a tool to support many populations in achieving holistic health goals.

## [The Magic of Picture Books: Why They Matter More Than Ever](#)

In a time when screens dominate our lives and attention spans are shrinking, picture books remain a powerful medium for connection, learning, and joy.

## [Helping Children Cope After a Traumatic Event](#)

Helping children feel secure after a traumatic event is so important. Here's a list of things you can do to help children feel safe again, and recover in a healthy way.

## [10 Ways to Encourage Adaptability and Flexibility](#)

Adaptability is the ability to adjust to new conditions. Regardless of your child's temperament, adaptability and flexibility can be learned and strengthened.

## [The Best Way to Praise Kids Who Learn and Think Differently](#)

Learn about the types of praise and how to give effective praise. Keep scrolling to read the whole article.

## [6 Steps You Can Take to Keep From Losing Your Cool](#)

It's normal to lose your cool sometimes as a parent. And parenting a child with learning and thinking differences can be especially tricky. When you feel yourself getting upset with your child, having a cool-down plan can be a big help.

## [Get Out of the Discipline Rut](#)

How to discipline with intention and raise well-adjusted kids.

## [Conflict Resolution for Kids](#)

Conflict is a part of life, and a part of healthy relationships. Learning conflict resolution through emotional regulation, empathy, and communication will help your kids throughout their lives.

## [Your Phone Doesn't Need You. They Do.](#)

The average parent spends more time with their phone than with their baby.

## [The Benefits of Deleting Social Media](#)

Imagine - more time, clearer focus, better sleep, and better wellbeing. Is detox right for you?

# Child Health and Well-Being

April is when we celebrate **Week of the Young Child**, and when you take the time to really notice and celebrate their efforts, milestones, and achievements, you can help your child feel special all year long! Here are a few ideas to help inspire you to recognize the individuality and uniqueness of your child, which helps him or her feel seen, heard, valued, and loved.

## [Week of the Young Child Celebration](#)

This year it is April 5 – 11. Be a part of this annual event celebrating early learning, young children, their teachers, and families.

## [39 Simple Ways to Celebrate Your Child's Success](#)

A fun list of things to do to help your child feel special when they achieve an “I did it” milestone!

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

Here are five games, activities, stories, and songs to help show children that our differences are what make us special, and are something to celebrate, not to fear.

## [Celebrating Milestones: Making Memories in Your Child's Life](#)

As parents, cherish every moment, and celebrate major achievements along the way.

## [Ideas for Celebrating and Recognizing Your Child's Achievements](#)

Recognizing your child's success and celebrating milestones can boost their confidence, encourage continued growth, and reinforce the importance of hard work and perseverance.

## [Vroom on Facebook](#)

If you want daily activities to do with your children, here's a great place to start!

## [Kids Who Spend More Time in Nature Become Happier Adults, Study Confirms](#)

You don't really need a study to tell you this, but it's worth noting the science behind our intuitive guess that kids who spend more time in nature become happier adults.

## [22 Ideas for Celebrating Earth Day with Kids Outside](#)

Showing kids how to enjoy and care for nature is far more impactful than telling them. Spend the day outside together, with activities that will stimulate your child's mind, body, and soul through nature. The best way to encourage them to protect the environment is to get them outside so they can fall in love with nature.

## [Guided Meditation Script: Spring Renewal](#)

Spring is a time of new beginnings. This spring meditation for kids is a wonderful opportunity to learn how each new season is part of a cycle we can depend on year after year.



# Child Health and Well-Being

April is also **Child Abuse Prevention Awareness Month**. When you truly bond with your child, risks of physical, emotional, or sexual abuse, and neglect are lowered immensely. You can help prevent child neglect by creating a safe and nurturing environment for children. This includes providing emotional support, meeting basic needs, and establishing routines. Here are some ways you can help:

Prevent child neglect (Learn more [HERE](#))

- ⇒ Set aside time: Make time each day to play with or talk to your child
- ⇒ Create routines: Establish consistent routines and appropriate expectations.
- ⇒ Provide support: Offer physical and emotional support.
- ⇒ Meet basic needs: Ensure children have enough food, clothing, education, health care, and housing.
- ⇒ Teach safety: Teach children how to stay safe online and when they're outside.
- ⇒ Be aware: Know who is watching your child when they're not with you.

Support neglected children (Learn more [HERE](#))

- ⇒ Be predictable and repetitive.
- ⇒ Be understanding: Try to understand behaviors instead of punishing.
- ⇒ Be nurturing: Interact with children at their emotional age.
- ⇒ Be a good role model: Model and teach appropriate social behaviors.
- ⇒ Listen: Listen to and talk with children.
- ⇒ Have realistic expectations: Set appropriate expectations according to the child's physical *and* emotional age.

If you see evidence of (or suspect) child abuse or neglect, it is your duty to **speak up** for that child. You can reach out anonymously by calling the Hotline at 844-264-5437 (844-CO-4-Kids). If not you, then who?

Visit [CO4Kids](#) to learn more about the different types of abuse, neglect, and child trafficking. You can also view the FAQs [HERE](#).

One of the most effective ways to prevent child abuse is to strengthen families. Learn [50+ Ways to Help Families](#).

View the calendar of events to take collective action against child abuse [HERE](#)

View the **Colorado Early Learning and Development Guideline** [HERE](#).

View or download a copy of **The PLAYbook** in [English](#) or [Spanish](#)

# American Bullfrog

The American bullfrog is a large true frog native to eastern North America. It typically inhabits large permanent water bodies such as swamps, ponds, and lakes. They can also be found in manmade habitats such as pools, koi ponds, canals, ditches, and culverts. The bullfrog gets its name from the sound the male makes during the breeding season, which sounds similar to a bull bellowing. It is large and is commonly eaten throughout its range, especially in the southern United States where they are plentiful.

Their presence as a food source has led to bullfrogs being distributed around the world outside of their native range. They have been introduced into the western United States, South America, western Europe, China, Japan and Southeast Asia. In these places they are considered an invasive species due to their voracious appetite and the large number of eggs they produce, which has a negative effect on native amphibians, certain insects, and other fauna. They are very skittish which can make their capture difficult and thus, they often become established. Other than for food, bullfrogs are also used for dissection in human science classes.

The dorsal (upper) surface of the frog has an olive-green basal color, either plain or with mottling and banding of grayish brown. The ventral (under) surface is off-white blotched with yellow or gray. There is a marked contrast in color between the green upper lip and the pale lower lip. The teeth are tiny and are useful in grasping. Eyes are prominent with brown irises and horizontal, almond-shaped pupils. The tympana (eardrums) are easily seen just behind the eyes. The limbs are blotched or banded with gray. The fore legs are short and sturdy, and the hind legs are long. The front toes are not webbed, but the back toes have webbing between the digits with the exception of the fourth toe, which is unwebbed.

Males are smaller than females, and have yellow throats. Bullfrogs measure about 3.6 to 6 inches from snout-to-vent. They grow fast in the first eight months of life, typically increasing in weight from .18 to 6.17 ounces, and large, mature individuals can weigh up to 1.1 pounds. The American bullfrog is the largest species of true frog in North America.

Breeding season typically lasts two to three months, beginning in late May or early June, and continuing through July for males. Conversely, females have brief periods of sexual receptivity during the season in which activity for the female lasts for a single night, and mating does not occur unless the females initiate the physical contact.

After selecting a male, the female deposits eggs in his territory. During the mating grasp, the male rides on top of the female, grasping her just behind her fore limbs. The female chooses a site in shallow water among vegetation, and lays a batch of up to 20,000 eggs, and the male simultaneously releases sperm, resulting in external fertilization. The eggs form a think, floating sheet. The embryos develop best at water temperatures between 75 and 86 degrees, and hatch in 3-5 days.

# American Bullfrog

If water temperatures rise above 90 degrees, developmental abnormalities occur, and if it falls below 59 degrees, normal development ceases. Metamorphosis can occur within a few months where it's warmer, and can take up to 3 years in colder temperatures.

Bullfrogs are voracious, opportunistic, ambush predators that prey on any small animal they can overpower and consume. This can include rodents, lizards, snakes, other frogs and toads, amphibians, crayfish and other crustaceans, small birds, scorpions, tarantulas, bats, and all kinds of invertebrates such as snails, worms, and insects, as well as fish, tadpoles, and other aquatic's eggs.

Predators include herons, and other large birds, North American river otters, predatory fish, and occasionally other amphibians. The eggs and larvae are unpalatable to many salamanders and fish. They may be at least partially resistant to the venom of copperhead and cottonmouth snakes. Source [1](#) [2](#) Listen to their calls [HERE](#)



Adult Male



Adult Female



Tadpole



Underside of  
Tadpole



Froglet

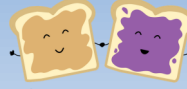


# Holidays and Special Occasions in April

April 1 – [April Fool's Day](#)  
 April 1 – [Library Snap Shot Day](#)  
 April 1 – [Nickelodeon Anniversary Celebration Day](#)  
 April 1 – [Reading is Funny Day](#)  
 April 2 – [Children's Picture Book Day](#)  
 April 2 – [Day of Hope](#)  
 April 2 – [National Peanut Butter and Jelly Day](#)  
 April 2 – [Nature Day](#)  
 April 3 – [Paraprofessional Appreciation Day](#)  
 April 4 – [School Librarian Day](#)  
 April 5 – [National Dandelion Day](#)  
 April 5 – [National Love Our Children Day](#)  
 April 5 – [National Self Care Day](#)  
 April 6 – [National Food Faces Day](#)  
 April 6 – [National Library Day](#)  
 April 8 – [Kids Yoga Day](#)  
 April 10 – [Encourage a Young Writer Day](#)  
 April 10 – [National Bookmobile Day](#)  
 April 10 – [National Siblings Day](#)  
 April 10 – [Support Teen Literature Day](#)  
 April 11 – [Global Day to End Child Sexual Abuse](#)  
 April 12 – [International Day for Street Children](#)  
 April 13 – [International Special Librarians Day](#)  
 April 14 – [National Donate a Book Day](#)  
 April 15 – [Tax Day](#)  
 April 16 – [National Librarian Day](#)  
 April 17 – [Celebrate Teen Literature Day](#)  
 April 17 – [National Haiku Day](#)  
 April 17 – [No Limits for Deaf Children Day](#)  
 April 18 – [National Animal Cracker Day](#)  
 April 19 – [Sylvester the Cat's Birthday](#)  
 April 20 – [Easter](#)  
 April 21 – [Thank You Libraries Day](#)  
 April 22 – [Earth Day](#)  
 April 22 – [School Bus Driver Appreciation Day](#)  
 April 23 – [World Book and Copyright Day](#)  
 April 23 – [World Book Day](#)  
 April 25 – [National Telephone Day](#)  
 April 26 – [Eeyore's Birthday](#)  
 April 27 – [National Tell a Story Day](#)  
 April 27 – [Teach Children to Save Day](#)  
 April 27 – [Woody Woodpecker Day](#)  
 April 28 – [National Superhero Day](#)  
 April 30 – [Day of the Child](#)  
 April 30 – [Healthy Kids Day](#)  
 April 30 – [Mr. Potato Head Day](#)  
 April 30 – [National Bugs Bunny Day](#)  
 April 30 – [Spank Out Day](#)

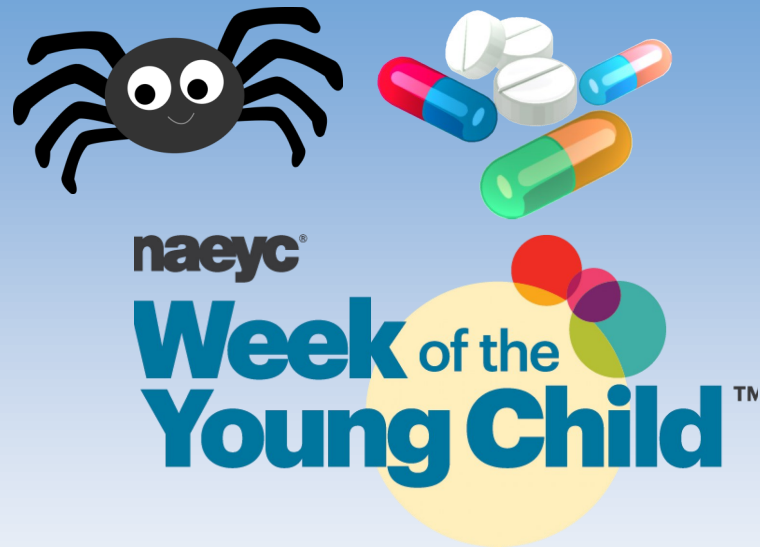


BESTIES  
FOREVER



# Holidays and Special Occasions in April

April 1 – 7 – [Be Kind to Spiders Week](#)  
April 1 – 7 – [Medication Safety Week](#)  
April 5 – 9 – [National Wildlife Week](#)  
April 5 – 11 – [Week of the Young Child](#)  
April 6 – 12 – [National Library Week](#)  
April 10 – 16 – [Consumer Awareness Week](#)  
April 15 – 21 – [Money Smart Week](#)  
April 21 – 25 – [Every Kid Healthy Week](#)



April is  
[Autism Acceptance Month](#)  
[Celebrate Diversity Month](#)  
[Child Abuse Awareness Month](#)  
[Distracted Driving Awareness Month](#)  
[Earth Month](#)  
[Financial Literacy Month](#)  
[Global Astronomy Month](#)  
[Global Child Nutrition Month](#)  
[Keep America Beautiful Month](#)  
[National Food Month](#)  
[National Frog Month](#)  
[National Literature Month](#)  
[National Youth Sports Safety Month](#)  
[School Library Month](#)  
[World Autism 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.



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~**

<b>Stephanie Swenson</b> Quality Support Coach <u><a href="mailto:ecclps.edwards@gmail.com">ecclps.edwards@gmail.com</a></u>	<b>Stacey Zink</b> Coordinator <u><a href="mailto:ecclps.zink@gmail.com">ecclps.zink@gmail.com</a></u>	<b>Michelle Sharp</b> Executive Director <u><a href="mailto:ecclps.sharp@gmail.com">ecclps.sharp@gmail.com</a></u>
<b>Aileen Miranda</b> Program Assistant <u><a href="mailto:ecclps.miranda@gmail.com">ecclps.miranda@gmail.com</a></u>		<b>Bailee Jones</b> UPP Coordinator <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**

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