



EST.



1997



# EARLY CHILDHOOD COUNCIL

## LOGAN - PHILLIPS - SEDGWICK

*Every child can learn, play & succeed!*

## May 2025 Newsletter

### Announcements

This month our featured Provider is **Kris Gordon**, of **Kris Gordon's Day Care**. Kris has been providing childcare for 43 years. She started as a provider to help a friend who couldn't find care for her kids, and she wanted to stay home to raise her own children as well, so it seemed like the perfect match for her. She serves about 6 - 7 families each year, for a total of 9 children. Her love for children, and wanting to give them care that made them feel "at home" has become more like the care they receive at Grandma's house. One of the things that she loves about her program is that many of the parents whose children she watches now, were children she cared for while they were young. Typically, she provides care from birth until the age of six, but longer if necessary. She says it brings her great joy in watching the children learn, and especially when they have those "ah ha" moments, and truly "get it". "They are little sponges that soak up everything." Even with all of those great moments throughout their day, her most favorite thing about caring for the children in her program is all the cuddle time and hugs. Thank you, Kris, for all the important work you do every day, both for the children in your program, and the service you provide the parents of the community.

### ECCLPS News

\*National Provider Appreciation Day, also known as Child Care Provider Appreciation Day, is May 9th. On this day, we recognize and give thanks for the dedication of child care providers and other educators of young children. While we should celebrate it every day, THIS day is dedicated to showing appreciation for the work of our early childhood CHAMPIONS, and the positive impact they have on children's lives. We can never thank you enough!

\*Our Spring Fling events in Sterling and Holyoke this year to celebrate Week of the Young Child, and Child Abuse Prevention Awareness, were so much fun. We were so grateful to everyone who donated their time, prizes, or services (CHFA, Buell Foundation, Melissa Memorial Hospital, Phillips County Family Education Services, Baby Bear Hugs, Country Treasures Floral, Peerless Theater, and My Flower Barn) to help our community's children feel special, and loved. Thank you Jacob Reyes for being the BEST DJ EVER!

\*In Julesburg, to celebrate the event, we had a blast bowling with the children and families after the Easter Egg Hunt. Thank you to Melody Lanes for allowing us to take over the bowling alley!

\*Each child at each event received a new pinwheel - the symbol of child abuse prevention awareness, as did each child in child care, preschool, and child care centers in all three counties.

## 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](#)

Here's a friendly reminder that our Lending Library is stocked and you can check boxes out for your Family Child Care Home. Check out all the great things we have to offer!

[ECCLPS Lending Library](#)

**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

### [What if...](#)

This is an exploration of the "what ifs" surrounding Self-Directed Education, but if every parent considered these thoughts about their children, in general, a lot more children could be self-fulfilled.

See **page 6** for information on **Children's Hospital Specialty Clinics**

## Save the Date

May 3 - **Babysitting Basic Training**  
Paoli Town Hall 111 Lohn Ave, Paoli **Cost \$25**  
9:00 AM - 3:00 PM Bring a sack lunch

May 4 - **Ovid Graduation**  
500 Main Street  
2:00 - 3:00 PM

May 5 - **Healthy Child Clinic**  
700 Columbine St. 970-522-3741  
9:00 AM - 2:00 PM 6 months - 5 years old

May 9 - **Provider Appreciation Day Celebration**  
The Lounge at McCauley's 120 N 2nd St.  
6:30 PM

May 10 - **Holyoke Graduation**  
545 E Hale Street  
2:00 - 3:00 PM

May 10 - **Julesburg Graduation**  
401 Cottonwood Street  
1:30 - 2:30 PM

May 11 - **Haxtun Graduation**  
201 W Powell Street  
1:00 - 2:00 PM

May 17 - **Peetz Graduation**  
311 Coleman Avenue  
10:00 AM - 12:00 PM

May 18 - **Fleming Graduation**  
506 N Fremont Avenue  
2:00 - 3:00 PM

May 18 - **Merino Graduation**  
315 Lee Street  
2:00 - 3:00 PM

May 24 - **Caliche Graduation**  
26308 CR 65, Iliff  
2:00 - 3:00 PM

May 24 - **Sterling Graduation**  
407 W Broadway Street  
10:00 - 11:00 AM

May 29 - **Babysitting Basic Training**  
Sedgwick County Human Services  
118 W 3rd Street, Julesburg **Cost \$25**  
9:00 - 3:00 PM Bring a sack lunch

# Learning & Development

**Professional Development** - We do not have PD training again until September. We hope you make the most of your summer and find joy in all you do.

## Professional Learning Opportunities

CDE is partnering with Project MOMENTUM to help meet PD requirements for supporting multilingual learners.

## 10 Ways to Encourage Collaboration

Raising children who can collaborate effectively and work well in teams is growing increasingly valuable. The ability to cooperate, share goals, and value others' perspectives is crucial for success.

## Simple and Lasting Mindful Emotional Management Habits for Early Childhood Educators

Four strategies that can bring calm, clarity, and self-awareness to a stressful situation.

## CDEC Learning and Development Guidelines

There are many guidelines here, some you may not be familiar with.

## CDEC Health and Safety Requirements

Review and refresh your knowledge of responsibilities as a child care provider.

**CU Denver, Early Intervention Colorado, and Colorado Department of Education** have expanded the **Project Include** project, and started **Adapt to Impact**. You can learn more about it [HERE](#). We still have the kits available for check out at the ECCLPS office. If you are interested in checking out one of the kits, please fill out the form [HERE](#). See the flyer at the end of this newsletter.

# 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

Mealtime Memos from CACFP

\$\$\$\$\$\$\$\$\$\$

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

## 50 Simple Ways to Make Your Baby Smarter

Experts believe that the first years of a child's life are a prime time for learning, but it can be hard to think of new ways to stimulate them. Let these fun – and scientific – activities inspire you.

## 6 Simple Ways to Boost Your Child's Brain

When parents spend time interacting and bonding with their kids they are preparing them for success in school, and a happier, healthier life. These tips may be easier than you expect.

## 8 Activities that Teach Young Children Social-Emotional Skills

Fun and easy activities to boost young children's social-emotional development, at home or school.

## Climbing the Validation Ladder

Validation isn't just about agreeing with our kids; it's about acknowledging their feelings, experiences, and perspectives. It is the pathway to helping them feel "seen".

## Messy Room? How to Help Your Child Keep it Neat

Some helpful tips to guide your child into keeping a tidy space.

## Raising Screen-Free Boys

If you think it's impossible to raise screen-free children in our tech-based world, learn how this mom has faced the challenge, and seems to be succeeding.

## Daily Exercise Ideas for Children with ADHD

Exercise can reduce ADHD symptoms and improve cognitive functioning in children. Learn about the connection, and how to incorporate physical activity into all areas of your child's life.

## Understanding Dyslexia and the Reading Brain in Kids

Dyslexia is a different brain organization that needs different teaching methods. It is never the fault of the child. More about [RAN](#) tests.

## 7 Common Myths About Dyscalculia

There's not as much research on dyscalculia as there is on other learning and thinking differences, like dyslexia or ADHD. But there's a lot that researchers *do* know.

## Treatment for Kids with Dyscalculia

Learn about different strategies, supports, and therapies that can help kids with dyscalculia.

## Mindful Parenting

Use mindfulness techniques to take stress and anxiety out of raising kids.

# Child Health and Well-Being

## How is Nature Therapeutic?

Letting children play outdoors, away from the hustle and bustle of everyday life, provides respite. It gives them a break from the constant routine, bright colors, and noises. It allows them to unwind and recharge.

## How to Get Your Kids Gardening

Kids benefit from gardening just as much as adults do. A garden bed is essentially an open space to learn a myriad of concepts while improving their mental health and self-esteem, getting necessary sensory input, and learning science hands-on.

## Breath Awareness for Young Children

While children should know it's okay to feel sad or angry or anxious, children should also have the needed skills to calm and relax themselves.

## The Importance of Pretend Play

Young children learn by imagining and doing. The process of pretending builds skills in many essential developmental areas.

## Is Punishment Necessary

Punishment might stop a behavior in the moment, but it doesn't teach a child why their actions were wrong or how to make better choices. True discipline is not about control – it's about guidance, connection, and helping children develop the emotional intelligence they need to navigate life.

## Soothe Snuggle Slowdown: Songs and Strategies for Restful Sleep

It's normal for children of all ages to have a hard time winding down for sleep or rest. Sesame Street friends offer some moments to unwind together as you cuddle and bond, providing a gentle transition for your child into sleep or just down time.

## Classic Book Recommendations for Children and Adolescents that Promote Positive Childhood Experiences (PCEs)

Through reading, we learn about bravery, adventure, how to love and how to be kind. We fall in love with characters who are different from us and connect with those we see in ourselves.

## 20 Outdoor Sensory Play Activities For Young Children

Sensory play includes activities that engage young children's senses. The best thing is, to engage in sensory play, all they really have to do is step outside!

## Guided Relaxation: Bucket of Kindness

Use this to help your child understand that doing nice, kind, helpful things helps them to fill, not only the other person's bucket, but their own too.



# Children's Hospital Specialty Clinics

Fort Morgan:

Neurology - May 15, 2025 - Call 720-777-6895 to schedule

Ortho/Rehab - June 10, 2025 - call 720-777-6600 to schedule

Sterling:

Ortho/Rehab - April 30, 2025 - this clinic is currently full

Neurology - June 26, 2025 - this clinic will be via telehealth - call 720-777-6895 to schedule

As always, if you feel your child needs additional support in speech, hearing, or other developmental services, and is age 0 - 2, please contact Early Intervention Colorado through Eastern Colorado Services 970-522-7121. Any parent or caregiver may make a referral for services, you do not need a referral from a doctor.

To make a referral to [Early Intervention](#): Call: 833-733-3734 (833) REFER-EI

Email: [GetStartedwithEI@state.co.us](mailto:GetStartedwithEI@state.co.us)

Fax: A referral form to 303-866-5944

Online referral form: [eicolorado.org](http://eicolorado.org) then Make a Referral

If your child is age 3 - 5 and in need of additional support in the above areas, please contact Northeast Colorado BOCES by calling 970-521-2771.

Learn more about BOCES [here](#) and learn more about Special Education services [here](#)



**Early Intervention**  
C O L O R A D O



**E • C • S • D • D**  
EASTERN COLORADO SERVICES  
for the Developmentally Disabled, Inc.



# Box Turtle

Box turtles are largely characterized by having a shell shaped like a dome, which is hinged at the bottom, allowing the animal to close its shell tightly to escape predators. They commonly live over 20 years, with verified cases of lifespans exceeding 40 to 50 years. Turtles are the only known vertebrates, extant or extinct, to accomplish the feat of moving their shoulder, collar, and neck bones to within their rib cage which has allowed for the evolution of their protective shell.

Box turtles are omnivorous. Their eagle eyes and keen sense of smell help them find foods such as snails, insects, berries, fungi, slugs, worms, flowers, fish, frogs, salamanders, various rodents, snakes, birds, and eggs, among other things. They can even consume poisonous toadstools which can make their flesh poisonous. During their first five years of life, they are primarily carnivorous. Adults tend to be mostly herbivores, but do not feed on leafy greens. They are known to feed on animals found dead on roadways. Hatchlings and young turtles need more protein and prefer a carnivorous diet, and as they grow, they incorporate more and more plants into their diet.

Box turtles operate best on early summer mornings, evenings, or after a cooling rain. If it gets too hot, they seek protection under logs or leaves, burrow into moist soil, or chill out in a pond or stream. Come October, in the northern parts of their range, they enter a form of torpor that can last until April. Unlike warm-blooded animals that hibernate, cold-blooded animals “bromate” during the winter months. Using their clawed feet, box turtles burrow down into sand or soil before it has frozen, to create an overwintering chamber.

They prefer to dig their burrow on a south or west-facing slope to maximize sunlight exposure and moderate temperatures. If they get caught above ground during a quick cold-snap before they have entered a den, no problem. Amazingly, box turtles can survive the icing of internal organs for short durations (not more than 50 consecutive hours) and are the largest freeze tolerant vertebrate in the world. If the temperature drops to less than 17 degrees Fahrenheit, bodily fluids freeze and ice can surround their lungs, muscles, and even brain. Up to 58% of the water in a box turtle can freeze with no long-term ill effects. When this happens blood is concentrated centrally, and the liver produces extra glucose that is sent to protect vital organs like the heart, eyes, and brain. In extreme cold, its heart can stop completely. The whole brumation process is important for box turtle health and helps regulate hormones needed for reproduction.

While it appears that most mating occurs in one-on-one encounters, there are occasions when two males will compete for access to the same female. These encounters, which almost never amount to mortal combat, consist of head butting, shoving, and perhaps attempts to overturn the other. Mating occurs during nesting season beginning in April and ceasing at the end of the summer months.

# Box Turtle

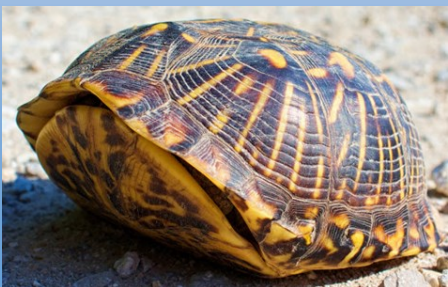
They reach sexual maturity by their fifth year, but often don't begin breeding until their tenth year. Females have the ability to store sperm and can lay fertile eggs for up to four years without mating again. By May or June, females will venture from only a few feet to a mile or more within her home range to find a suitable nest location. Using her hind legs, she'll dig the nest in sandy soil and lay several eggs (often 4 or 5 but up to 11), then shallowly cover them. Once laid, the eggs must incubate and hatch on their own. Box turtles have temperature dependent sex determination. Females are most likely at incubation temperatures above 82 degrees, and males between 72 – 81 degrees Fahrenheit.

Eggs are a prized meal for many animals and skunks, crows, foxes, snakes, and raccoons frequently raid nests. Eggs that make it through hatch about two months after being laid. This is also a dangerous time. Young box turtles can't hide away in their hard shells for many years. Hatchling shells are not only soft, but the hinged plastron doesn't develop until their fourth year of life, and their shell doesn't completely harden until their sixth or seventh year of life. Adults have the ability to quickly regenerate or repair their shells, even if severely damaged.

North American box turtles are listed as vulnerable due to habitat destruction. The forests converted to farmland greatly reduced the number of turtles in many states. The remaining land is often fragmented with roadways and urban projects, destroying their habitat. Another serious issue contributing to the decline is the capture and sale of hatchlings from the wild. Once captured, the turtles are often kept in poor conditions, in which more than half die. Those that live long enough to be sold usually suffer from conditions such as malnutrition, dehydration, and infection. Many states have created strict laws against collecting hatchlings from the wild, due to irreversible damage to populations, because these turtles have a low reproductive rate, as they take a long time to find a mate.

Finding box turtles in the wild and taking them as pets, even for a short period, can have detrimental effects. They want to stay within the area where they were hatched. If one is moved more than half a mile from its territory, it may not find its way back, but may spend years searching for it. This exposes the animal to danger and disrupts the breeding cycle of which it would otherwise have been a part. While they are very popular as pets, it is important that they are preserved in the right manner.

Sources [1](#) [2](#)





# Holidays and Special Occasions in May

May 1 – [May Day](#)

May 1 – [Mother Goose Day](#)

May 2 – [Harry Potter Day](#)

May 2 – [National Space Day](#)

May 4 – [K.I.N.D. Day](#)

May 6 – [National Teachers' Day](#)

May 9 – [National Provider Appreciation Day](#)

May 11 – [Mother's Day](#)

May 15 – [International Family Day](#)

May 19 – [Plant Something Day](#)

May 20 – [World Bee Day](#)

May 23 – [World Turtle Day](#)

May 25 – [National Missing Children's Day](#)

May 26 – [Memorial Day](#)

May 28 – [World Otter Day](#)

May 4 – 10 – [Teacher Appreciation Week](#)

May 5 – 11 – [Children's Book Week](#)

May 10 – 16 – [National Mental Health Awareness Week](#)

May 15 – 21 – [National Police Week](#)

May 18 – 24 – [National EMS Week](#)

May is

[Be Kind to Animals Month](#)

[Family Wellness Month](#)

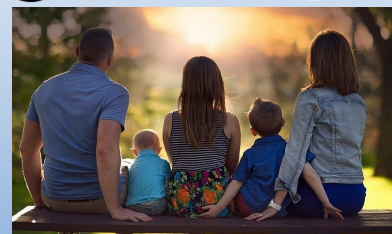
[Gardening for Wildlife Month](#)

[Get Caught Reading Month](#)

[Heal the Children Month](#)

[Indian Heritage Month](#)

[National Share a Story Month](#)



# ADAPT TO IMPACT



Center for  
Innovative Design  
and Engineering  
(CIDE)

*Breaking Barriers | Changing Lives*

**Adapt to Impact helps create childcare environments where every child can succeed by offering providers the tools and resources to support children with delays and disabilities.**

## **Adapt to Impact is:**

- For all licensed Colorado childcare programs
- Intended to better serve children with delays, disabilities, and differences
- FREE to participating programs

## **Adapt to Impact Offers:**

- Comprehensive online trainings focused on adapting and supporting children with delays and disabilities
- Access to a loan library of over 200 items
- Supports and resources

## **Contact Us:**

<https://bit.ly/AdaptToImpact>

[AdaptCIDE@UCDENVER.EDU](mailto:AdaptCIDE@UCDENVER.EDU)





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**

[www.ecclps.org](http://www.ecclps.org)

[Follow us on Facebook](#)