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EARLY CHILDHOOD COUNCIL

LOGAN - PHILLIPS - SEDGWICK

Every child can learn, play & succeed!

November 2025 Newsletter

Announcements

This month our featured provider is **Caliche Little Buffs Preschool**. We spoke with **Shelby Farquhar** and **Vicky Lerma**, and they provided some awesome information we'd like to share. With a bit of research, they discovered the center opened on September 15, 1999.

Vicky has been teaching in a preschool position for two years, first at Sunshine and now at Caliche. This is Shelby's sixth year in a preschool setting including Hagen and Caliche.

They serve up to 16 families per year with children ages 3 - 5 years old. They both agreed that one of the best parts of the program is that they operate within Caliche Elementary and High Schools. This gives their students and families a chance to be involved in school activities such as pep rallies and other school events, that they may not have the opportunity to participate in at a larger center that is separate from a school. It is a very tight knit community, which makes all the families and staff feel like a family.

They concluded, "We serve a very loving community and are proud to be Caliche Buffaloes!"

Thank you ladies for all that you do for the children and families in your community!

ECCLPS News

*We wrapped up the Duck Drop fundraising for the year, with really great results! In Logan County, there were 740 ducks sold, in Phillips County, 651 ducks sold, and in Sedgwick County 476 ducks sold, for a total of 1,867! Congratulations to our winners, Trinity Lutheran Preschool, South Platte Auto Center, Lisa Lockamy, Michelle Patterson, Sara Wilson, and Gracie Tomlanovich. Check out their pics on our [FB](#) page. We can't thank you all enough for making our first year of the Duck Drop a success! With the funds raised, it will help to support our Early Childhood Educators, Professional Development trainings, Dolly Parton's Imagination Library, and community based programs such as Week of the Young Child, Child Abuse Prevention Awareness, and so much more!

*It was such a pleasure to attend [COMOM](#) this year in Loveland, CO. It is such an amazing organization, and they provided service to an unreal number of patients. It was incredible to watch them work so diligently to provide care to so many people in a 48 hour period, and awe inspiring to see everyone work so hard, while maintaining a pleasant demeanor. Learn more about their mission here [COMOM](#).

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**



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 available for your Family Child Care Home. Check out all the great things we have to offer!

[ECCLPS Lending Library](#)

[Logan County Emergency Notification System](#)

The **CodeRED** system is used to send emergency notifications, from evacuation notices to missing child alerts, as well as weather related emergencies. This could be very helpful for anyone caring for children! Here are the links to sign up for [Sedgwick County](#), and [Phillips County](#).

Family Child Care Home Town Hall
Monday, November 17
6:30 - 7:30

This form will close on November 11. Use this link to submit questions and register **before 11/11/25**

<https://forms.gle/hfonDB7DYu3tQ36u9>

Save the Date

November 1 - **Step Out for Kids Supper**
Mitchek Event Center - LC Fairgrounds
5:00 PM \$7.00 per person

November 1 - **Dia de los Muertos Celebration**
Holyoke High School
5:30 PM

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

November 5 - **Tourism Community Meeting**
Hippodrome, Julesburg
4:00 - 6:00 PM

November 10 - **Procession on the Overland Trail**
Overland Trail Museum, Sterling
5:30 - 7:30 PM

November 11 - **A Fair to Remember**
Hippodrome, Julesburg
All Day

November 15 - **Baby Sitting Basic Training**
111 Lohn Ave, Paoli Town Hall
9:00 AM - 3:00 PM

November 24 - **NO ECCLPS Partner Meeting**

November 24 - **NO Professional Development Training**

November 27 - **Happy Thanksgiving!**
ECCLPS office **closed November 27, 28**. We hope you enjoy a wonderful time with family and friends, and have so much to be thankful for!

November 28 - **Lighting of the Courthouse**
Downtown Sterling
5:30 PM

January 31 - **ECCLPS/NJC ECE Conference**
E.S. French Atrium at NJC 1110 Sidney Ave, Sterling
7:30 AM - 4:30 PM

Learning & Development

ECCLPS Professional Development Training - We will not host a Professional Development Training until February 2026
Please join us at the ECE Conference on January 31st at NJC! Registration coming soon!

K-12 Teachers - Be part of groundbreaking research on student cell phone use in Colorado! Please share this link with your networks. Complete the 5 minute survey and be entered for a chance to win \$500! (10 winners will be awarded.) Take the [survey](#).

[Teachable Transitions](#)

With these suggestions, you can help turn transitions into opportunities for learning without the chaos.

[19 Co-Regulation Tips for Addressing Young Children's Behavior](#)

Once you are regulated, here are 19 tips to help the children in your care become regulated.

[The Importance of Protecting Play](#)

If we want to raise kids who are kind, curious, creative, and resilient (and "ready for kindergarten"), we need to let them play.

Devereux Center for Resilient Children -

Find access to all of their upcoming free [webinars](#). There's a little something for everyone, so if you haven't attended one, now is a great time to do so.

[Supporting Social-Emotional Growth through Everyday Classroom Activities](#)

Early childhood educators play an essential role in supporting children's social and emotional development.

[Ensuring That Preschool Classroom Jobs are Meaningful for Students](#)

Framing jobs as a form of community care allows children to see themselves as helpers, contributors, and citizens.

[Benefits of Clay Play](#)

Understanding the exploration stage of children, and the boundless properties of clay.

Partner News Links

[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](#)

[Colorado Shines](#) - Subscribe

[Healthy Child Care Colorado](#) - Scroll to bottom to subscribe

[RMPBS](#) - subscribe

[The Scoop](#) - New and past issues online (weekly publication)

[CDEC](#) - [subscribe](#) or [view online](#)

[PDIS](#) - Petey's PDIS Newsletter

[Mealtime Memos](#) from CACFP

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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](#)

[CDEC](#) new grants see if you qualify -

Applications open now

[CDEC](#) Stimulus Matrix

[Preschool Development Grant 0-5](#)

[FFN Grant](#)

[Community Facilities Direct Loan & Grant](#)

[Program in USDA's Rural Development](#)

[Caplan Foundation for Early Childhood](#)

[Grants](#)

[Grant Watch](#)

Family Support and Education

Raising CO Kids

Use this platform to access early childhood services and family resources. Available in English and Spanish.

Brain Development Signals Reading Challenges Long Before Kindergarten

New research shows that the skills needed for reading begin developing before a child is born. Learning to read is a challenge for all children. The best way to help a child learn to read is by reading to them in infancy through early childhood.

Ages and Stages

From newborns to teens, here is an amazing resource for developmental milestones, all the way to things you can expect to deal with as your child ages. Includes talking points for family discussions, and strategies to deal with undesirable behaviors.

10 Things Kids Should Know How to Do by Age 10

We want to support kids who can think for themselves, communicate clearly, and trust their own judgement. These skills can be practiced in ways big and small, including by mastering (or more realistically, attempting) these 10 tasks.

Positive Empathy

Positive empathy is about authentically engaging with someone's positive emotions, and helping them to fully experience and even amplify those feelings.

Are You the Garbage Can For Your Young Person?

This one is for the parents/caregivers of tweens and teens. This is a lovely article, well-written, and informative. Sometimes, kids just need someone to listen without judgement.

Reduce Your Negative Words and Say "I Love You" to Your Children More

Words have a powerful impact on children. They are the building blocks of self-worth, self-image, self-talk, and sabotaging mindsets.

Avoid These Words When You Talk to Your Kids

Certain negative words can be counterproductive when trying to change a child's behavior.

Calm Voices, Calmer Kids

Sometimes it's hard to keep your cool, but less yelling means better communication.

How to Help Kids Be Kinder to Themselves and Avoid Negative Self-Talk

Unkind self-talk will become a vicious cycle which will negatively impact children's mental health, and their ability to come out of the other side of childhood as a confident person, with their self-esteem intact.

Positive Reinforcement for Kids: 11+ Examples for Parents

Positive reinforcement can be one of the most important forms of discipline (teaching), as it focuses on amplifying what is already good in your children.

How Positive Reinforcement Encourages Good Behavior in Kids

Learn more about how to use positive reinforcement with your kids, and get examples of positive reinforcement in action. (And just like with children, the more you do it, the easier it will become.)

Child Health and Well-Being

Gentle reminder - If your child is enrolled in Dolly Parton's Imagination Library, and you move, you can update your account by logging in to www.imaginationlibrary.com using your email address. If you are unable to update your child's account, please reach out to us by calling 970-526-2440 or email ecclps.miranda@gmail.com Thank you.

Books About Kindness

Diverse and thoughtful, this is a wonderfully curated list of books to help inspire children (and adults) to be kind. Check if these titles are available at the library, if you would like to explore them without buying them.

65 Essential Children's Books

Some of the BEST children's books to help the transition from listening to a child reading independently.

Daily Exercise Ideas for Children with ADHD

Research suggests that aerobic exercise can help decrease symptoms and improve functioning in children with ADHD. Here are ideas for incorporating physical activity into your child's daily routine.

Physical Development: The Foundation of Learning

Movement is essential for the whole child, from brain development to literacy, coordination, and focus.

Digital Well-Being

More and more, digital media is part of the everyday life of the entire family. It's great to start thinking early about healthy, joyful ways to use media as a tool - and as a family - to connect, learn, and relax.

Questions, Questions!

An article about using children's questions as a springboard into playful learning.

Just Ask!

A song to get children excited about asking questions. (Pairs very well with the above activity.)

Supporting Children's Well-Being

In addition to their physical health, a child's well-being is affected by their mental and emotional health, as well as their ability to feel like they have some control in their life through **consistency** and **routines**. These structures reduce stress and give children clues about what behaviors are acceptable in different situations.

What Every Child Needs For Good Mental Health

Love, security, and acceptance should be at the heart of family life. Children need to know that your love does not depend on his or her accomplishments. Mistakes and/or defeats should be expected and accepted. Confidence grows in a home that is full of unconditional love and affection.

Kids' Guided Meditation for Difficult Emotions: The Storm Calms When We Let Go

Try this guided meditation to help your little one break through difficult emotions and learn how to manage their anger.

ADAPT TO IMPACT

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.



Center for
Innovative Design
and Engineering
(CIDE)

Breaking Barriers | Changing Lives

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



Kits are now available for check out!

Do you have a child in your program who may need additional support? If so, these kits are perfect for them!

If you would like to check out a kit for your Family Child Care Home, preschool, or center, please click the links below.

You will be required to complete the [Introduction to Universal Design course](#) through PDIS or Moodle before borrowing the kit, at no cost to your program. Kit Request Form in [English](#) - [Spanish](#)

Northeast Colorado Health Department's Children's Hospital Colorado Specialty Clinics

If your child is 21 years of age and younger and has received a referral to Children's Hospital Colorado for a Neurology or an Orthopedic/Rehab appointment, you may be able to get an appointment at one of Northeast Colorado Health Department's local clinics held in our Fort Morgan or Sterling offices. Specialty clinics are held by appointment only.

To schedule your 2026 appointment, call Children's Hospital.

→ 2026 Neurology Clinics

Fort Morgan

January 15

March 26

May 21

Neurology Scheduling: 720-777-6895*

Sterling

February 19

April 16

June 18



→ 2026 Orthopedic/Rehab Clinics

Clinics are held three times a year in Fort Morgan and Sterling

Please check the website for dates: nchd.org/healthcare-program-for-special-needs

Orthopedic/Rehab Scheduling: 720-777-6600*

***Ask for NCHD Outreach Clinics**

For more information contact Kirstin Schelling, Health Integration Manager

kirstins@nchd.org or 970-854-2717 x 5023

Sandhill Crane

*The Sandhill Cranes are migratory birds, and the central Platte River Valley in Nebraska is the most important stopover area for the lesser sandhill crane, with up to 450,000 of these birds migrating through annually.

*Adults are gray overall; during breeding, their plumage is usually much worn and stained, particularly in the migratory populations, and looks nearly ochre. They have red foreheads, white cheeks, and long, dark, pointed bills. In flight, their long, dark legs trail behind, and their long necks keep straight. Immature birds have reddish-brown upper parts and gray underparts. Juveniles do not have the characteristic red foreheads, making distinguishing the young from the parents possible, even when they are the same height. The sexes look alike. The typical height of these birds is around 2.5 ft to 4.5 ft and their wing span is about 80 inches.

*Their large wingspan makes them very skilled soaring birds, similar in style to hawks and eagles. Using thermals to obtain lift, they can stay aloft for many hours, requiring only occasional flapping of their wings, thus expending little energy. Migratory flocks contain hundreds of birds, and can create clear outlines of the normally invisible rising columns of air they ride.

*They fly south for the winter, and form flocks over 10,000. One place this happens is at Bosque del Apache National Wildlife Refuge, 100 miles south of Albuquerque, NM. An annual Sandhill Crane Festival is held there in November.

*Sandhill cranes have one of the longest fossil histories of any extant bird. A 10-million-year-old crane fossil from Nebraska is said to be of this species, but this may be from a prehistoric relative or ancestor of sandhill cranes. The oldest unequivocal sandhill crane fossil is 2.5 million years old, older by half than the earliest remains of most living species of birds.

*They are fairly social birds that usually live in pairs or family groups through the year. During migration and winter, unrelated cranes come together to form "survival groups" that forage and roost together. Such groups often congregate at migration and winter sites, sometimes in the thousands.

*They are mainly herbivorous, but eat various types of food, depending on availability. Cranes readily eat cultivated foods such as corn, wheat, cottonseed, and sorghum. Waste corn is useful to cranes preparing for migration, providing them with nutrients for the long journey. They also consume berries, small mammals, insects, snails, reptiles, and amphibians.

*Sandhill cranes raise one brood per year. In nonmigratory populations, laying begins between December and August. In migratory populations, laying usually begins in April or May. Both members of a breeding pair build the nest using plant material from the surrounding area. Nest sites are usually marshes, bogs, or swales, though occasionally on dry land. Females lay one to three oval, dull brown eggs with reddish markings. Both parents incubate the eggs, for about 30 days. The chicks are [precocial](#); they hatch covered in down, with their eyes open, and able to leave the nest within a day. The parents brood the chicks for up to three weeks after hatching, feeding them intensively for the first few weeks, then gradually less frequently until they reach independence at 9 to 10 months old. The chicks remain with their parents until one or two months before the parents lay the next clutch of eggs the following year, remaining with them for 10-12 months. After leaving their parents, the chicks form nomadic flocks with other juveniles and non breeders. They remain in the flocks until they form breeding pairs between two and seven years old.

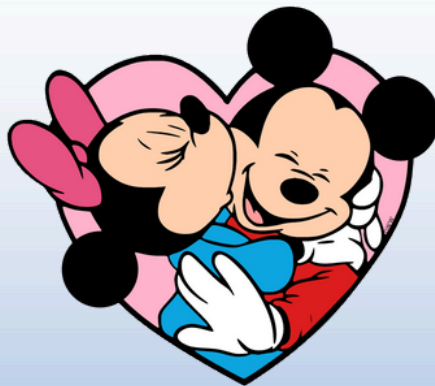
*Many other birds and raptors, as well as mammals such as foxes, coyotes, and raccoons feed on young cranes and eggs. Cranes of all ages can be hunted by eagles and bobcats.

Listen to Sandhill Cranes [HERE](#)

You can learn so much more about them [HERE](#)

Holidays and Special Occasions in November

November 1 - [National Bison Day](#)
November 1 - [National Brush Day](#)
November 1 - [National Family Literacy Day](#)
November 1 - [World Vegan Day](#)
November 2 - [Daylight Savings Ends](#)
November 4 - [Election Day](#)
November 8 - [National STEM/STEAM Day](#)
November 9 - [International Tongue Twister Day](#)
November 10 - [Area Code Day](#)
November 10 - [Sesame Street Day](#)
November 11 - [Veterans Day](#)
November 13 - [World Kindness Day](#)
November 14 - [National American Teddy Bear Day](#)
November 15 - [National Recycling Day](#)
November 15 - [Steve Irwin Day](#)
November 18 - [Apple Cider Day](#)
November 18 - [Mickey Mouse Birthday](#)
November 18 - [Minnie Mouse Birthday](#)
November 20 - [National Child's Day](#)
November 26 - [Good Grief Day](#)
November 27 - [Thanksgiving](#)
November 27 - [Native American Heritage Day](#)



Holidays and Special Occasions in November

November 2 - 8 - [Drowsy Driving Prevention Week](#)

November 7 - 13 - [National Book Award Week](#)

November 10 - 16 - [Kindness Week](#)

November 10 - 14 - [National Young Readers Week](#)

November 20 - 26 - [National Game & Puzzle Week](#)



November is

[Family Stories Month](#)

[Library and Information Services Month](#)

[National Family Literacy Month](#)

[National Gratitude Month](#)

[National Native American Heritage Month](#)

[No-Shave November](#)



Sandhill Crane



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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