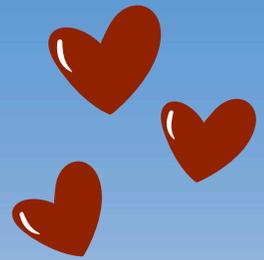




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EARLY CHILDHOOD COUNCIL

LOGAN - PHILLIPS - SEDGWICK

Every child can learn, play & succeed!

February 2026 Newsletter

Announcements

This month we would like to feature **Eastern Colorado Services (ECSDD)** - for all they do for the community - but especially for their **Early Intervention (EI)** services. Early intervention is for infants and toddlers, ages birth through two years of age, and provides support for those who have significant developmental delays or disabilities, or have been diagnosed with a condition associated with significant delays in development, and their families. Accessing early intervention supports and services begins when a parent or other caregiver is first concerned about a baby's development or when a baby receives a diagnosis of a condition that is associated with significant developmental delay. These are times when you, as a parent or caregiver, should NOT be embarrassed that your child isn't reaching milestones as expected, but a time when you need to **ACT** to get them on track. Acting early on helps to ensure a child's healthy development, and can often mitigate the delay, so he or she is able to catch up, before entering preschool or kindergarten.

The services can be accessed at the local level, often times eliminating the need for families to travel to Denver or the Front Range, and many are available at no cost to families. If you have concerns about your child, please call Vicki Folkerts at 970-526-3623 ext. 303 or [email](#) her.

ECCLPS News

*Thank you to everyone who was able to attend the ECCLPS/NJC ECE Conference in January! We appreciate you taking time out of your busy schedules to expand your knowledge to provide safe, quality care and learning for our children. We had so much fun spending time with all of you, and we hope you walked away with more interest and knowledge on how you can bring STEAM related thinking and projects into your program.

*Thank you to NJC for hosting the event, all of our Speakers, Vendors, and Sponsors (**Kaplan, Sterling Federal Credit Union, Bank of Colorado, First Farm Bank, COAEYC, and Discovery Toys**) and to the NJC Catering Staff who provided the meals. You all helped make this year's conference a success!

*Some of you may have noticed that ECCLPS staff has new email addresses. They are all listed on the Contact (last) page of this newsletter. As we make the transition, we will continue to check the old email accounts, but are trying to migrate to only using the new ones. Please bear with us during the process, and try to update your contacts to reflect the changes. If you have any trouble reaching us, you can always call the 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



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](#)

Colorado Department of Early Childhood
View the [Federal Child Care Funding & Program Integrity Fact Sheet](#).

Get help with the business side of your child care business. **Colorado Small Business Development Center** Network (SBDC) is offering no-cost advising. Learn more [HERE](#)

[Communication Devices in Schools](#)

From Colorado Department of Education on school phone policies.

ECCLPS has something new and exciting coming for **Week of the Young Child/Earth Day!** Watch our [FB](#) page for details ~ COMING SOON!!!

Save the Date

February 2, 9, 16, 23 - **Becoming Your Personal Best**

Call the Haxtun Elementary school office to register 970-774-4111
10:00 AM - 11:30 AM Grades 4 - 6

February 3 - March 24 - **A Healthier Weigh**
Each Tuesday, Spanish translation, family and youth education. Call Sara for more [info](#).
970-580-7716

February 7 - **Valentine's & Baked Goods**
Pioneer Park, Sterling
1:00 PM

February 23 - **ECCLPS Professional Development Training**
ECCLPS Office 100 Broadway Ste. 14
6:30 - 8:30 PM RSVP [HERE](#) by 2/17/26.

February 24 - SBDC - **Business Start Up Essentials**
SCED 125 Cedar St, Julesburg
11:30 AM - 1:00 PM

February - **Adventure Vision Exams**
Contact school offices to sign up or nsmith@neboces.org
Holyoke - February 24
Haxtun/Fleming - February 25
Revere - March 24
Julesburg - March 25

March 3 - 24 - **Positive Solutions for Families**

7 sessions to provide practical tools and strategies for parents and caregivers. See flyer on page 4. Teachers and FCCHs, please feel free to share this flyer with your children's families! Click [HERE](#) to download the flyer.

FYI - ECCLPS is going to a quarterly Partner Meeting format. We will no longer meet once per month.

Learning & Development

ECCLPS Professional Development

Training - We are back to regularly scheduled PD training. This month will be on Disaster Preparedness with Logan County Emergency Manager Josilyn Lutze. We need at least 10 to meet in person, or else it will be virtual only. RSVP to [Stacey](#) by 2/17/26.

Are You An Early Educator?

You could get up to [\\$2,943](#) back in your 2025 Colorado state tax refund! These two tax credits recognize your essential role providing care and education for Colorado's youngest learners and support your financial stability. [Attestation](#) instructions.

Visit [Tax Help Colorado](#) to get your taxes done at NJC at no-cost, or go [HERE](#).

Classroom Design for Emotional Regulation

When designed with intention, the classroom environment supports emotional regulation, safety, and independence.

How can Mindfulness Support Early Childhood Educators?

Your job can be really stressful. Burnout is one of the top three reasons cited for turnover in early education programs.

Mindful Caregivers

Practicing mindfulness is a great way to slow down and reset. Try these with the children you care for, when you could all use a reset.

How Imaginative Play Can Help Young Children Heal from Adversity

Play can help children become fluent in the language of the nervous system, learning what their bodies and brains need in times of distress and dysregulation.

Tip Colorado

Illuminate Colorado is offering no cost trainings to all Coloradoans, to teach you how you can help prevent child abuse.

[Upcoming Trainings](#) and Events at Denver's Early Childhood Council

Favorite Books for Educators in 2025

Find some of the most thought-provoking, practical, and inspirational education books of the year.

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](#)



Help build a strong foundation for your child's social and emotional skills with this engaging and informative training. Positive Solutions for Families offers practical strategies to promote your child's emotional well-being and success at home and school.

What You'll Gain:

- Learn how to build children's social and emotional skills
- Understand challenging behaviors and their causes
- Use positive approaches to teach appropriate behavior

These sessions provide general information on key strategies that can be used with all children. Please note they are not designed to offer parents specific advice for their child's individual needs.

Details: This training is comprised of 7 engaging sessions designed to provide practical tools and strategies for parents and caregivers.

Session	Date	Time
1. Making the Connection	March 3, 2026	6:30pm-8:30pm
2. Keeping it Positive	March 5, 2026	6:30pm-8:30pm
3. Behavior Has Meaning	March 10, 2026	6:30pm-8:30pm
4. The Power of Routines	March 12, 2026	6:30pm-8:30pm
5. Teach Me What to Do	March 17, 2026	6:30pm-8:30pm
6. Responding with Purpose	March 19, 2026	6:30pm-8:30pm
7. Putting it all Together	March 24, 2026	6:30pm-8:30pm

Additional Information:

Cost: FREE

Registration Link: [Click to complete form](#)

Virtual Training Requirements:

- Reliable internet connection
- Device with camera and microphone
- Camera on and active participation required to receive certificate
- Ability to join all sessions live during scheduled class time (there will be no recorded sessions)

RSVP by February 13th. More information will follow after registration

Questions?

Stephanie Swenson 970.526.2440

Family Support and Education

[Home-Based Circle Time with Purposeful Movement and Brain Breaks for Parents, Therapists, and Teachers](#)

If you have kids that need a better learning schedule, or students who need new developmental exercises, a home-based circle time program may help.

[Pediatricians Encourage Reading to Child as Important Part of Early Development](#)

Positive interactions between parent and child when reading together can help strengthen a child's emotional and cognitive development.

[Needs Vs. Wants](#)

In hard times, we can prioritize what we need and make the best of what we have. This article includes great tips on how to talk to children about the differences between needs and wants.

[3 Mindful Techniques for Parenting Stress](#)

Parenting can be stressful, especially if your child is struggling at school or home. Practicing mindfulness is a simple and cost-free way to reduce stress. It's a type of meditation that helps you calm your mind and be aware of what you're feeling in the moment.

[Connection-Based Parenting with Wendy Snyder](#)

Wendy Snyder of Fresh Start Family shares how connection-based parenting, nervous system healing, and compassionate discipline can help families thrive without relying on control or fear.

[Why Boredom is Good and How to Encourage It](#)

When children announce they are bored, you don't have to jump in to try to fill that void. There are many great ideas here to help turn that boredom into an opportunity to guide your child, without taking away from their play.

[Harvard Study Proves Kids with Chores Became Independent Successful Adults](#)

While we don't agree with everything this article states, we DO agree that chores help build lifelong skills, and that providing children the opportunity to do chores is beneficial.

[Learning Readiness: What Experts Say is Really Needed for Kindergarten Readiness](#)

More important than ABC's and 1, 2, 3's, see if your child really is ready with these tips.

[Sensory Input, Motor Output: When We Put "Garbage In" our Child's Brain, We Will Surely Get "Garbage Out"](#)

When your child's sensory system is working properly, the output is as good as the input. If their sensory system is underdeveloped, the information received is literally "garbage".

[Your Baby's Brain: How Parents can Support Healthy Development](#)

You can help your baby's brain develop in healthy ways. It doesn't take special toys or equipment, and it's easier than you might think.

[10 Ways to Protect Our Kids from Predators](#)

While sexual abuse is a sensitive and difficult topic, facing it directly is the most powerful act of prevention a parent can take.

[The Devil's Plan to Ruin the Next Generation](#)

Recently, someone started a viral trend of asking ChatGPT this question: If you were the devil, how would you destroy the next generation, without them even knowing it? Chat's responses were profound and unsettling. If you hand your child a smart phone or tablet without even thinking about it, here's something to ponder.

Child Health and Well-Being

February is **National Children's Dental Health Month**. If you haven't scheduled a dental visit for your child, now is the time to do so, even for babies! Often, parents think that since their baby doesn't have teeth yet, they don't need to get them in. This is absolutely not true. It's great to get them used to going to the dentist, to make a habit of "brushing" their gums, and help promote good oral health! This helps ensure a life long commitment to taking care of their teeth and gums. **Baby Bear Hugs** will be offering Cavity Free Kids events in all three of our counties - at no cost to families! Be sure to follow them on [Facebook](#) or visit their [website](#) to find out the details for where you live.

[We Can Communicate Our Feelings](#)

Big Changes - even positive, exciting adventures - mean big feelings, too. Talking about our feelings can help us better manage them and build resilience.

[12 Days of Winter Activities for Young Children](#)

These 12 activities will help you occupy the cold months ahead, have fun with children, and boost their development at the same time.

[The Story of the Observer Child](#)

Play doesn't look the same for all children. Sometimes, children need extra time to observe before interactive play can begin.

[Self-Care for Kids: 6 Ways to Self-Regulate](#)

[Self-regulation](#) is about having ways to calm down in the face of stress and anxiety. It's a skill that develops over time and with practice. And being able to soothe yourself is an important step to being more resilient.

[How to Manage Screen Time with Kids](#)

Excellent tips from a toddler and teen mom, to help end the screen time debate.

[Comfort Strategies](#)

Comfort a child in a stressful situation with these three methods.

[Baby Words Counter](#)

This is a prototype app that can be a fun way to keep track of verbal and sign language milestones for your little one.

[How to Read with a Squiggly Baby \(or Toddler!\)](#)

Tips for reading with babies to keep them engaged, and have some fun.

[65 Essential Children's Books](#)

We may have shared this before, but with such wonderful titles, it's worth sharing again.

[Your Busy Toddler: Games, Toys, and Play in the Second Year of Life](#)

Children between 12 and 24 months are learning a variety of new skills. Playtime is an important part of early learning.

[Calming Meditation Script: The Calm Kitty](#)

Whether you're looking to help ease your child's worries or emotions, this calming meditation for kids will bring a little peace into your child's life.

[Body Scan Meditation](#)

This is the most popular meditation for older children. A body scan helps kids tune into their emotions and physical sensations - making it easier for them to self-regulate, unwind, and fall asleep. Highly effective for adults, too.

Cottontail Rabbit

*Cottontails are widely distributed across North America, Central America and northern and central South America. Here in Colorado, we have three species of cottontail: the mountain, desert, and eastern cottontail. They live in nests called forms, and have altricial young, meaning the young are born unable to care for themselves. An adult female (or doe) averages three litters per year, which can be born in any season. Occurrence and litter size depend on several factors, including time of the year, weather, and location. The average litter size is four, but can range from as few as two to as many as eight. Females can begin reproducing when they are only six months old.

*They nest in shallow depressions in the ground. The mother rabbit pulls fur from her belly to line the nest and covers it with dried grass. Females can become pregnant while still nursing. Babies open their eyes at seven to ten days, and leave the nest at three to four weeks. The mother comes to feed the babies at dawn and dusk, but otherwise stays away so she doesn't attract predators to the nest.

*The average lifespan of a cottontail is about two years, depending on the location. Almost every living carnivorous creature comparable to, or larger than themselves, is a potential predator. This can include domestic dogs, cats, humans, snakes, coyotes, mountain lions, and foxes. The most frequent predators are various birds of prey. They can also be parasitized by botfly species. Newborns are particularly vulnerable to these attacks.

*Cottontails use burrows vacated by other animals, and the burrows are used for long enough periods that predators can learn where they reside and repeatedly return to prey on them. Though they are prolific animals having multiple litters in a year, few of the offspring survive to adulthood. Those that do survive grow very quickly and are full-grown adults at three months.

*In contrast to rodents, which generally sit on their hind legs and hold food with their front paws while feeding, cottontails eat while on all fours. The only time a cottontail uses its front paws while feeding is when vegetation is above its head on a living plant, when it lifts its paw to bend the branch to bring the food within reach. They eat herbaceous and woody vegetation, feeding early in the morning and in late afternoon throughout the year. They are rarely found foraging for food on windy days, because the wind interferes with their hearing capabilities. Hearing incoming predators before they get close enough to attack is their primary defense.

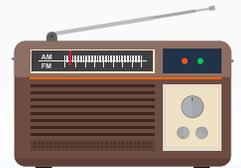
*Rabbit Papillomas are growths on the skin caused by the cottontail rabbit papillomavirus. The growths have no significant effects on wild rabbits unless they interfere with eating or drinking. Most infected cottontails can survive the viral infection, after which the growths will go away. This virus is specific to rabbits and does not cause disease in other species. It can, however, be passed to domestic rabbits, where the disease is more severe and should be treated by a veterinarian.

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



Holidays and Special Occasions in February

- February 1 - [G.I. Joe Day](#)
- February 2 - [Groundhog Day](#)
- February 3 - [Elmo's Birthday](#)
- February 4 - [World Read Aloud Day](#)
- February 7 - [Take Your Child to the Library Day](#)
- February 8 - [National Boy Scout Day](#)
- February 8 - [Super Bowl Sunday](#)
- February 9 - [Chocolate Day](#)
- February 9 - [National Pizza Day](#)
- February 10 - [Children's Hospice Day](#)
- February 10 - [Teddy Day](#)
- February 12 - [Darwin Day](#)
- February 13 - [World Radio Day](#)
- February 14 - [International Book Giving Day](#)
- February 14 - [Library Lovers' Day](#)
- February 14 - [Read to Your Child Day](#)
- February 14 - [Valentine's Day](#)
- February 17 - [National Random Acts of Kindness Day](#)
- February 26 - [Tell a Fairy Tale Day](#)
- February 27 - [International Stand Up to Bullying Day](#)
- February 28 - [Introduce a Girl to Engineering Day](#)



- February 8 - 11 - [American Association for the Advancement of Science Week](#)
- February 14 - 21 - [Love Teaching Week](#)
- February 14 - 20 - [Random Acts of Kindness Week](#)
- February 21 - 28 - [National FFA Week](#)

- February is
- [Black History Month](#)
- [Celebration of Chocolate Month](#)
- [Financial Aid Awareness Month](#)
- [Humpback Whale Awareness Month](#)
- [Library Lovers Month](#)
- [National Children's Dental Health Month](#)



February is...



National Children's
Dental Health Month

Any Time is a Great Time to Give Where You Live
ECCLPS Accepts and appreciates donations all through
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
(Quarterly September - April)
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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