



early
childhood
council
of BOULDER COUNTY

NEWS!

From the Quality Support Program

VOLUME 5, ISSUE 2

MAR/APR 2021

April is Child Abuse
Prevention Month



Pinwheels for
PREVENTION
Prevent Child Abuse

Visit us on [Facebook](#),
[The Early Childhood
Council of Boulder
County](#), for updates
weekly.

April 11–17, 2021

Week of the Young Child
Here are some theme ideas

Music Monday Through music, children develop math, language, and literacy skills while having fun and being active!

Tasty Tuesday Cooking together connects math with literacy skills, science, and more.

Work Together Wednesday When children build together they explore math and science concepts and develop their social and early literacy skills.

Artsy Thursday Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands.

Family Friday Engaging and celebrating families is at the heart of supporting our youngest learners.

News

Bendy Brains

Sometimes things don't work out. Even some of our best-laid plans fall through. Fortunately, flexible thinking allows us to make the best of bad situations, come up with new solutions to try, and helps us see things from others' perspectives. Keeping our brains "bendy" can help us be resilient in life!

Try these playful ideas to help stretch your child's brain and build his flexible-thinking skills:

- *Give it a twist.* Change up a normal routine by adding a special challenge. Brush your teeth with the opposite hand or pack your lunch using only a pair of tongs. How did it feel to do things differently? Were you successful despite the challenge?

- *Talk about options.* Explain that there are many ways to get something done. As a fun example, try using different body parts to turn on and off a light switch.

- *Talk about opposites.* Ask, "What would happen if we tried to jump on a stiff trampoline?" or "What would happen if we tried to catch a ball with a piece of cardboard?" Sometimes concepts make more sense when we talk about their opposites.

Check out [Sesame Street in Communities](#) for more engaging activities and tips for challenges and joys that come along in the life of a young child.



Quality Opportunities

*Receive professional development clock hours towards your Professional Credential 2.0.

The Mindful Classroom

Available anytime for 1 hour or 0.10 CEUs
currently FREE at [ProSolutionsTraining.com](#)

In this busy world, it can be very hard to maintain calm and focus on the present moment. However, what if there was a way to learn how to calm the mind from stress and help bring our attention and focus back to a place of peace? This course will share ways both teachers and children can benefit from the practice of mindfulness, and ways to incorporate mindfulness activities into the classroom on a regular basis.

Family Engagement During Times of Stress and Trauma

Available anytime for 1 hour or 0.10 CEUs
\$10 at [ProSolutionsTraining.com](#)

This course will provide strategies to establish and maintain a strong relationship with families, particularly during times of stress and trauma. We will explore ways to engage, prop up, inform, and help families withstand the challenges that some situations present. We also offer tools and resources to better manage stress and look at ways to further build respectful and helpful relationships

Materials Corner: Inspiring Musical Expression

Preschool 3+ years

Material: Rhythm Sticks, Egg Shakers, drums, Shake & Move Ribbon Bells, Instruments from Around the World Collection

Tips: Music is fun inside and outside. Create a drum line of items to tap on with rhythm sticks, their hands, or other items to create new sounds. Try freeze dancing by playing music for dancing and have them stop their bodies when you pause the music.

ELDG: Creative Arts Expression –I. Music Expression: The use of voice and instruments to create sounds.



Infant/Toddler 6 months - 3 years

Material: Textured Egg Shakers, Xylophone, Rhythm Set & Rainmakers

Tips: Sing songs to help with transitions. Encourage the use of egg shakers as they sing and dance or roll them on the ground to make sounds. Start a repeat after me game and let them take turns leading.

ELDG: Approaches to Learning - 2. Creativity: The developing ability to creatively engage in play and interactions with others.



20 Reasons Why Early Childhood Educators Are Essential

Excerpt from the [himama Early Childhood Education Blog](#). [Click here for the full list](#) and share it with staff and families.

When it comes to children's wellbeing, needs, and development, early childhood educators play an essential role in helping sculpt these aspects. Yes, caregivers and parents also help with these elements, but early childhood educators specialize in everything having to do with children, which is what makes them such a vital and essential piece to the puzzle.

ECEs can help guide parents and caregivers in order for children to have a bright future. ECEs have been trained and comprehend children's feelings and emotions as well as helping to boost their confidence and pinpointing their strengths.

These are just some of the reasons why ECE's are essential, but let's take a look at more. Here are 20 reasons why ECEs are essential:

I. Expertise in Children's Development

Early childhood educators are known to specialize in working with children as young as infants up to about the age of six years old. Essentially this is what makes them such pros at assessing, observing and documenting their development. Early childhood educators can detect developmental delays as well as cognitive, social and emotional difficulties in children and help to improve them. They also always try to focus on the child's strength and adapt their environment to their needs and likes.

The Quality Support Team

Jessica Bennett Knight, MS
Programs Director

720-548-3980

jknight@eccbouldercounty.org

Tracy Youngdahl, MA
Early Childhood Coach

720-548-3986

tyoungdahl@eccbouldercounty.org

Nicole Malone, AA

Sr. Quality Support Navigator

720-548-3985

nmalone@eccbouldercounty.org

Nicole Wells, BA

Early Childhood Workforce Supports
Coordinator & ECE Coach

720-548-3986 nwells@eccbouldercounty.org

Boulder County CCAP:

ccap@bouldercounty.org

303-678-6014

Office of Early Childhood:

cdhs_oec_communications@state.co.us

800-799-5876

Colorado Shines Support:

cdhs_coshines@state.co.us