



December 1st, 2024



Join the Alamosa DMV in Supporting the Teddy Bear Patrol:

Bring Comfort to Children in Need!

The Colorado Division of Motor Vehicles in Alamosa (located at 702 Del Sol Dr., next to Walmart and Big R) is thrilled to announce its year-round participation in the Teddy Bear Patrol donation drive!

For years, this heartwarming initiative has been bringing

comfort to children facing traumatic situations, and now the Alamosa DMV is inviting our community to be a part of this meaningful cause.

They are collecting new, tag-attached stuffed animals to provide a sense of security and support to children during challenging times. These donations are used by first responders and emergency teams to offer comfort when it's needed most.

How You Can Help

Simply drop off your donation at the Alamosa DMV anytime during office hours. It's a small act of kindness that can make a world of difference for a child experiencing crisis.

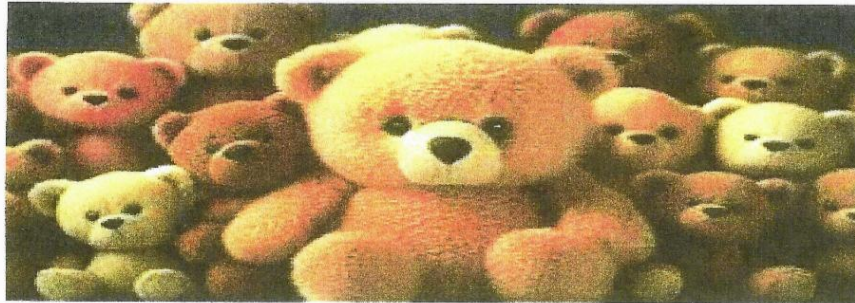
Let's show the strength of our community by coming together to support this amazing cause. Together, we can help make sure no child faces a tough time without a little extra comfort and love.

For more information, contact the Alamosa DMV or stop by to drop off your donation. Thank you for helping us spread compassion, one teddy bear at a time!

To view the full size flyer (shown below) click [here](#).

Fall 2024

***Please** donate a new teddy bear to local first responders to comfort children of the San Luis Valley in their times of need.



A **big big** thank you!

The Alamosa DMV is participating in the 2024 Teddy Bear Patrol donation drive, and we need your help! Now more than ever, kids in our communities need comfort when faced with unexpected emergencies. Thanks to your efforts, we can help comfort those facing traumatic situations.

DROP OFF LOCATION:
Alamosa Driver's License Office
702 Del Sol Dr
Alamosa, CO 8101



***Please note that ALL stuffed animal donations are welcome and MUST be NEW and, if possible, in store packaging.

Health Insurance Marketplace Open Enrollment Happening Now Through January 15

Open enrollment for the Healthcare Marketplace is happening now through January 15! The Administration for Children and Families is partnering with the Centers for Medicare and Medicaid Services to spread the word about open enrollment to the early care and education workforce who may be eligible for quality, low-cost healthcare plans through the marketplace. Family child care providers and staff in other early care and education settings may qualify for tax credits and other

benefits that millions of Americans are eligible for, due to the Inflation Reduction Act and the American Rescue Plan.

Now is the perfect time for early care and education staff to find out what they qualify for, compare health insurance plans, and enroll in health coverage! All plans cover essential benefits such as primary care, prescriptions, and emergency care, and are affordable with 80% of enrollees eligible for plans at \$10 a month or less.

Using the resources below, help us share this important information with your networks:

- Outreach Flyer for the ECE Workforce: *What Do Early Childhood Educators Need to Know About the Marketplace?* ([English](#) (PDF) and [Spanish](#) (PDF))
 - Outreach Toolkit with sample emails and resource links: [Health Coverage Outreach Toolkit for the ECE Workforce](#)
 - [Social Media Toolkit](#)
 - [Graphics](#)
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Do you know about MyFriendBen?

Do you know about MyFriendBen?

MyFriendBen is an online based organization that is dedicated to helping Colorado kids and families. This website is designed to help families quickly know what benefits they are eligible for. In six minutes MyFriendBen checks your eligibility for more than 50 government benefits and tax credits and non-profit programs. Users answer basic demographic questions about their household and receive a personalized report that shows eligibility, dollar value, and time required to apply for federal, state, and local programs. Click the link below and see how MyFriendBen can help you.

<https://co.myfriendben.org/>



UNIVERSAL PRESCHOOL



UPDATE



COLORADO
Department of Early Childhood



UPK NEWS

Members of the San Luis Valley LCO team had the opportunity to attend the LCO 2024 Retreat held in Denver. This event provided an excellent opportunity for the LCO and CDEC teams to come together in person, share knowledge, and plan for the exciting Year 3 of the UPK program.

The retreat was further honored by the presence of Governor Polis, who stopped by to express his support for the ongoing work of the LCO and CDEC teams. His acknowledgment of the

team's efforts in advancing the UPK program was greatly appreciated and served as a reminder of the collective commitment to early childhood education.



Coaching

Understanding and Responding to Children Who Bite

Biting is a typical behavior often seen in infants, toddlers, and 2-year-olds. As children mature, gain self-control, and develop problem-solving skills, they usually outgrow this behavior. While common, biting can be an upsetting and potentially harmful behavior.

Why do young children bite?

Some children bite instinctively because they have not developed self-control. But there are many other reasons why children may bite as well.

A child might bite to

- Relieve pain from teething.
- Explore cause and effect (“What happens when I bite?”).
- Experience the sensation of biting.
- Satisfy a need for oral-motor stimulation.
- Imitate other children and adults.
- Feel strong and in control.
- Get attention.
- Act in self-defense.
- Communicate needs and desires, such as hunger or fatigue.
- Communicate or express difficult feelings, such as frustration, anger, confusion, or fear (“There are too many people here and I feel cramped”).

How should I respond when my child bites?

While every situation is different, here are some general guidelines for responding when a child bites.

- Infants
- Infants learn about the world around them by exploring it with their hands, eyes, and mouths. But infants often need help to learn what they should and shouldn't bite.
- Toddlers
- Toddlers have many strong emotions that they are just learning to manage. Toddlers may bite to express anger or frustration or because they lack the language skills needed to express their feelings.

Follow the steps below with toddlers

- 1. If you see the biting incident, move quickly to the scene, and get down to children's level. Respond to the child who did the biting. In a serious, firm tone make a strong

statement: "Biting hurts. I can't let you hurt Josie or anyone else." Next, offer a choice: "You can help make Josie feel better, or you can sit quietly until I can talk with you." Help the child follow through on the choice if necessary.

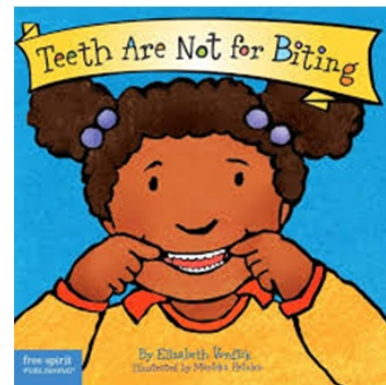
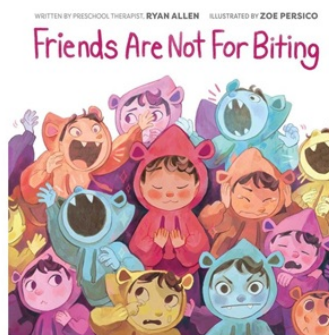
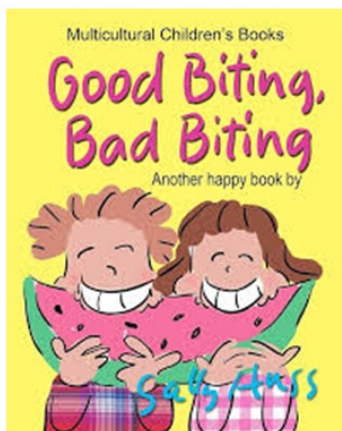
- 2. Respond to the child who was hurt by offering comfort through words and actions: "I'm sorry you are hurting. Let's get some ice." Perform first aid if necessary. The child who did the biting can help comfort the bitten child—if both parties agree. Help the child who was hurt find something to do.
- 3. Finally, talk to the child who did the biting. Maintain eye contact and speak in simple words using a calm, firm tone of voice. Try to find out what happened that led to the incident. Restate the rule, "Biting is not allowed." Model the use of words that describe feelings: "Kim took your ball. You felt angry. You bit Kim. I can't let you hurt Kim. Biting hurts." Talk to the child about other appropriate ways the child can respond in similar situations in the future.

Credit goes to © National Association for the Education of Young Children, 1401 H Street NW, Suite 600, Washington, DC 20005

Below are a few excellent books that address biting and are fun for infants and toddlers.

Learn more about Children Who Bite by reading this wonderful article from the Center on the Social and Emotional Foundation for Early Learning.

https://csefel.vanderbilt.edu/documents/biting-parenting_tool.pdf





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Early Head Start Free Quality Child Care Services

NOW ACCEPTING APPLICATIONS
for Rio Grande County and Center, CO!

Now accepting applications for Early Head Start! Click the link below to complete the interest form.

Click [Here](#) for interest form.

Office of Head Start updates

Health Insurance Marketplace Open Enrollment

Open enrollment for the Health Insurance Marketplace is happening now through January 15!

The Administration for Children and Families is partnering with the Centers for Medicare and Medicaid Services to spread the word about open enrollment to the early care and education workforce who may be eligible for quality, low-cost health care plans through the marketplace.

Family child care providers and staff in other early care and education settings may qualify for tax credits and other benefits that millions of Americans are eligible for.

Now is the perfect time for early care and education staff to find out what they qualify for, compare health insurance plans, and enroll in health coverage!

All plans cover essential benefits, such as primary care, prescriptions, and emergency care. Plans are affordable, with 80% of enrollees eligible for coverage at \$10 a month or less. Help us reach the early care and education workforce in your community using the resources below:

- [What Do Early Care and Education Workers Need to Know About the Marketplace? Outreach Flyer](#)
 - Available in [Spanish \(español\)](#)
 - [Health Coverage Outreach Toolkit for the ECE Workforce](#) with sample emails and resource links
 - [Social Media Toolkit](#)
 - [Graphics](#)
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Professional Development

PDIS

Did you know that if you login to your PDIS account, click on resources, go to Programs & Scholarships that you will find financial resources? Please look to see what is being offered.

Highlight:

CDEC has partnered with Assuring Better Child Health & Development (ABCD) to offer a free, introductory session on child development. This three-hour, two-night training (1.5 hours each night) meets licensing requirements for at least one hour of child development training. The first session takes place on January 14 and 15 from 6:00 p.m.-7:30 p.m. each night. The session will be presented in English with Zoom interpretation settings enabled. Flyers to share: [An Introduction to Child](#)

TAP Upcoming Live Virtual and In-Person Training Events announcement.

Large Center Director Qualifications

November 2024 TAP Upcoming Events

Upcoming Live Virtual and In-Person Training Events Following are upcoming virtual and in-person instructor-led training events recognized through the Colorado Shines Training Alignment Process (TAP). Certificates will be available through your Colorado Shines PDIS account after the training event.

Highlights include several social/emotional sessions:

- Infant and Early Childhood Mental Health: Do You Make a Difference? – Clayton Early Learning
- Calming Chaos by Promoting Positive Behavior – Congenial Consulting
- Managing Classroom Challenges: Utilizing the Behavior Escalation Cycle & Support Planning – Colorado Early Childhood Mental Health Support Line

Plus other opportunities supporting teaching practices, cultural sensitivity, health, quality improvement, coaching, and more!

Teaching Critical Thinking About TV, Videos, Online Games, and Apps in Early Childhood, by Faith Rogow, Ph.D.

December 4, 2024

REGISTER NOW

Coaching Home Visitors: A Parallel Process to Nurture Hope and Growth

December 11, 2024

REGISTER NOW

>>>NEW<<<

Measuring Classroom Equity to Drive Quality Improvement, by Stephanie Curenton, Ph.D.

Click here to view Upcoming Live Virtual and In-Person Training Events

Play is a critical part of early childhood development

With so much happening in our world right now, it's easy to feel overwhelmed. For young children, play is a powerful way to reduce sources of stress, build resilience, develop core life skills, and strengthen relationships. Check out the resources below to see how play can support healthy development and find playful activities to do with the children in your life this month.

Resources for Play:

[Playful Activities for Infants, Toddlers, and Children](#)

With support from the LEGO Foundation, we created [these handouts](#) with playful, age-appropriate activities for children, from newborns to adolescents, that are easy to do at home or just about anywhere.

[Building Resilience Through Play](#)

Play contributes to sturdy brain architecture, the foundations of lifelong health, and the building blocks of resilience. To learn more about how play contributes to the development of resilience, [listen to this episode](#) of The Brain Architects podcast.

[Play in Early Childhood: The Role of Play in Any Setting](#)

When children play, they can reduce sources of stress, strengthen core life skills, and build responsive relationships with caring adults—all of which are core principles of early childhood development. Watch [this video](#) to learn more about the importance of play.



Do you have something you would like to share in our newsletter?

If individuals and organizations in the community want to share relevant information through this email list, ECCSLV will do their best to include the information in the next available e-newsletter.

ECCSLV considers requests based on relevance, capacity, and timeliness. We do not guarantee that all information will be shared.

Stay connected with us!

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newsletter!

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