

APRIL 2023

SALIDA EARLY CHILDHOOD CENTER

Monthly Newsletter



APRIL IS CHILD ABUSE PREVENTION MONTH!



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

April is National Child Abuse Prevention Month. This initiative is rooted in communities working together to serve children and their families in meaningful, impactful ways that provide families what they need to thrive through both calm and challenging times.

Each year, we educate and raise awareness about the impact child abuse has on children and society. Providing information about best practices that are known to build parental capacity through protective factors is key in helping families become more resilient.

To make child abuse less likely to occur, we need to invest in our community and our families. In Chaffee County, consider partnering with family and strength-based focused organizations and programs.

All children deserve to grow up in safe, supportive environments. This National Child Abuse Prevention Month, help make this possible by supporting families and spreading the word about the importance of child abuse prevention.

CAVITY FREE BY THREE!

WE WILL HAVE OUR CAVITY FREE BY THREE EVENT ON APRIL 12TH/13TH FROM 7:45-9AM. PLEASE SIGN UP WITH NURSE LINDSAY IF YOU WOULD LIKE YOUR CHILD TO RECEIVE A FLOURIDE TREATMENT!

**April 12-13th:
School Photo Days!**

**April 22nd:
Earth Day!**

IMPORTANT DATES

**April 2nd 3-5pm: (At Riverside Park)
Child abuse prevention event, food, live music and games!**

**May 1-5th:
Teacher Appreciation Week!**





SUMMER CHILD CARE OPTIONS

WE KNOW THERE ARE NOT MANY OPTIONS FOR SUMMER CHILD CARE FOR FAMILIES.

IF YOU WOULD LIKE TO SHARE YOUR CONTACT INFO WITH OTHER PARENTS AT OUR CENTER TO ESTABLISH CHILD CARE TRADES, PLEASE SIGN UP AT THE FRONT DESK. SECC WILL NOT FACILITATE OR ORGANIZE CHILD CARE SOLUTIONS. WE WILL COPY THIS LIST AND DISTRIBUTE IT BEFORE THE END OF SCHOOL. **ALL SCHEDULES AND ARRANGEMENTS MADE BETWEEN FAMILIES WILL BE THE SOLE RESPONSIBILITY OF THOSE FAMILIES AND NOT THE SALIDA EARLY CHILDHOOD CENTER.**



Visitors at SECC this Spring!!

Make sure you talk to your child about these cool visitors we will have at our school this Spring!

Skateboarding with Ethan

Cheyenne Mountain Zoo

Guidestone

The Salida Circus tumbling tot class

Reading with Miss Becky

Tyler with Parks and Wildlife



PRINCIPAL'S CORNER

ILONA WITTY

Spring is a big time for transitions. You will see the changes in the weather, the children, their energy and ours. This time of the school year we plan and look forward to what will happen in the Fall. This includes our preschoolers moving to kindergarten, our toddlers transitioning to preschool, some of our home based families moving into the center. It is an exciting time and children don't understand as it is several months away. We can prepare them by visiting the new spaces, keeping a routine, and reassuring them. We have several staff that will be transitioning out including myself. I want to enjoy every last minute of my time here. I have been having lunch with the different classrooms, and spending more time with the kids. There will be lots of activities at the SECC this Spring. Make sure to watch for communication from Sheri and Heather for all the fun activities in the next few months. The school gardens will be cultivated. If this is something you are good at, and want to help, please let the office or the classroom know. Hopefully the weather will get nicer soon so that you and your family can get out and enjoy all that Salida has to offer! Happy Spring!





Presents:

Earth Day 2023

Saturday April 22nd
Salida, CO



FEATURING:

The Parade For The Species

*A community parade
for everyone-
Bring your costume and join in!*

Line up: 10:30 am- Alpine Park
Parade: 11:00am- F Street to river



Denim and Shoe
Recycle Drive!
Scout Hut: 1-8pm

Act Locally! -Speaker Series

*Presentations by local volunteers
and organizations working on
sustainability issues, learn how you
can support them!*

Salida Scout Hut: 1:00pm
Tickets at the door- limited to 75
participants- come early!



For more information and complete listing of
partner Earth Day events, visit
www.climatecolorado.com



MAGIC WORD FOR DIFFICULT PARENTING MOMENTS

"Black or White" thinking

often causes mental distress.
I yelled at my kids...I'm a terrible parent.



Use the magic word "AND" to help you realize
that BOTH things can be true:

I yelled at my kids AND
I'm a good parent.

I love my mom AND
I don't have to listen to her parenting advice.


My child has troubling behavior AND
they are a good kid.

I love my children AND
I miss my single life.

Parenting is hard AND
I enjoy being a parent.

Start using "AND" to decrease self-shame and self-doubt.





Child Abuse Prevention Event

APRIL 2, 2023

Family Bonding

Dancing & live music by Stray Dogs

Raising Awareness

Resources, connection & community

Snacks & Drinks

Sol Catering & Rock Bottom Drinks

Salida Circus!

Riverside Park
210 E Sackett Ave,
Salida, CO 81201
3 - 5pm



*You and your family will have a chance to win a
half day raft trip with River Runners*

For more information, call 719-586-0000 or visit www.salidacircus.com



Presents...

RAISING CHILDREN

Made Easier



Conscious Discipline

VIRTUAL PARENT NIGHT

with Amy Speidel

THURSDAY, Apr 13, 2023

Virtual Training 7:00pm - 8:00pm

Now That You Know:

**How consequences help us use the tools of self regulation and
problem solving**

Please send in your questions or share what's on your mind during the session.



Scan QR Code to register or follow link:

<https://forms.gle/wupWMvxPomoHy78N7>

Please register by 4/12/23 by noon

At the request of the presenter, registration will be capped at 40 people. Residents of Chaffee County and the state of Colorado will be prioritized. Zoom link will be sent to registrants the day of the event.

The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families, prenatal through age 8, and those who serve them. For more information, like us on Facebook, visit www.ccecc.org or call 719-221-5114.




WHAT DO YOU NEED ANIMAL POSTER

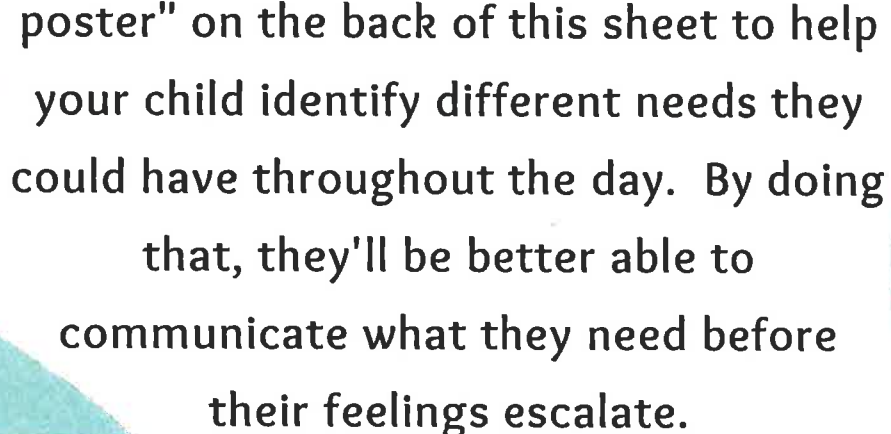


Do you feel lost when your child goes through a major meltdown? If so, you are not alone!

We know that behaviors can be a result of unmet needs, but how do we determine what those needs are?



Sometimes, the best way to help our children work through their big feelings is to help them learn about their needs BEFORE the meltdown occurs.



Use the "What do you need? Animal poster" on the back of this sheet to help your child identify different needs they could have throughout the day. By doing that, they'll be better able to communicate what they need before their feelings escalate.

WHAT DO YOU NEED?



TO TALK



TO SNACK



TO BE ALONE



TO PAUSE



TO PLAY



TO MOVE



TO CRY



TO REST



TO HUG