

# Salida Early Childhood Center

January Newsletter

2024



## EVENTS AND REMINDERS!!!

- January 15th- Martin Luther King Day - SCHOOL IN SESSION!
- Please take a moment to complete our **mid-year parent survey!** (sent to your email with this newsletter!)
- The Monday Night Parent Group continues **Mondays at 4:30 @ SECC**. Childcare provided. You are not alone in parenting!

## Principal's Corner

THERESA GILSON



I want to start the new year with a message of gratitude. Community engagement is a large part of our program, and I am grateful for all of the support our community provided this past holiday season to families and staff. I want to thank High Country Bank and the Tree of Hope, the group of individuals behind Baba's Christmas, the Elk's Christmas baskets, and the Grainery for their support of young children and their families in our community. I also want to express my gratitude for the individuals who made donations to our Center and to individual families. And to our incredible volunteers who give their time freely to make our school magical, thank you! Without the support of our amazing community, we really would not be able to do this important work!

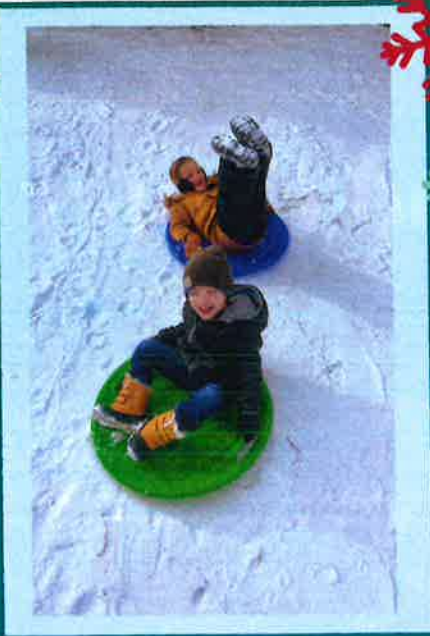
While we have a great deal to celebrate, we also are always thinking about how we can better serve families. This month our family survey will come out. Please take the time to share with us your experience. We take each family's feedback and use it to focus on how our program can improve. Thank you in advance for your input! Wishing you and your family a happy, healthy new year!



# Supports in our community!

AS WE MOVE INTO THE NEW YEAR, PLEASE REMEMBER THESE AMAZING ORGANIZATIONS WHO CAN OFFER SUPPORT TO YOU AND YOUR FAMILY!

- **WIC**- Food assistance, nutrition education, and breastfeeding support for families with children ages 5 and under. Call Mildred at 719-539-7413
- **The Alliance**- Supports and services for individuals who are victims of domestic and sexual violence. Call 719-539-7347
- **HRRMC Foundation**- Assistance in accessing Pap tests and mammograms to uninsured or underinsured women. Call Mel at 719-530-1065
- **The Grainery**- Local food pantry. Open Mondays and Fridays 10am-4pm. Located at 1438 E Street, Salida, CO.
- **Chaffee Community Clinic**- Mobile medical health clinic for those who have challenges accessing health care. Mondays 12-4pm at Salida Methodist Church, 228 E. 4th street, Salida, CO.
- **Sol Vista RAC**- mental health and substance use crisis services 24/7. Call 719-276-5488 or walk in anytime at 7166 CR 154, Salida CO.



"REMEMBER YOU HAVE BEEN CRITICIZING YOURSELF FOR YEARS AND IT HASN'T WORKED. TRY APPROVING OF YOURSELF AND SEE WHAT HAPPENS." - LOUISE L HAY





**Dinner Included!**



# **NURTURING PARENTING CLASS**

**January 17th - April 3rd**

**ALL PARENTS/  
CAREGIVERS & THEIR  
CHILDREN AGES  
PRENATAL-  
11 YEARS OLD**

**WEDNESDAYS**

**5:30 pm - 8:00 pm**

**1201 E Rainbow Blvd  
Salida, CO 81201**



A helpful class to improve family connections. You will learn parenting tools & meet other parents with children around the same age as yours. There will be a curriculum & activities for your kids that will complement the content parents are learning. You will practice these new tools as a family.

## **To Enroll:**

**Marjorie Jennings**  
[mjennings@chaffeecounty.org](mailto:mjennings@chaffeecounty.org)  
**719-530-2535**



**Childcare Provided!**



One of the greatest gifts we can give to the next generations is the ability to navigate life with kindness. Teaching young children about kindness not only helps shape their character, but also contributes to the creation of a more empathetic and harmonious society.

Here are some practical and effective ways to instill the value of kindness in the hearts of our little ones...

- **Lead by example.** Children are keen observers, and they learn a great deal by watching the actions of adults around them. Demonstrating kindness through your own actions sets a powerful example. Whether it's helping a neighbor, showing gratitude, or offering a kind word, children are more likely to emulate behaviors they witness consistently.
- **Read and discuss stories of kindness.** Storytelling is a powerful tool for conveying values to children. Choose books that emphasize kindness, empathy, and compassion. After reading, engage children in a discussion about the characters' actions and the impact of kindness on others. This not only reinforces the concept, but also encourages critical thinking.
- **Practice gratitude.** Gratitude is closely linked to kindness. Encourage children to express gratitude for the people and things around them. Create a daily routine where you share what you are thankful for, and invite children to do the same. This helps them develop an appreciation for the positive aspects of life and fosters a kinder outlook.
- **Teach empathy.** Helping children understand and share the feelings of others is fundamental to kindness. Ask questions that prompt them to consider the perspectives of their peers, such as "How do you think your friend felt when that happened?" Encourage them to actively listen and respond with empathy.
- **Encourage acts of kindness.** Promote small acts of kindness within the classroom and at home. This could be as simple as sharing toys, helping with chores, or saying something nice to a friend. Recognize and praise these acts to reinforce the importance of kindness.
- **Foster inclusivity.** Teach children the value of inclusivity by embracing diversity. Celebrate differences and encourage friendships with children from various backgrounds. Help them understand that kindness extends beyond familiar circles, promoting a sense of belonging for everyone.
- **Set clear expectations.** Establish clear expectations for behavior, emphasizing kindness as a non-negotiable value. Consistently reinforce the importance of treating others with respect and empathy. Establishing these expectations early on helps children internalize the concept of kindness as an integral part of their identity.

In a world where kindness can sometimes be overshadowed, imparting this virtue to young children becomes a profound responsibility. By incorporating these practices into daily life, we can sow the seeds of compassion, empathy, and kindness in the hearts of the next generation. As they grow, these children will carry the torch of kindness, contributing to the creation of a more compassionate and understanding world.





Presents...

# RAISING CHILDREN

## Made Easier



## Conscious Discipline

### VIRTUAL PARENT NIGHT

with Amy Speidel

**THURSDAY, January, 2021**

**Virtual Training 7:00pm - 8:00 pm**

Building Self Regulation and Resiliency From the Ground Up (and what gets in the way): walk through various challenges from start to finish – what to do in the moment, what to practice for a different outcome next time, and how to reinforce the learning so that children can manage emotions and responsibilities on their own (eventually!).



Scan QR Code to register or follow link:

[Register Here](#)

Please register by noon the day prior

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](http://www.ccecc.org) or call 719-221-5114.*



# Happier January 2024

SUNDAY



MONDAY

1 Find three things to look forward to this year

TUESDAY

2 Make time today to do something kind for yourself

WEDNESDAY

3 Do a kind act for someone else to help brighten their day

THURSDAY

4 Write a list of things you feel grateful for and why

FRIDAY

5 Look for the good in others and notice their strengths

SATURDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

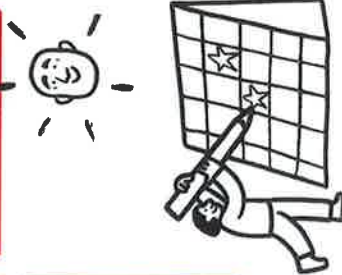
27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



Happier · Kinder · Together

ACTION FOR HAPPINESS

