We all have a role to play in helping prepare Weld County’s children for the future.

In This Issue
- Dealing with Holiday Stress
- ECE Classes/Scholarships
- EQIT
- Thank you Qualistar
- Early Bird Registration
- Early Childhood Teacher Qualifications
- Fun Holiday Craft
- Child Care Provider Spotlight
- Upcoming Training & Events

Remember to look for your license number embedded in each newsletter! You could be the next winner of a Human Bean gift card! If you find your number call 970-304-6184.

Holidays with a side of stress?
The holiday season can bring happiness and excitement as people join with family and friends, but it can also bring a side of stress and anxiety along with it. For adults, the holidays can be a reminder of loved ones lost, credit card bills ramping up, and short, dark, cold days. We have ideas in our heads about what the holidays should be like, and it can be disappointing when they don't live up to our imaginings. For kids, all the excitement of the holidays can mean eating junk food, staying up late, and just generally getting over-excited and worn out. Without the reliable schedule of school, kids get easily thrown off their game. The good news is there is help out there for us all! Below are some websites with great, practical tips on coping with stress over the holidays—for adults and kids. Some of my favorite tips are:

- Cut back. Don't go into debt for 10 minutes of frenzied unwrapping. Be reasonable about your purchases. Consider homemade gifts; even a just nice card can be the perfect way to tell someone you appreciate them. Try giving the gift of spending time together doing an activity rather than the latest toy.
- Be realistic. No one's holiday card photos are really as perfect as the Shutterfly website. Kids aren't going to sit still for the entire reading of The Night Before Christmas that Grandpa insists on doing every year – and that's okay. They are kids, and it's their holiday too. Worry less about your holiday being Instagram-worthy and more about it being full of love and happiness.
- Get outside. Even if it is cold, bundle everyone up and go for a walk around the block. Any amount of sunlight, fresh air, and exercise is good for the body and the soul. We are lucky to live somewhere that gets a great deal of sunshine, and there are so many wonderful parks and lakes in our area. Put on a warm hat and gloves and go for a walk!

We wish you and your loved ones a healthy, safe, and happy holiday season!

Find lots more practical advice at:
https://www.health.com/health/gallery/0,,20306655,00.html

Scholarships Available for ECE Professionals
- Are you interested in taking classes to reach your ECE degree or that next Credential level, or to obtain a promotion or new job?
- Are you wanting to increase your knowledge in the field of early childhood to become a better educator?
- Did you know that Promises for Children at United Way of Weld County has a scholarship program to help early childhood professionals continue their education at Aims Community College?

Scholarships are available to providers and teachers who are currently working in the field of early childhood for up to $1,500 per semester. Our next round of scholarships are being awarded in February for the spring and summer semesters. Applications are due February 1, 2019 (go to http://files.constantcontact.com/d1e1c3f9001/1563ac5e-a4da-4ee3-8058-5501b65d8a19.pdf for more information)

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Promises for Children would like to thank Qualistar Colorado for their partnership and work over the past 20 years!

In November, Qualistar Colorado announced it will close at the end of 2018. The Office of Early Childhood has been working with Qualistar Colorado, Clayton Early Learning, and the Early Childhood Council Leadership Alliance to ensure programs and services currently provided through Qualistar continue with minimal interruptions.

Colorado Shines rating assessment and training programs will be adopted by Clayton Early Learning through the remainder of the contract period. This change will not impact Colorado Shines ratings. The only change providers will experience is the entity contracted to assess their program for a quality rating.

What does this mean for your program?
Colorado Shines rating assessments will continue on schedule. If you are planning to schedule your Colorado Shines rating, you may do so through your Colorado Shines program portal. Contact Susanne Gallegos for more information, 970-304-6170.

The Early Childhood Council Leadership Alliance (ECCLA) will adopt the T.E.A.C.H. Early Childhood® Scholarship program. ECCLA’s statewide reach through the 34 Early Childhood Councils offers an excellent opportunity to elevate the visibility and reach of the T.E.A.C.H. Early Childhood® Scholarship. The Healthy Child Care Colorado initiative will spin off as a narrowly-focused entity. This targeted organization will carry forward 20 years of history, collaboration and best practice, fulfilling a crucially important role promoting health, safety, and wellness in early childhood settings.

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Welcome

We would like to congratulate Carmen Enriquez for being elected the new Family, Friend and Neighbor Association President. Carmen graduated from the 3rd PASO Cohort and continued to support PASO by providing child care at the Saturday classes. When the FFN Association was created, Carmen was one of the first members and has remained involved in all events. Thank you Carmen for your hard work and dedication, we are very excited to see your accomplishments as President!

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December 10  
Pre-Licensing Orientation  
[United Way Warm Toes Sock Drive](http://www.UnitedWay-Weld.org/warmtoes)

January 5  
CATCH  
[Early Childhood Implementation Training](http://files.constantcontact.com/d1e1c3f9001/a5e7d9a5-86a2-48bc-9b0c-d25367868c9.pdf)

**LICENSING REQUIREMENT TRAININGS**  
**Medication Administration, CPR/AED & First Aid renewal, and Standard Precautions**  
Offered by Bryan Maki, RN, Instructor/Owner of Colorado CPR & Safety Professionals, LLC.  
(720)708-9705 or coloradocprpros.com. Offers online Standard Precautions as well.

**HEARTSMART CPR/FIRST AID & STANDARD PRECAUTIONS** - 5/26, 6/30, 7/28, 8/25, 9/29, 10/27, 11/24, 12/29 Held at Shepherd Of The Hills Lutheran Church, at 950 43rd Avenue, in Greeley.  
$50 for both classes; $40 for CPR or First Aid only, and $15 for Standard Precautions. They also offer trainings in Loveland and Longmont. Call 303-456-8543 to register.

**AMERICAN HEART ASSOCIATION** - Medication Administration ($35), CPR and First Aid trainings. $58 for just CPR; $75 for both. Contact Mary Mast @ (970)381-5395.

**STANDARD PRECAUTIONS** - Contact Heartsmart (above). Also, KidCare Nutrition Training @ (970)351-8779, or Wildwood @ (303)730-0460 (Jane Martinez). Mary Mast @ (970)381-5395.

**Medication Administration** - Offered by Molly Orlando, RN, Child Care Health Consultant. Contact her at (303)669-9039 or mol-ly_bbnc@outlook.com. She will be teaching classes in Greeley.

**CPR/First Aid Training (AHA Curriculum) and Medication Administration Training** - Offered by Anne Moyer. AnneMoyerRN@gmail.com or 970-232-8482. Anne Moyer, RN is a CDHS and Qualistar approved trainer for child care providers. She teaches classes in Greeley, Loveland, and Fort Collins.

*Funds available to providers wanting to become licensed, contact Susanne Gallegos 970-304-6170 or Susanne@UnitedWay-Weld.org for more details.

Love to Learn - Saturday, February 23  
**Bridges out of Poverty** - The Triple Lens Approach, Individual, Community & Policy

Learn how to better serve the people you work and interact with. Presenter, Jodi Pfarr has worked internationally conducting reflective seminars that leave people learning and laughing. Her engaging style and trademark humor allow her to effectively connect with diverse audiences. (Child care providers, parents and community members welcome)

 insults at www.UnitedWay-Weld.org/L2L

These and other Professional Development Opportunities are also available on the United Way of Weld County Website Calendar of Events


**RESOURCES**

[www.childcareaware.org](http://www.childcareaware.org)  
[www.coloradoshines.force.com](http://www.coloradoshines.force.com)  
[www.coloradoofficeofearlychildhood.co](http://www.coloradoofficeofearlychildhood.co)  
[www.earlylearningco.org](http://www.earlylearningco.org)  
(PDIS) [https://ecpd.costartstrong.org/ets/home](https://ecpd.costartstrong.org/ets/home)  
[www.weld childcare.com](http://www.weld childcare.com)

Invest in your hometown by making a gift today. Thanks! Secure online at [www.UnitedWay-Weld.org](http://www.UnitedWay-Weld.org) or Text to Give: Text UNITED18 to 41444  

**UPCOMING**

UPCOMING TRAININGS  

- **January 19**  
  **Cooking Matters for Child Care Professionals**  
  [http://files.constantcontact.com/d1e1c3f9001/50eeb04f-a6d0-44cc-9b0c-d25367868c9.pdf](http://files.constantcontact.com/d1e1c3f9001/50eeb04f-a6d0-44cc-9b0c-d25367868c9.pdf)

- **January 19 & 26**  
  **Child Care Pre-Licensing and Standard Precautions Training**  
  [http://files.constantcontact.com/d1e1c3f9001/50eeb04f-a6d0-44cc-9b0c-d25367868c9.pdf](http://files.constantcontact.com/d1e1c3f9001/50eeb04f-a6d0-44cc-9b0c-d25367868c9.pdf)

*Funds available to providers wanting to become licensed, contact Susanne Gallegos 970-304-6170 or Susanne@UnitedWay-Weld.org for more details.

**UPCOMING TRAININGS**

- **December 10**  
  **Pre-Licensing Orientation**  
  [https://www.unitedway-weld.org/childcare4weld/](https://www.unitedway-weld.org/childcare4weld/)

- **December 2018**  
  **United Way Warm Toes Sock Drive**  

- **January 5**  
  **CATCH**  
  [Early Childhood Implementation Training](http://files.constantcontact.com/d1e1c3f9001/a5e7d9a5-86a2-48bc-9b0c-d25367868c9.pdf)

**MARK YOUR CALENDAR NOW**

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