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

In This Issue

- Dental Health Month
- Celebrate with Love
- ECE Classes
- Farm to Preschool
- Get Qualified
- ECHO Seed Site Grant
- T.E.A.C.H.
- Love to Learn - Bridges Out of Poverty
- RMECC - Registration
- 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.

February 2019

Dental Health Month
February is Dental Health month. Child care providers can play a big role in helping promote young children's dental health by teaching good dental habits. The child you care for may even take your suggestions back home with them and encourage the whole family to have better oral care! Here are some general tips for child care providers to help keep children's mouths healthy, from the USDA National Institute of Food and Agriculture Cooperative Extension.

- **Begin good dental care early.** Start cleaning infants’ gums even before teeth appear. Child care providers should wipe infants’ gums after each feeding to remove germs. Encourage parents to clean infants’ gums at home. Once children have two teeth next to each other, adults can help them gently floss.

- **Build on children's early interest in brushing.** Toddlers and infants are likely to express a lot of interest in the care of teeth. They love to watch adults and older children brush and floss their teeth. Build in tooth brushing as a regular part of the mealtime routine in child care. Set a good example by brushing your own teeth after meals.

- **Wait until children are 2 or 3 years old to start fluoridated toothpaste.** Until children are 2 or 3, child care providers can help them clean their teeth with water and a soft-bristled toothbrush. When children start using toothpaste after age 2 or 3, supervise brushing and make sure children use just a small smear on the brush. Children should spit out and not swallow excess toothpaste after brushing.

- **Be sure each child has a personal toothbrush.** Label the brush with the child’s name. Dentists generally recommend a small toothbrush with soft nylon bristles. Ask parents to replace worn brushes every three to four months. Store toothbrushes in a covered area out of children's reach.

- **Avoid sharing the toothpaste tube.** Children who use the same tube of toothpaste may spread germs. Instead, use one of the following strategies in your child care program:
  1. Have families bring a toothpaste tube for each individual child. Label the tube with his or her name.
  2. At tooth-brushing time, give each child a small paper cup with a dab of toothpaste along the rim. Help the child pick up the toothpaste with the tooth brush. Each child uses his or her own cup after brushing for rinsing and then throws away the cup.
  3. Place dabs of toothpaste along the edges of a paper plate. Help each child pick up the toothpaste with the brush.

- **Teach children how to brush.** Children should brush their teeth in a circular motion on both the inside and outside surfaces of teeth and gums. Remind children to brush top to bottom and back to front. This habit will help ensure that all tooth surfaces are brushed. A quick brush on the tongue and a swish of water will complete the job. Whenever it is not possible to brush after meals, have children rinse out their mouths with water.

- **Store toothbrushes upright.** Place brushes with bristle ends up and not touching each other. You can make a toothbrush holder out of a small cube-shaped box. Punch holes on top for each brush. An upside-down egg carton also works well as a holder.
• **Keep brushes clean.** Wash children's toothbrushes at least once a week with soap and water. Washing brushes in the dishwasher may be convenient. Remember to rinse well with water.

• **Check on fluoride use.** Check to see if your community fluoridates its water. Fluoride helps prevent tooth decay by strengthening tooth enamel. Fluoride in drinking water can reduce tooth decay by 15 to 40 percent.

• **Serve healthy foods to help children keep teeth healthy.** Avoid or limit sweet drinks, candy, jelly, cake, cookies, sugared gelatin and sticky fruits such as dates or raisins. When you do serve sweets, make sure that children eat them at one sitting. Eating a cookie at snack time is better than sucking on a lollipop or hard candy all afternoon.

• **Avoid Baby Bottle Rot.** Do not put babies into cribs with a bottle that contains milk, formula, fruit juice, or any other liquid other than water. Set up a specific feeding routine for children. Offer bottles only in specific places of the child care room. Do not allow children to carry a bottle around all day. Never dip a pacifier in any type of sweetened syrup or liquid. Use a bottle only to feed formula, breast milk, or water to infants. Avoid putting sweetened liquids such as juice or soft drinks in a bottle. Work with parents to teach infants to drink from a cup at 6 to 9 months of age, and to discontinue the use of a bottle as soon as possible after 12 months of age.

---

**February is a month to celebrate love**

What better way to ward off chilly temperatures than think of ways to share warmth. Here are a few ideas of how you can warm the cold days:

1. **BAKE TOGETHER.** Children love to practice cooking and baking. Young children can assist in measuring, stirring, pouring or working with dough. Sharing this time together can offer a variety of learning opportunities and build a child's confidence.

2. **HAVE A PAJAMA PARTY.** Some days it is nice to stay cozy in warm pajamas and wear fuzzy slippers. Create a cozy corner with blankets and pillows for story time. Teach the word: Comfortable. What helps us feel comfortable?

3. **MAKE A WARM DRINK AND PLAY A GAME.** Warm cocoa (be careful it is not too hot) or a warm cider certainly can fill cold bellies and be a fun treat on a cold winter day. Create game centers or teach preschoolers a simple cooperation/turn-taking game.

4. **PIGS IN A BLANKET CRAFT.** Save some toilet paper rolls or felt and make a counting craft called Pigs in a Blanket. Using fat popsicle sticks children can glue pink paper and googly eyes to make cute piggies that can hide in the tube. Practice counting by asking children “How many piggies are sleeping? How many are awake?” The possibilities for learning are endless.

5. **WRITE A POEM TOGETHER.** Nothing warms the heart better than positive connection.

   I love you because
   You draw amazing pictures
   And brighten my day

   What makes me feel loved?
   Hippos and Unicorns
   Pizza and puppies
   Mommy and hugs

---

**Colorado receives $5.8 million to innovate statewide early childhood system**

Department of Human Services (CDHS) Office of Early Childhood (OEC) was awarded a $5.8 million Preschool Development Grant Birth through Five (PDG B-5) by the U.S. Department of Health and Human Services’ Administration for Children and Families. The grant will support innovations that accelerate Colorado’s efforts to ensure all children are ready for school when entering kindergarten. The grant will support Colorado Shines Brighter, the state’s effort to analyze the current landscape of the early childhood education system through a comprehensive needs assessment and strategic planning process. This funding will help Colorado:

• Maximize the availability of high-quality early childhood care and education options, especially for low-income and underserved families.

• Enhance and enrich family, friend, and neighbor (FFN) and parental care environments to support children’s physical, social, emotional and cognitive development.

• Coordinate and align Colorado’s birth through five state system to enhance the resources available to families and to improve the quality of relationships among families, caregivers, and children.

Input Needed: Farm to Preschool for all Colorado Kids

Nutritionists, farmers and health workers across Colorado are interested in learning how they can better support early care and learning programs in farm to preschool initiatives. Child care providers are encouraged to complete the survey (https://redcap.ucdenver.edu/surveys/index.php?s=TLRANAPT) by Friday, February 8th. Results of the survey will provide information on programs’ experience with on-site gardens, nutrition education and on offering locally grown fresh fruits and vegetables for children of all ages in their care. Survey participants will also have the opportunity to enter to win a $25 King Soopers or City Market gift card.

Introduction to Childcare Development Specialist Training

New approved course of training to help early learning programs get early childhood teacher qualified in a shorter amount of time, without sacrificing quality.

More information at https://files.constantcontact.com/d1e1c3f9001/fe771b7c5a7-4ea2-9ab4-45d707cc9102.pdf

The ECHO Seed Site Grant Application is officially live!

The selected Seed Grant Sites will receive comprehensive landscape design assistance to reimagine their outdoor spaces, $5,000 towards the installation of a naturalized outdoor learning environment, ongoing training, and technical assistance. Applications are due by 5:00 p.m. on Monday, February 11. Interested child care providers can learn more, download an application, and register for an informational webinar here: https://www.nwf.org/ECHO/Connect.

T.E.A.C.H. Early Childhood® COLORADO Scholarship Program

The Early Childhood Council Leadership Alliance (ECCLA) is the new home for the T.E.A.C.H. Early Childhood® COLORADO Scholarship Program (T.E.A.C.H.)! ECCLA is excited to administer T.E.A.C.H. and explore new opportunities to engage our state’s early childhood workforce. A seamless transition of the program is currently in progress and ECCLA recently welcomed Shannon Hall as Manager of Scholarships.

ECCLA is the membership association for Colorado’s 34 Early Childhood Councils. They support our Early Childhood Council by providing technical assistance and capacity building, implementing shared measurement, advocating for policies affecting early childhood, and leveraging statewide partnerships. For more information on T.E.A.C.H., please contact Shannon at shannon@ecclacolorado.org or (720) 899-3047. Visit https://ecclacolorado.org/t-e-a-c-h-early-childhood-colorado-scholarship-program/ for program eligibility and application opportunities.

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)

www.UnitedWay-Weld.org/L2L
A special round of applause to Martha who overcame her personal battles and graduated from PASO Institute. Martha shared that she is very grateful for the program because it managed to reunite her with her inner child and reconcile some unfortunate situations that occurred in her childhood. Before going through PASO she saw them as bad experiences, but with all of the knowledge she gained Martha realized that they were learning experiences and they happened for a reason. Martha states that going through PASO was a life changing experience for her.

Congratulations

---

Child Care Provider Spotlight

Colorado Shines Level 2 Incentive!
Any licensed child care program (home, center or preschool) will receive a $50 Visa Gift Card for achieving a Colorado Shines Level 2!

To get started, please contact Susanne Gallegos at susanne@unitedway-weld.org or 970-304-6170.

---

Shaking Marble Painting Activity for Kids

Supplies:
- Paper
- Paint(s)
- Scissors
- Small balls or marbles
- Plastic tote or shoe box with lid
- Music

Directions:
Cut paper to desired shape to fit inside the tote or box. Place paper inside box. Add child’s choice of paint color(s), 6-8 drops total. Place small balls or marbles inside the box and secure lid. Have your child choose a song to play and/or sing to while they shake, shake, shake the box to create their beautiful work of Art.

Submitted by Tawnya Williams - home child care provider

*If you have a craft you would like to submit for the newsletter, please email Susanne at susanne@unitedway-weld.org

---

Registration Open for the Rocky Mountain Early Childhood Conference (RMECC)

It’s here! RMECC has officially started early-bird registration for the 2019 Rocky Mountain Early Childhood Conference (RMECC 2019)! With over 150 sessions, there’s sure to be something for every early childhood professional. The conference will take place March 1-2 at the Sheraton Hotel in downtown Denver. Registration and conference information available at www.rmeccconference.com.
UPCOMING

February 9
Cooking Matters - en español
Ofelia Orozco - 970-304-6470

February 11, 12 & 13
Texas Roadhouse Fundraiser
(https://files.constantcontact.com/d1e1c3f9001/b33b19cb-8793-431c-b06c-f97e297766109.pdf)

February 26 & March 23
Business Administration Scale
(https://files.constantcontact.com/d1e1c3f9001/910ef3a6-5df4-4351-84bf-cfc1e520107e.pdf)

March 2
Live United Celebration - “Roaring 20s”
(https://www.unitedway-weld.org/events/lucelebration)

March 27, April 10 & May 4
Program Administration Scale
(https://files.constantcontact.com/d1e1c3f9001/6f14692e-88dc-424e-a8c1-bad7f482f6a4.pdf)

April 6 & 13
Child Care Pre-Licensing and Standard Precautions Training
(https://files.constantcontact.com/d1e1c3f9001/be6ae5b1-a75a-450b-9f22-b2ca79cf349d.pdf)

Co-Parenting Seminar
English - 2nd Sat of every month 9 a.m. - 1 p.m.
Spanish - 3rd Sat of every other month 9 a.m. - 1 p.m.
(https://files.constantcontact.com/d1e1c3f9001/4366e1e4-61c5-4492-90e7-219cc20107e4.pdf)

LICENSEING 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.

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.

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

These and other Professional Development Opportunities are also available on the United Way of Weld County Website Calendar of Events View calendar at www.UnitedWay-Weld.org/providertraining

www.childcareaware.org
www.coloradoshines.force.com
www.coloradoofficeofearlychildhood.co
www.earlylearningco.org
www.UnitedWay-Weld.org/PFC
www.UnitedWay-Weld.org/RoadMap4Kids
www.weldchildcare.com

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

www.UnitedWay-Weld.org
970-353-4300 | 814 9th Street - Greeley | 330 Park Ave - Fort Lupton

PROMISES FOR CHILDREN
United Way of Weld County
970-353-4300 | 884 9th Street - Greeley | 330 Park Ave - Fort Lupton

LIVE UNITED
Weld County’s Early Childhood Council
United Way of Weld County

FINDING CHILD CARE
http://www.coloradoshines.com

FINDING CHILD CARE
http://www.coloradoshines.com

BECOME A CHILD CARE PROVIDER
Contact jbaptiste@UnitedWay-Weld.org