

May 2023

Salida Early Childhood Center

Monthly Newsletter



Parent/Teacher Conferences

What to expect!

Conferences are a time for you to talk with the teachers about your child's progress and set goals. We encourage all parents to attend. Here are some questions you may wish to ask...

- What have you noticed about how my child likes to play and learn?
- What can I do to support my child's learning throughout the summer?
- What are my child's friendships like?
- Does my child need extra supports/where can I access extra supports for my child?

Our family service staff will be available for any families who need extra support outside of school. **Child care and snacks will be provided!**

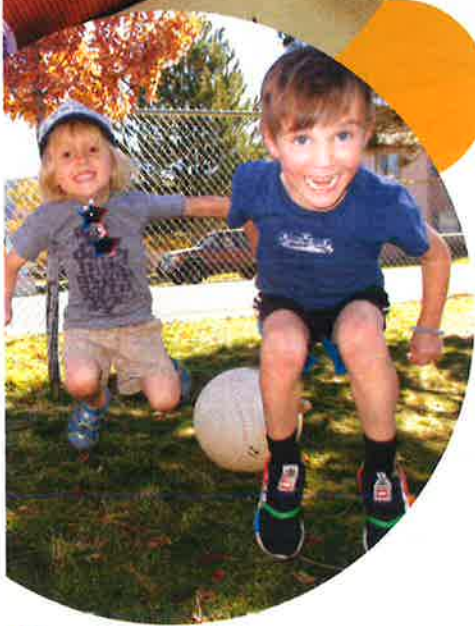
Upcoming Events/Reminders

- **May 11th 4-6pm:** Parent/Teacher Conferences
- **May 17th:** National Bike to School Day
- **May 19th 11:30-1:00:** End of year family party @ Chisholm Park! *Food, activities, and raffles!*
- **May 24th:** Last day of school!
- Please check the lost and found table at the front! All unclaimed items will be donated at the end of the year



Raise your words, not
your voice. It is rain
that grows flowers, not
thunder

- Rumi



May is Mental Health Awareness Month!!

Take a moment to consider your surroundings. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally? This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health.

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being.

- **Work toward securing safe and stable housing:** This can be challenging due to finances, age, and other reasons, but there are a few things you can try, such as reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a community center or friend's home) where you can get the comfort you are missing at home.
- **Focus on your home:** Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- **Create bonds with your neighborhood and community:** Get to know the people living around you, join or start a neighbors groups, and support local businesses to challenge gentrification.
- **Connect with nature:** Hike in a forest, sit in a park, bring a plant inside, or keep the shades open to absorb natural light

If you're taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. **Take a free, private screening at mhascreening.org** to help you figure out what is going on and determine next steps.

Principal's Corner

Ilona Witty

April snow showers bring May flowers! Hard to believe it is May already! This will be a busy month filled with so many activities and fun! Thank you for sharing your children with us. It is so fun to see how they grow and change throughout the year! Parent Teacher Conferences will be held on May 11th. This is a great time to see the progress made by your child and to discuss what comes next. Consistency will help all of the children be able to transition into summer. **It has been my pleasure to work with children and families for the last 28 years.** Some of the last few classes are second generation families in which I have known the parents as children and the grandparents as parents. It is magical and wonderful to watch children play as they learn and grow. Thank you for all your support and involvement in our school. I wish you and your family a fun filled happy summer!



SECC

END OF YEAR FAMILY PARTY!

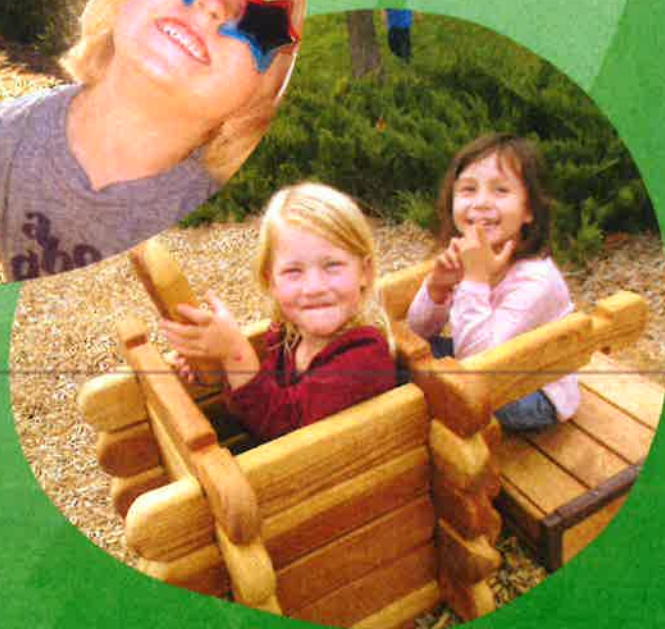
**BRING THE
WHOLE
FAMILY!**

MAY 19TH 11:30-1:00PM
CHISHOLM PARK

ACTIVITIES:

- Food
- Face Painting
- Games
- Prizes

*Come celebrate the 22/23 school
year and have an opportunity to
wish your friends a happy
summer break!*



IT'S NOT MANIPULATION...

KIDS DON'T MISBEHAVE OR BREAK THE RULES TO MANIPULATE US.

CHALLENGING BEHAVIOR IS OFTEN DEVELOPMENTALLY APPROPRIATE AND IS USUALLY A SIGN OF AN UNMET NEED OR UNDERDEVELOPED SKILL.



**AS PARENTS, WE NEED TO BECOME MORE
CURIOUS AND LESS JUDGMENTAL**

WHAT YOU SEE:

They're having a tantrum over not getting what they wanted.

They're not sitting still at dinner time.

They're constantly fighting with a sibling.

They are not engaged with learning.



WHAT'S REALLY GOING ON:

"I lack self-regulation skills and get overwhelmed by my big emotions."

"I have a lot of unspent energy and I need help to channel it."

"I need support and practice with conflict resolution."

"This is not interesting to me, I don't see the point in learning this."

CHILDREN ACT OUT BECAUSE THEY ARE IN DISTRESS, NOT BECAUSE THEY ARE BAD PEOPLE THAT NEED PUNISHMENT.

ACTING OUT IS A CRY FOR HELP, A CRY FOR LOVE.

UNDERSTANDING THEIR UNMET NEEDS AND CONNECTING INSTEAD OF PUNISHING CREATES EMOTIONAL INTELLIGENCE.



MAY IS MENTAL HEALTH MONTH

LOOK AROUND, LOOK WITHIN

MANY FACTORS COME INTO PLAY
WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO *LOOK AROUND*
AND MAKE NOTE OF YOUR
SURROUNDINGS, AND *LOOK WITHIN*
TO SEE HOW THEY MIGHT BE
AFFECTING YOU.



A MENTAL HEALTH TEST IS ONE OF THE EASIEST WAYS
TO CHECK IN ON YOURSELF IF SOMETHING DOESN'T
FEEL QUITE RIGHT.

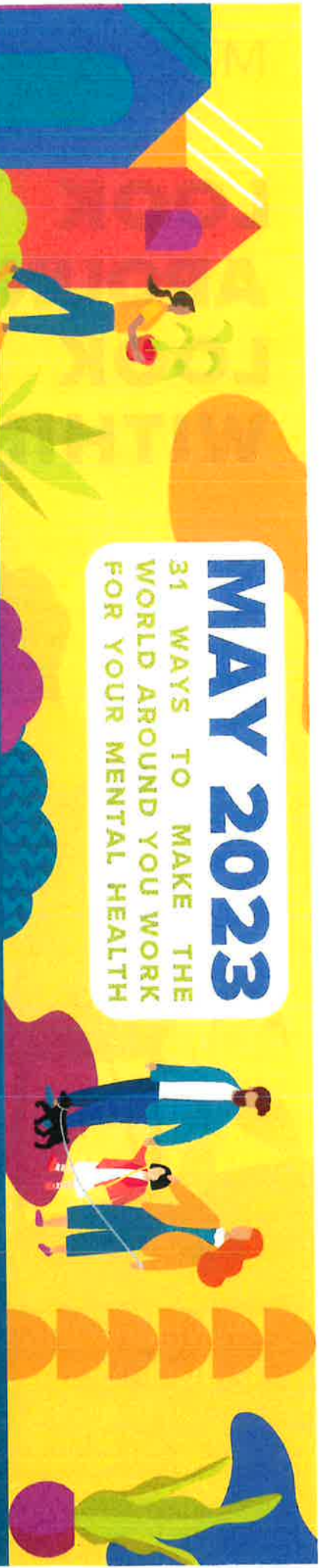
MHASCREENING.ORG

MHA
Mental Health America
mhanational.org mhascreening.org



MAY 2023

31 WAYS TO MAKE THE WORLD AROUND YOU WORK FOR YOUR MENTAL HEALTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Try to find 15 minutes to get some sunlight – if that isn't an option, use a daylight lamp or a blue light lamp when you spend all day indoors.	2 Create a "favorite things" corner, basket, or space with pictures of people/things you love, textures that bring you joy, or your favorite color.	3 Remember that your mind and body are connected. Use your space to assist you with physical movement – find a good spot to stretch, practice yoga, or do other exercises that you can do at home.	4 Surround yourself with loved ones (if not physically in person, seek out communities online).	5 Write down affirmations or notes that you can look at throughout your day. These could go in your home or car to serve as reminders as you go about your day.	6 Play music instead of watching TV when you have downtime at home.
7 Do some spring cleaning with mental health in mind. Remove objects in your home that might trigger negative thoughts or habits.	8 Put pictures of loved ones or pets in places you often look to stir positive thoughts and feelings throughout the day.	9 Set a timer and clean whatever you can in 10 minutes. Try doing this daily to tackle cleaning up your space in a non-overwhelming way.	10 Stop and smell the roses...literally. Studies show that being surrounded by nature is a mood booster. While you're at it, consider adding plants to your space. They will improve air quality and cognitive functioning.	11 Get comfortable and read a good book. Reading can help relieve stress and tension by serving as a temporary distraction.	12 Hold the door for a stranger or sign up to volunteer for your favorite charity. Studies show that random acts of kindness increase release of oxytocin – the "feel good" hormone.	13 Take the stairs instead of the elevator, or park your car farther away from the store. Even small additions of exercise throughout the day can decrease tension and improve sleep.
14 Incorporate your favorite color into your living space – if you can't paint walls, use art, pillows, blankets, or curtains.	15 Do you work from home? Setting up a designated workspace in your home is ideal, but if you don't have the option of an office, at least keep your work out of your bedroom.	16 Air pollution can speed up cognitive decline – change the filter in your furnace regularly, clean dust often, buy an air purifier if you can, or use houseplants to improve air quality.	17 Try prepping your lunches or picking out your work clothes the night before. You'll save some time in the morning and start the day with a sense of control.	18 Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60 degrees and 67 degrees Fahrenheit.	19 Keep hobby supplies easily accessible for when you are stressed or need a creative outlet.	20 Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone) and increases endorphins (the body's "feel-good" chemicals).
21 Use scents you like in your spaces. This could be lighting candles, using diffusers, or even creating DIY scents (for example, boiling oranges and cinnamon on the stove).	22 Use noise-canceling headphones or earplugs to block out noise at home. Especially if the sound of specific people or things gets triggering, or if you find yourself getting overstimulated.	23 Make your sleep environment as dark as possible. Try blackout curtains or use a sleep mask.	24 Keep things that nourish your primary needs easy to access (snacks, water, blankets for bedtime, etc.).	25 Try creating a stim box filled with fidgets or soft things to occupy your hands when you feel stressed, anxious, or need help focusing.	26 Try listening to white noise if you have trouble falling asleep. You can use a white noise machine, phone app, or turn on a fan.	27 Give yourself a break! Take 10 minutes out of your day for a walk, small breaks (and exercise) improve your ability to deal with stress.
28 Consider changing the settings on your phone to "do not disturb" or mute your notifications when possible.	29 After you've done using something, put it away, don't just put it down – this can help prevent clutter and piles of stuff from accumulating.	30 Try keeping a journal or notepad by your bedside. If you struggle with shutting your mind off at night, write down your thoughts to attempt to clear your mind and find rest.	31 Make a wall or jar of gratitude where you write things you are thankful for, that bring you joy, or positively impact your mental health.			



Presents...

RAISING CHILDREN

Made Easier



Conscious Discipline[®]

VIRTUAL PARENT NIGHT

with Amy Speidel

THURSDAY, May 11, 2023

Virtual Training 7:00pm - 8:00pm

The Language of Conscious Discipline:

Review the seven skills from a language perspective

We will be giving away a **conscious discipline prize package** to one lucky participant!



Scan QR Code to register or follow link:

<https://forms.gle/jGokEmvPzFTBa18Q9>

Please register by 5/10/23 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.



When Colorado's children and families succeed, Colorado succeeds.

Are you the parent or guardian of at least one child under the age of 6 years old? If so, the Colorado Department of Early Childhood (CDEC) wants to hear from you!

The CDEC wants to build and improve programs and services to support young children and their families.

The Department also wants to make sure children are ready to succeed when they start kindergarten. This survey is designed to help the CDEC understand what families with children between birth and 5 years old in the state of Colorado want and need. All parents or guardians of children under 6 years old are invited to participate.

The CDEC will use the information collected in this survey to guide its work, make spending decisions, and support access to quality early childhood programs and services throughout the state.

The survey will be open until May 31st, 2023. If you complete this survey, you will have the chance to enter a drawing for a gift card to one of several common retail or grocery stores. All information submitted in this survey is anonymous.

To take the survey, please use the link below, or QR code provided.



https://udenver.qualtrics.com/jfe/form/SV_06CvxT8UBXMGFcG

If you have any questions, please contact Shaina Swain,
an evaluator at the Butler Institute for Families



303-871-2568



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