



# Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

## Newsletter

MORROW UMATILLA UNION COUNTIES

### Early Childhood Partnership Team Meetings (ECPT)

**Umatilla County**  
**Tuesday, April 13**  
**1:00 - 2:30 pm via Zoom**  
[https://imesdmeet.zoom.us/s/99622448120](https://imesdmeet.zoom.us/j/99622448120)

**Union County**  
**Wednesday, March 10**  
**1:00 - 3:00 pm via Zoom**  
<https://us02web.zoom.us/j/89982819395>  
<https://www.facebook.com/Union-County-ECPT-836224543130112/>

**Morrow County • Thursday, April 8**  
**12:00 - 1:30 pm via Zoom**  
<https://umchs-org.zoom.us/j/86979452767?pwd=Nmx0UETZVnJBbzc1Uys2ajRZZzhodz09>  
 ID= 869 7945 2767; Passcode= 155435

### Systemic Inequities in Rural Oregon- A Report from The Ford Family Foundation



The Ford Family Foundation has released a research report that sheds light on the challenges in establishing and maintaining a child care business in rural Oregon. Through a Pritzker grant, Louise Stoney, a national child care expert, has been helping design a shared services alliance in southern Oregon. During her work, Stoney uncovered major inequities related to providing child care in rural Oregon. She brought the information to the Ford Family Foundation, who found the data to be so striking that they contracted with Stoney to write a report documenting the inequities.

In short, Louise Stoney's research finds that although the cost of delivering child care is almost the same in urban and rural areas, the state contribution is as much as 76% lower in rural counties. This consistently disadvantages children, families and child care businesses in rural areas. The report and summary may be viewed **on our website** or by using the following links:

The 12-page report (written by Louise Stoney):  
[https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/1145507/RuralChildCareInOregon\\_Report.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/1145507/RuralChildCareInOregon_Report.pdf)

The two-page summary: [https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/1116419/ChildCareInRuralOregon\\_Summary02052021\\_\\_002\\_.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/1116419/ChildCareInRuralOregon_Summary02052021__002_.pdf)

### UPSTART- An Online School Readiness Program is Now Being Offered for Free!



Waterford Upstart is a school-readiness program that teaches preschool-aged children basic skills they need in reading, math, and science. It is not a replacement for in-person preschool but rather a quality, online option for those without access to preschool and is for children who will enter kindergarten in 2022 (4-year-olds during 2021-2022 school year).

What does the program include?

- Award-winning software your child uses at home less than 30 minutes each day
- Independent online activities and resources for off-line practice
- Guidance and tools to help you support your child's learning

With generous support from partners, Waterford UPSTART is now providing everything needed to complete this online program. Parents may apply online: [www.waterfordupstart.org/register](http://www.waterfordupstart.org/register) or call 888-982-8989.

### Blue Mountain Early Learning Hub Governing Board:

**Umatilla County:**

Lori Hale, *Education*  
 Lidwinner Machado,  
*Human & Social Services*  
 Kim Huling, *Business*

**Morrow County:**

Yvonne Morter, *Health*  
 Erin Stocker, *Education*  
 Dorothy Powell, *Migrant & Second Language Education*

**Union County:**

Robert Kleng, *Chair, Education*  
 Jess Hagedorn, *Parent*  
 Ashleigh Meeks, *Health*

**Other:**

Jon Peterson, *InterMountain ESD Lead*  
 Maureen McGrath, *Umatilla-Morrow Co. Head Start Lead*  
 Linda Watson, *Eastern Oregon Coordinated Care Organization Rep*  
 Lloyd Commander, *Tribal Representative*



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## Parent Article: *An Encouragement for Parents and Caregivers*

Who couldn't use a bit more encouragement these days? This counts for our children, too. While the lull of the pandemic continues to set in, some families are finding the relief of finally getting more quality time, while others are struggling to maintain their patience and positive outlooks. Yet, here you are reading this article for inspiration, way to go!

Emotional regulation (a child's ability to stay calm during or after a difficult emotion) is essential for connection, which also boosts learning and problem solving potential. Emotional regulation can be encouraged through praise, and the more specific the better. When your two year-old sets his bulky metal cars down gently on the glass coffee table in your living room, an enthusiastic "good job" not only communicates positivity to him, but also shows that his mere play and existence is important in the world.

Now let's say your two year-old becomes excited by your enthusiasm and runs back into his bedroom to get more cars for the coffee table; your feedback to his behavior matters. In addition, what if we were more specific about the "good job?" For it's not just about the praise, although that goes a long way itself to create a home culture of enjoyment and encouragement. Rather, what you're praising is key: a two year-old with bulky cars and a glass table is a potential disaster waiting to shatter. However, if we notice the gentleness, he is more likely to play more gently rather than running to get more cars.

Gentleness is a form of emotional regulation, especially amidst the challenging emotion of excitement in play. Praising a calm body is an effective tool in helping a child understand self-regulation. Again, the more specific, the better. A calm body can be defined as a low and calm voice, sitting on the chair, keeping oneself focused, sitting crisscross, sitting up straight, taking a deep breath, pausing before speaking. Emotional regulation can also look like walking away from a hard situation, waiting one's turn to speak, asking for help, going for a walk, persevering, or taking a break. In some ways, true self care is a form of regulation, as it often takes a bit of regulation to choose exercise over indulging in that piece of cake.

Through repetition of specific encouragement, children learn what is expected of them and are able to increase their social skills with peers. This, in turn, also builds confidence in their ability to do things well and succeed at challenges. Encouragement helps a child learn to respond appropriately and effectively which leads to an increase in self-worth.

In a culture of encouragement and positivity, mistakes are not fatal, but rather opportunities to learn. When we give our children the grace to learn and make mistakes we help increase their sense that they are inherently lovable regardless of their actions. Further, we create an environment of safety and connection that enables them to feel grounded enough to problem solve. Critical thinking skills can be better aimed at how to improve situations for the sake of others, rather than how to avoid punishment or shame.

Parents can support this with their emotional regulation. Taking a breath and practicing a pause before correcting a behavior not only models regulation to our children in a challenging emotional situation, but also helps the child slow down, process the cause and effect of the situation, and how to improve their actions next time. Regulated caregivers offer a child a place of support so that the child feels safe enough to ask for help or process through the mistake in a positive light. In an effective learning-from-mistakes situation, a child can learn to feel confident in their own capability to regulate, ask for help, and problem solve as they learn their worth is in who they are, not what they do.

As parents and caregivers, our words matter; our voice becomes the internal monologue for our children for the rest of their lives. What we say can shape how a child sees themselves. We can use specific encouragement as a tool to help our children regulate, connect, and grow as well as keep the glass furniture intact.

*Jenni Travis is a Mental Health Specialist with Lifeways, a partner of the Blue Mountain Early Learning Hub.*

## Home Education Kits Available Upon Request

If you have a child or know of a child who does not have access to preschool or is opting out due to COVID-19, the Blue Mountain Early Learning Hub has Home Education Kits in both English and Spanish to provide to families with children ages 3 to 4, residing in Umatilla, Morrow or Union county. These kits contain educational materials and guidance for school readiness. To request a kit, complete the following Google form: <https://forms.gle/sE9f6Q3WfNCNL5vB9>



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## Children Bring Communities Together Conference

Saturday, March 6, 2021 • 8:00 am – 4:00 pm • Cost \$35 per person • **REGISTER TODAY**

**A day of laughter, leadership & learning for the mind, body & spirit!**

**Behavior master – mind opening experiences – team building – mindfulness – health and wellness**

**One amazing day of continuing professional development with Ron Shuali**

In partnership with BMCC, Child Care Resource & Referral is offering this year's annual conference live on ZOOM with Presenter and Early Educator Ron Shuali.

Ron Shuali, M.Ed has spent over 15 years working and presenting in the education marketplace. He is a best-selling author of an award-winning book "Breaking the Bullying Circle" and the book based on his successful behavior management system "Building the 21st Century Child." He is a top motivational speaker and presenter with expertise in the preschool through middle school arena. Learn more about Shuali on YouTube: <https://youtu.be/iaEUgd5laes>.

\*Door prizes will be drawn throughout the day and there will be an opportunity to learn how to earn college credit.



## Conscious Discipline Virtual Classes for Parents and Guardians



### OPTION 1

**When:** Mondays March 29, April 5, 12, 19, 26, May 17  
6:00-7:30 PM

**Registration:** Call 541-910-6280 or 541-910-5646

\*A Zoom link will be shared following registration

Sponsors: Oregon Parenting Education Collaborative, La Grande School District and Eastern Oregon University Head Start

### OPTION 2

**When:** Thursdays April 1, 8, 15, 22 & 29  
6:00-7:00 PM

**Registration:** <https://forms.gle/GZ6PvwjeC46N8X8R6>

\*A Zoom link will be sent following registration

Sponsors: Oregon Parent Education Collaborative and Blue Mountain Early Learning Hub

## Upcoming Parenting Educators Conference

COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

### 2021 OREGON PARENTING EDUCATORS CONFERENCE AND TRAINING INSTITUTE

**May 3-6, 2021**

Registration begins March 1  
For more information or to register, visit [health.oregonstate.edu/opec](http://health.oregonstate.edu/opec)

This **virtual** event is hosted by the Oregon Parenting Education Collaborative and the Hallie E. Ford Center for Healthy Children & Families.



## Blue Mountain Early Learning Hub Staff:

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