



September 2022

Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

EARLY CHILDHOOD PARTNERSHIP TEAM MEETINGS (ECPT)

Umatilla County

Tuesday, October 11

1:00 - 2:30 pm via Zoom

<https://imesdmeet.zoom.us/j/95752073228?pwd=Z2R>

DQUdOL3Ft5jd3VFRsNHRRYTVUZz09

ID= 957 5207 3228; password = 852035

Union County

Wednesday, September 14

1:00 - 3:00 pm via Zoom

<https://eou.zoom.us/j/91278523074>

<https://www.facebook.com/Union-County->

ECPT-836224543130112/

Morrow County

Thursday, October 13

12:00 - 1:30 pm via Zoom

<https://umchsorg.zoom.us/j/84557647294?pwd=aUdo>

Zys3TVBBUHh5eHZwOUh4cDRydz09

ID= 845 5764 7294; password = 114923

GRANT OPPORTUNITY

Do you serve children and families in the Morrow, Umatilla and Union counties? Do you have a project you would like to implement but need funding to get it started? Are you wanting to bring some Professional Development to the area?

The BMELH has funding opportunities available through a Community Grant process. Organizations can apply for up to \$15,000 in the biennium (July '21-June '23) for projects that cover School Readiness, Family Support and Engagement and curriculum alignment from Prenatal to 3rd grade.

Projects we have funded in the past include family engagement activities, *Conscious Discipline* training for parents, summer school readiness bags for kids going to Kindergarten, health and safety kits for families, and professional development on developmentally appropriate practices.

The next round of applications are due December 1st. For more information and the application visit:
<https://bmelh.org/communitygrants>



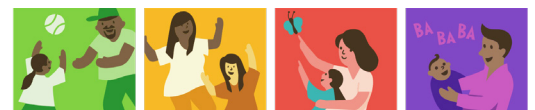
Early Childhood Education & Behavioral Health Fall Summit

Boundaries are the foundation to self-care and productive work environments. Join us in learning the how's and why's with Justine Froelker.

October 7, 2022
Wildhorse Resort & Casino
Register: bmelh.org/summit



Sponsored by:
Blue Mountain Early Learning Hub, OCDC, GOBHI, IMESD & Early Learning Services, UMHS, ODHS



Get 1,000+ tips and short activities you can do with your child to help them learn and grow.

Your child's brain grows the fastest from birth through age 5! Helping them learn now gets them ready for school, friends, and life. Give your child a great start in life and an even better future. Vroom Tips are free, science-based tips and tools that help parents and caregivers add learning to mealtime, bathtime, bedtime, or anytime! Available in English and Spanish.

Sign up today by visiting vroom.org, downloading the app, or texting VROOM to 48258.





Find us on Facebook at
<https://www.facebook.com/BMELH>

Blue Mountain Early Learning HUB

bluemountaineearlylearninghub.org

MORROW UMATILLA UNION COUNTIES

COOKING WITH KIDS: *Homemade Applesauce*

Applesauce is easy to make. By varying how long you cook the sauce, you can choose to make it chunky or smooth. Cooking unpeeled apples allows the applesauce to become a pretty shade of pink. For smooth applesauce, put the cooked sauce through a food mill or wire strainer. Enjoy homemade applesauce with potato pancakes and sweet and sour red cabbage.

Makes about 3 cups

Ingredients

- 7 medium apples
- ½ cup apple juice or water
- ¼ cup sugar or honey, optional
- ½ teaspoon ground cinnamon, optional

Instructions

- Core and cut the apples into bite-sized chunks.
- Put the apples into a medium saucepan.
- Add the remaining ingredients and bring to a boil over medium-high heat.
- Reduce heat to low, cover and simmer 15 to 20 minutes, stirring often, until the apples are tender.



WE ARE ENROLLING

MATRÍCULA ABIERTA!

Looking for an Early Education Program for your child?

¿Anda buscando un programa de educación temprana para su estudiante?

Let Blue Mountain Kids help you find the best environment for you and your child.

Deje que Blue Mountain Kids le ayude a identificar el mejor ámbito para usted y su estudiante.

Visit: BlueMountainKids.org

Presente ahora su solicitud
Estamos aceptando solicitudes para las edades 0 a 4.

Accepting application for ages 0-4

APPLY NOW



Interested in learning more about
Conscious Discipline this fall?

Check out the
Blue Mountain Early Learning Hub
www.bluemountaineearlylearninghub.org/
for more training options.

Blue Mountain Early Learning Hub Staff:

Cade Burnette, Early Childhood Services Co-Administrator
cade.burnette@imesd.k12.or.us

Marissa Loiland, Early Childhood Services Co-Administrator
marissa.loiland@imesd.k12.or.us

Kirsten Zerba, Administrative Assistant
kirsten.zerba@imesd.k12.or.us

Erin Bartsch, Operations Coordinator
ebartsch@umchs.org

Michelle Gomez,
Coordinated Enrollment Specialist
michelle.gomez@imesd.k12.or.us





Find us on Facebook at
<https://www.facebook.com/BMELH>

Blue Mountain Early Learning HUB

bluemountaineearlylearninghub.org

MORROW UMATILLA UNION COUNTIES

PARENT ARTICLE: *How to keep social media healthy for young children*

We all know how enticing phones and tablets are for young children (8 and under). They do fun things, and they entertain us. We also know how hard it is at times to turn off their device or to engage them in other activities. You might be wondering if technology has so many pros and cons, what does that mean for social media?

There can be a lot of wonderful benefits to having your young children engage in social media and yet there can be a lot of negative impacts as well. To say all social media is bad would be throwing the baby out with the bathwater. Social media offers lots of benefits for children including maintaining relationships with family and friends. It might also inspire them to take up a new hobby or to see something in a new way. Just like with other technology, it's not the tool that is the problem, it's the content. So, let's take a deep look at how we can create healthy social media hygiene with our young children.

The first thing you want to do is decide what is developmentally appropriate for your child and set clear boundaries with them. This might mean your older child can watch TikTok videos in the same room with you, while your younger child is only allowed to watch them with you. They might not like this, and this is where you acknowledge what they were hoping for while holding the boundary. It is helpful to explain to children why the boundaries exist and when possible, bring it back to keeping them both physically and emotionally safe.

An appropriate boundary for young children is that they can only engage in social media with an adult present; you are there to act as the filter to make sure what they see is age appropriate. As they get older, maybe you create a family account that follows only age-appropriate accounts so you can keep it clean. (In many apps you can indicate what you are interested in and what doesn't apply to you.) It is also appropriate that these apps are only used in the living room with the sound on.

Another boundary that is helpful is to keep accounts private and only allow access to people that you would normally

allow physical access to your child. It is important to have conversations with your child about who is safe and unsafe online. This includes talking to them about how to handle a situation where someone messages them inappropriately. Just like teaching children what to do if someone physically violated them, we need to teach them what to do if someone is sexting or encouraging harmful behavior. A good starting point is to help them understand why secret conversations on social media can be dangerous and your job is to keep them safe.

Another concern with social media is how it is affecting the mental health of teens. You can help minimize those impacts by how you approach social media with young children. When you can help them see that it's a tool to help them share their experiences and ideas with others and not a replacement for actual connection with others, you can start to create a healthy relationship for them with social media. Have conversations with them about why they are sharing what they share. Your young child might have learned a new trick on their bike or built a cool Lego house and they want their friends and family to see it. You have an opportunity to talk to them about how they feel about it and that even if nobody likes it, they can still be proud of what they did. Helping children to build their sense of worth and self-esteem outside of others' opinions is crucial to helping them maintain good mental health later.

As with any technology, make sure you are limiting the amount of time they are on social media. We have all experienced how addictive it can become, and it is important to remember that children don't always have the will to stop scrolling or watching and need you to help them do that. It is also important to remember that social media isn't a replacement for real connection. As time is limited for devices, make sure you are including time for real connection with people in-person.

With some careful planning and setting of boundaries, your children don't have to be kept away from social media. With your help (ahem...and modeling) they can learn how to have a healthy relationship with social media platforms.

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
Aaron Treadwell, Umatilla-Morrow Co. Head Start Lead
Linda Watson, Eastern Oregon Coordinated Care Organization Rep
Lloyd Commander, Tribal Representative
Tobie Sass, Child Care Resource and Referral Representative