



November 2022

Blue Mountain Early Learning HUB

bluemountaineearlylearninghub.org

MORROW UMATILLA UNION COUNTIES

Newsletter

EARLY CHILDHOOD PARTNERSHIP TEAM MEETINGS (ECPT)

Umatilla County

Tuesday, December 6

1:00 - 2:30 pm via Zoom

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

DQUdOL3Ft5jd3VFRsNHRRTVUZz09

ID= 957 5207 3228; password = 852035

Union County

Wednesday, November 9

1:00 - 3:00 pm via Zoom

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

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

ECPT-836224543130112/

Morrow County

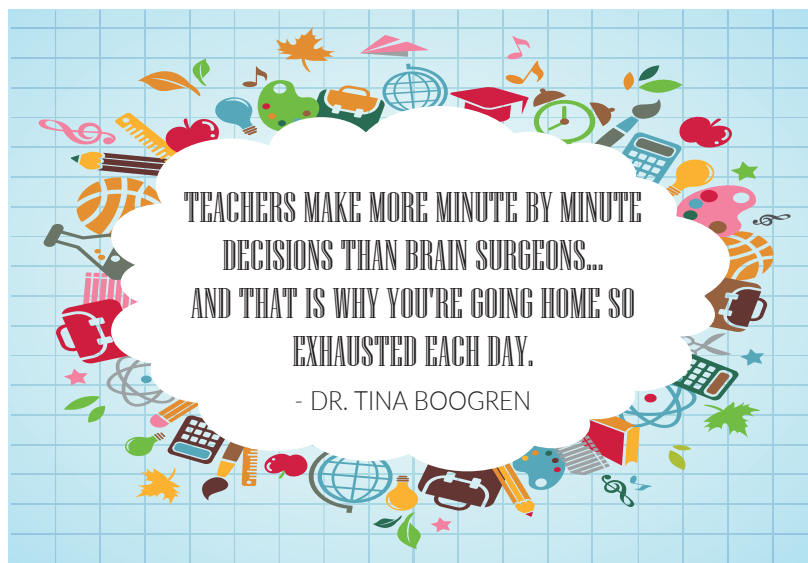
Thursday, December 8

12:00 - 1:30 pm via Zoom

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

Zys3TVBBUHh5eHZwOUh4cDRydz09

ID= 845 5764 7294; password = 114923



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

- DO YOU HAVE AN IDEA FOR A WAY TO SERVE CHILDREN AND FAMILIES?
- DO YOU HAVE A PROJECT YOU WOULD LIKE TO IMPLEMENT BUT YOU NEED FUNDING TO GET IT STARTED?
- DO YOU WANT TO BRING SOME PROFESSIONAL DEVELOPMENT TO THE AREA?

To learn more about the types of projects that can be funded visit our website.

Applications are due on a quarterly basis and will be approved while funds last.

<https://www.bluemountaineearlylearninghub.org/community-grants>

BLUE MOUNTAIN EARLY LEARNING HUB
COMMUNITY GRANTS

Blue Mountain Early Learning Hub

Join a Professional Learning Team

Prenatal thru 3rd grade

Come learn from your peers. Find out what practices others are doing in the classroom. See what is going on with Conscious Discipline. Sign up for a PLT in your community at: bluemountaineearlylearninghub.org



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

Blue Mountain Early Learning HUB

bluemountaineearlylearninghub.org

MORROW UMATILLA UNION COUNTIES

PARENT ARTICLE: *Body Autonomy*

As caregivers, we teach children several safety lessons: look both ways before you cross the street; do not touch burners on the stove; no one can touch you without your permission. As caregivers, we teach children they are in charge of their bodies (body autonomy) from a young age. Teaching this concept can be difficult. How do we make sure children genuinely believe they have a right to say no? As with many things, we can best teach body autonomy and consent through how we treat our children and allow others to treat them. We model consent and respect in the same way we model manners.

Consent means a person must ask permission before doing something to someone, and most importantly, the person has a right to say "NO". Caregivers teach body consent to prevent abuse and ensure that a child discloses any unwanted touch. But unfortunately, there are practices in our society that teach a child just the opposite.

Think about your childhood; someone probably told you to give someone (often a relative – or maybe even another child) a hug, a kiss, or a handshake. At times, you may have wanted to give this physical affection. But perhaps there were other times when you hesitated. You may even have said no. When this occurs, two things often happen:

- The caregiver or other individual insists, sometimes even physically forcing the physical interaction.
- A caregiver or other individual saying things like "you're going to hurt their feelings" or "don't be mean, just give her a hug."

Without meaning to, these behaviors destroy the concept of body autonomy. When a child hesitates or rejects the idea of physical touch, and someone continues to encourage or force this physical contact, we ignore the child's feelings. We have denied their ability to provide or refuse consent. These actions create an internal belief that the child cannot say no to physical interactions. By telling a child, "If you do not provide your affection, you are making another person sad," we are teaching a child that they are responsible for another person's feelings and must provide or accept physical touch even when they do not want to. You can see how dangerous creating this belief in a child can be.

Teaching children that others must ask for their permission, and respect their boundaries, also teaches children that they owe others the same respect. Children not given bodily respect will struggle to extend that respect to those around them, which can result in a child using negative touch or forcing their affection on others, a practice that is likely to cause negative experiences in their social life as children and adults.

Modeling consent, body autonomy, and respect involve asking a person if you can give them physical affection or touch before touching their bodies. ("May I hug you?") When a child, or adult, says no, we must

respond appropriately. Some key points to keep in mind include the following:

Respond positively - You can say: "You do not want a hug right now, thank you for telling me."

"You do not want to hug grandma; you can ask her later if you decide you want one."

Pay attention to body language: If a child says no to touch, avoid body language that conveys disappointment, sadness, or frustration. Examples can include:

- Pretending to pout.
- A sad face.
- Stomping away.
- Other behavior that could be perceived as upset at their response.

Some children may not be able to communicate verbally or may lack the confidence to say no. Watch for body language cues indicating a child feels unsafe or uncomfortable. When you see this, you can say, "You are showing me you do not want a hug; that is ok; I will talk to you instead."

Keep Connection: When a child says no to physical touch, they are not saying no to connection. Sometimes, an adult or peer may choose to walk away if a child says no; this can teach a child that they are not wanted if they do not provide physical affection. Instead, acknowledge that they said no, and offer a non-physical option. For example, "You do not want a hug right now; thank you for telling me. I will sit with you while you color your picture."

Help Children Practice: If a child asks a peer for a hug and the peer declines, the child will need guidance to respond in this situation. You can guide a child by helping them acknowledge, respond, and change direction. An example of this can be: "Ema is telling us that she does not want to high-five, that is ok, we can wave at her instead."

It is impossible to teach children to believe they have a right to bodily autonomy unless we model consent and respect in our interactions. Trusted adults are responsible for making children feel safe and comfortable in our presence and how we interact with them. Teaching consent requires intentional work and guidance but will build skills a child needs for their entire life.

Libby Hoffman is the Director of the Pioneer Relief Nursery, a partner of the Blue Mountain Early Learning Hub which works to bridge early childhood resources and prepare children for kindergarten. For more information visit www.bluemountaineearlylearninghub.org.

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
Lourdes Reyna Alcalá, Eastern Oregon Coordinated Care Organization Rep
Lloyd Commander, Tribal Representative
Jennifer Hook, Child Care Resource and Referral Representative



Blue Mountain Early Learning Hub

PARENT LEADERSHIP COUNCIL APPLICATIONS NOW AVAILABLE



WHO WE ARE & WHAT WE DO

The Parent Leadership Council consists of parents from Morrow, Umatilla and Union counties, with children age 0-8 who share three primary goals:

- to provide feedback on the work of the Hub and the Early Learning Council
- to develop leadership skills and engage in advocacy
- to create intentional community through shared activity



BE A VOICE FOR KIDS!



BECOME AN ADVOCATE

Help us to identify obstacles that families are facing and ways to eliminate them.



FREE TRAININGS AND LEADERSHIP SUPPORT

Learn how to be a voice for your child and family through fun and informative trainings.



TRAVEL OPPORTUNITIES

Meet with other parents and community partners in Oregon to form relationships focused on fulfilling family needs.



SUPPORT KINDER READINESS

Ensure that all children, regardless of family situation, receive the opportunities and supports needed to enter kindergarten healthy and prepared for success in school.



Participants must be able to engage in council activities 2 to 3 hours per month.

BMEHLH will provide mileage and childcare reimbursement when necessary.

📞 541-314-5494 🌐 www.bluemountainearlylearninghub.com 📍 2001 SW Nye, Pendleton OR 97801

FOR MORE INFORMATION CONTACT US TODAY!

ONE OF THE BEST THINGS ABOUT BEING A

TEACHER

UNA DE LAS MEJORES COSAS DE SER PROFESOR.



IS I STILL GET TO COLOR

TODAVÍA PUEDO COLOREAR



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

Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

MORROW UMATILLA UNION COUNTIES

COOKING WITH KIDS: Yogurt & Fruit Parfaits

Ingredients

- 3 cups vanilla Nonfat Yogurt
- 1 cup of fresh or defrosted frozen strawberries
- 1 pint of blueberries, raspberries, or blackberries
- 1 cup of Granola

Directions

Wash hands with soap and water.
Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses.
Combine defrosted strawberries and juice with fresh berries.
Alternate layers of fruit and granola with yogurt until glasses are filled to the top.
Serve parfaits immediately to keep granola crunchy.



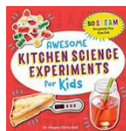
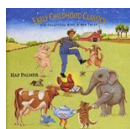
Community Service Spotlight

Child Care Resource and Referral

Have you checked out the CCR&R Lending Libraries?

Their Lending Library is designed to help parents, grandparents, child care providers and teachers who have specific topics they want to teach or need safety supplies. Our library has numerous materials such as:

- resource books for parents
- curriculum books for teachers and early learning professionals
- children's books
- CD's
- theme boxes
- blocks and construction
- puzzles & games
- make and take craft supplies
- die cuts supplies
- consumable safety supplies (First Aid kits, bleach, etc.)
- felt stories & story telling boxes
- puppets
- children's equipment



They also have the following electronics available: Apple iPads, Bluetooth CD players, Dell laptops and wireless compact photo printers for lending. New additions are made on a regular basis.

Call your local CCR&R office if you need help accessing the link or have questions of what may be available.

Locations in Hermiston and La Grande

[Child Care Resource & Referral UMHS, Inc. - Umatilla, Union, Morrow County: Inventory \(myturn.com\)](http://www.mymturn.com)



Blue Mountain Early Learning Hub Staff:

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

Erin Bartsch, Operations Coordinator
erin.bartsch@imesd.k12.or.us

Lara Arriola, Child and Family Services Coordinator
larriola@umchs.org

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