



January 2022

Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

Early Childhood Partnership Team Meetings (ECPT)

Umatilla County

Tuesday, February 8

1:00 - 2:30 pm via Zoom

<https://imesdmeet.zoom.us/j/95752073228?pwd=Z2RDQUdOL3FtSjd3VFRsNHRRYTUz09ID=95752073228;Passcode=852035>

Union County

Wednesday, January 12

1:00 - 3:00 pm via Zoom

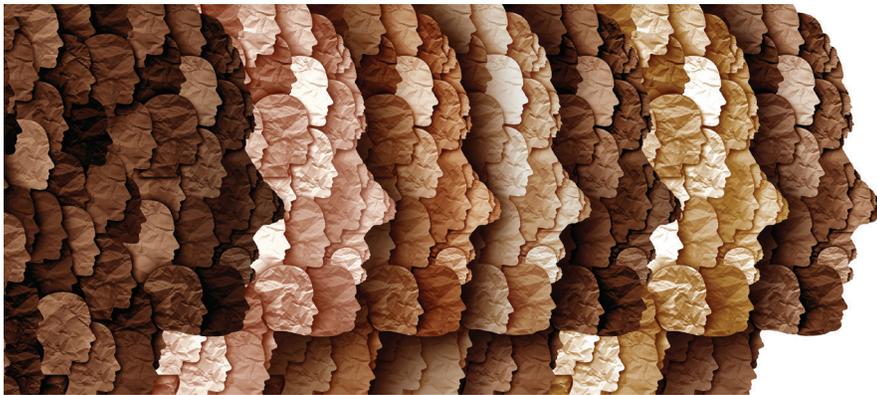
<https://eou.zoom.us/j/91278523074>
<https://www.facebook.com/Union-County-ECPT-836224543130112/>

Morrow County

Thursday, February 10

12:00 - 1:30 pm via Zoom

<https://umchs-org.zoom.us/j/84557647294?pwd=aUdoZys3TVBBUHh5eHZwOUh4cDRydz09ID=84557647294;Passcode=114923>



Save the Date

2022 Spring Diversity, Equity & Inclusion Conference

April 22, 2022 • 9:00 a.m. to 4:00 p.m

Pendleton Convention Center

1601 Westgate • Pendleton OR

Mark your calendars to save the date for our Annual Spring DEI conference. We are hopeful that we will be able to meet in person and have reserved the Pendleton Convention Center for this conference. Attending Virtually will be available.

Details on presenters to follow.



Community Health Worker Training - Winter/Spring 2022

Community Health Worker training for certification in the State of Oregon. Two ½-day sessions a week, every other week. 80 hours of training, all online plus 10 hours of independent homework for 90 CEUs. For complete schedule and other details, visit <https://www.neonoregon.org/events/community-health-worker-training-winter-spring-2022> and click Register Now.

Time & Location:

Feb 10, 2022, 8:45 AM PST – Jun 24, 2022, 1:00 PM PDT
NEON CHW Basic 90-Hour Training

Attachment and Bonding

Attachment and bonding is a lifelong process, but particularly important in infancy and early childhood. Learn about attachment styles, the impact they have on future interactions with the world, and how attachment and bonding contribute to future health and wellness. Earn 3 THW and MHACBO CEUs. <https://www.neonoregon.org/events/attachment-and-bonding>

Time & Location:

May 12, 2022, 9:00 AM – 12:00 PM PDT

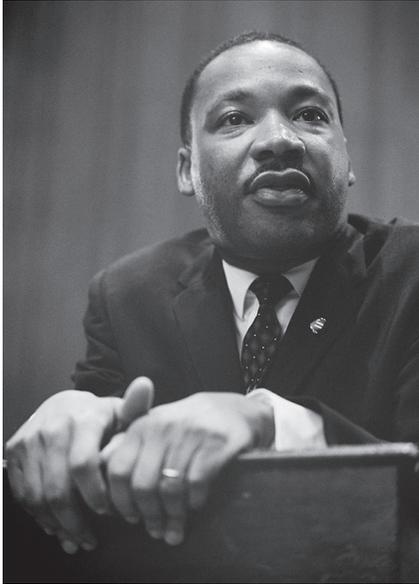
Offered via Zoom



Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

MORROW UMATILLA UNION COUNTIES



Martin Luther King History

Martin Luther King Day celebrates the life and accomplishments of Dr. Martin Luther King, Jr. MLK promoted civil rights through nonviolent civil disobedience. He is perhaps best known for his "I have a dream..." speech in 1963. He was assassinated in 1968. Martin Luther King, Jr. day became a federally recognized holiday in 1983. The first year this holiday was observed was 1986, and not by all states. In 2000, it became a nationally observed holiday in all states. Martin Luther King Jr. Day is observed annually on the third Monday of January.

Martin Luther King Jr. Facts & Quotes

- Martin Luther King was awarded the Nobel Peace Prize in 1964. He was 35 years old, which made him the youngest Peace Prize winner at the time.
- I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character. - Dr. Martin Luther King Jr., August 28, 1963.
- Life's most persistent and urgent question is: 'What are you doing for others?' - Dr. Martin Luther King Jr.
- Injustice anywhere is a threat to justice everywhere. - Dr. Martin Luther King Jr.
- Hate is too great a burden to bear. - Dr. Martin Luther King Jr.



Conscious Discipline for Families

This class series is **FREE!**

Dates: January 13 - March 3, 2022

When: Thursdays 8 - 9:30 p.m.

Location: In your own home

REGISTER by calling 541-786-5535

Class sponsored by Building Healthy Families and EOU Head Start.

- ✓ Be the person you want children to be
- ✓ Set Limits Respectfully
- ✓ Notice and connect with children
- ✓ Build Self-Esteem and Willpower
- ✓ Teach Children to Manage their Emotions
- ✓ Create Teaching Moments
- ✓ Helping Children Learn from Mistakes

Families looking for
Early Childhood Program
Visit: BlueMountainKids.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
Linda Watson, Eastern Oregon Coordinated Care Organization Rep
Lloyd Commander, Tribal Representative
Tobie Sass, Child Care Resource and Referral Representative

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: *New Beginnings*

January, the month of new beginnings and excitement of a new year! On the flipside, it can be a tough month as the days continue to be short, dark, and cold. Cabin fever may start to set in, as some might say. Children may have fallen out of routines as there is often less structure during the holiday season. So, how do we jump back in wholeheartedly ready to rock and roll, set goals and routines, achieve great things, and let go of what no longer serves us while having fun with our children and caring for ourselves?

Reflect and Celebrate! January is a fantastic time to pause and think about what you accomplished last year and in what ways your children grew. Did you get a new job, complete a degree, or stick to a new routine that helped you reach your wellness goals? How about your children? Did they learn to walk, talk, write their name, or reach another milestone? Take time to celebrate those moments! Who doesn't love a good movie night and popcorn!

What are you keeping and what must go? January is also a good time to let go of something that did not work well for you and your children last year. What wasn't working? What's that song from Frozen, "Let it go, let it go" (bet that's stuck in your head now). This will create more space for you and your children to fit in the good stuff!

With that being said, how can you, as parents, make the most of January with your children and prepare for the new year?

STRESS REDUCTION & ROUTINES:

Parents: In order to be present with our children, we must take care of ourselves. As a parent, you can reduce stress and build routines into your day that support caring for **YOU!** After all, we can't pour from an empty cup. Maybe you start a new morning routine by getting up 20 minutes early and doing 2 things you enjoy or take 30 minutes after your children are fast asleep to read or watch your favorite show. **More ideas:** Plan ahead, create a daily schedule (schedule in time for self-care), use a calendar, delegate or simplify where you can, get plenty of sleep, daily movement/stretching, journal, and/or set goals for 2022.

Children: Routines are a great way to reduce stress and anxiety for both parents and children. They help children know what to expect during their days. They can also help your child transition from one activity or environment to another more easily. There are many ways to create a routine, help with transitions, and set children up to have a successful day. If their day is smoother, in most cases, yours will be too! See the following website for ideas! <https://challengingbehavior.cbcs.usf.edu/Implementation/family.html>

HEALTH, WELLNESS AND NUTRITION:

Parents: You don't have to work out at the gym for 2 hours a day to be healthy and well. Just 20 minutes a day of movement and nutrient dense meals can help keep our bodies moving and grooving. Too

cold in January to take a walk? Turn up the music and dance with your children while dinner cooks!

Additional Resources: <https://www.foodhero.org/> (easy & healthy meals!), https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Adults_508c.pdf (info on movement)

Children: Children naturally want to get their bodies moving; In fact, movement can reduce tough behaviors as children have opportunities to get their wiggles out! It's ok to bundle up and go outside even if it's cold, it may help boost their immune system! On days when the weather is too bad, kids can still do a lot of movement indoors. Try having them build a fort, fish in the bathtub, have an indoor snowball fight, turn on music and have them dance (https://www.youtube.com/watch?v=ea4TVg0_8Dk), pretend play, have an indoor/outdoor scavenger hunt, do yoga (<https://www.youtube.com/user/imaginationyoga>), or any other activities that involve movement.

LEARNING AND PLAY

Parents: Learning and play go hand in hand! Yes, even for adults! January is cold and we often times feel trapped inside but there's so much to do indoors! You can start a new hobby or learn a new skill! Move beyond stick figures by going to YouTube to paint along a tutorial; Boom! You are now an artist! Find something fun to do in the community by joining a group, or learn a new winter sport like snow shoeing, ice skating, sledding, or hiking!

Children: January is a fabulous month for children to make the most of inside. They can make forts, create with playdoh, cook, or learn new skills like writing their name, counting, and more! Children learn through play and exploration whether it's indoors or out!

More ideas: Create with cardboard, make homemade playdoh, have an indoor scavenger hunt, create a marble racetrack, or go to Pinterest and grab an art/craft project using only household items. You can incorporate literacy, language, math, and more into any of those activities!

These are just a few ideas on how you can bring in the new year and make the most of the cold months! Remember that routines, daily movement, exploration of environments, good nutrition, and most of all PLAY are things that both parents and children benefit from. Happy January 2022!

Suellen Whitlock is an EI/ECSE Coordinator for the IMESD, a partner of the Blue Mountain Early Learning hub to bridge early childhood resources and prepare children for kindergarten. For more information visit www.bluemountaineearlylearninghub.org.

