



March 2025

We're Hiring!

Full Time Parent Educator

The Early Childhood Council of the SLV is seeking a full time Parent Educator to join the Parents as Teachers Program. Qualified applicants must hold a high school diploma, a minimum of two years working with young children and/or parents, strong communication and interpersonal skills, ability to build strong relationships, strong computer skills and the ability to work independently.

This position offers a 3% IRA match, generous time off benefit, and salary range of \$39,490 - \$43,152 per year. No health benefit available.

Please email resume and letter of interest to busi@eccslv.org by March 12th

APPLY NOW!

Child Care Providers: Share Your Voice!

How do federal supports impact your program? Take this quick 3-minute survey to help state leaders better support child care providers in Colorado. Your responses are confidential.

Deadline: March 10, 2025.

[Click here to take the survey](#)



UPK Updates

UPK enrollment for the 2025-2026 school year is happening now! Submit your application at upk.colorado.gov to secure a spot for your family!

Below are some useful links for families during the registration process.

[Family Handbook](#)

The new Help Desk is now live! Parents, providers, and LCOs can now reach the Help Desk team by:

- Submitting a ticket request form at help.upk.colorado.gov
 - Emailing universalpreschool@state.co.us
 - Calling 303-866-5223
-



Come and Join Us For



A FATHER'S PERSPECTIVE: AMERICA'S FENTANYL CRISIS

Matt Riviere, a Colorado affected parent, will be giving a presentation addressing the dangers of fentanyl and its impact on families.



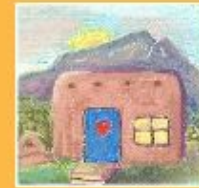
12 March
2025

At 6:00 PM
Ortega Middle School, 401 Victoria Ave. Alamosa



Partnered with Alamosa County Public Health Dept. and Alamosa School District.





Teen Dating Violence Awareness Month

Written by: Tiffany Martinez, Education & Outreach Coordinator

February is here! It's a month for chocolate, giant teddy bears, Valentine's Day dances, and secret crushes. But while everyone is talking about love, there's something important we also need to talk about: Teen Dating Violence.

Teen dating violence is way more common than you might think, which is why February is National Teen Dating Violence Awareness Month. Relationships can be tricky enough as it is, but when unhealthy or abusive behaviors are involved, things can get really bad, really fast. That's why it's so important to know the difference between healthy and unhealthy relationships.

Here at Tu Casa, Inc., we're here to help teens and parents learn about dating violence, set boundaries, and build healthy relationships.

The Truth About Teen Dating Violence

Here's the scary truth:

- Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. [1]
- One in three girls in the US is a victim of physical, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. [1]
- One in ten high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend. [1]
- Only 33% of teens who were in an abusive relationship ever told anyone about the abuse. [1]



The Tu Casa, Inc. Crush Campaign allows students to scan a QR code and take a healthy relationship quiz!

That means a lot of teens are dealing with unhealthy relationships in silence, which is heartbreaking. Many teens don't even realize that some behaviors, like jealousy or constant texting, aren't normal.

For example, some teens think that jealousy is "cute" or that it means their partner really loves them. But jealousy isn't love, it's a warning sign. It can lead to bigger issues like control, manipulation, or even abuse. That's why it's so important to talk openly about what's okay in a relationship and what's not.



Teen Dating Violence Awareness Month isn't just about knowing about it, it's about doing something about it. Here's how you can help:

- Learn the red flags. Recognize the signs of unhealthy behavior.
- Speak up. If something doesn't feel right in your relationship, tell someone you trust.
- Help your friends. If you think a friend might be in an unhealthy relationship, let them know you're there for them and encourage them to reach out to Tu Casa, Inc. if they feel safe to do so.

Starting the conversation about teen dating violence is not just important, it's essential. Education is the key to empowering young people to recognize healthy and unhealthy relationship behaviors, understand their own boundaries, and know when something isn't right. If we don't talk openly with teens about the warning signs of abuse and the importance of respect in relationships, how will they know what they deserve? By addressing this topic early and often, we're not just preventing harm, we're equipping the next generation with the tools to build stronger, healthier connections. Let's prioritize these conversations, because knowledge is not only power, its protection and key to prevention. Together, we can create a culture where every teen feels safe, valued, and respected in their relationships.

Know the resources available. Places like Tu Casa, Inc. and [Loveisrespect.org](https://loveisrespect.org) are some valuable resources available to youth and parents navigating these tough topics.

To access Tu Casa, Inc. services, please call our 24-hour hotline at (719) 589-2465.



Join the national movement and wear Orange this February to show your teens they have support & promote awareness for Teen Dating Violence Awareness Month!

Coaching

Why Is Individualizing Care Important for Infants and Toddlers?

It is important for care teachers to know and understand why individualizing care is so important.

Here are several reasons:

- Infants and toddlers grow and develop rapidly. Although growth and development typically follow a commonly recognized sequence, the pace at which individual children develop can vary. When teachers and family childcare providers know a child well, they can recognize the growth and support learning by offering care that matches the child's interests and anticipates the next steps of development. Home visitors can help parents recognize their child's development and interests and plan together how to support the child. Care practices that match a child's stage and interest provide optimal learning opportunities.
- Each child is part of a family unit, and the life of the family grows and changes along with the child. Individualization recognizes and values the child's family by considering the family's goals for the child and actively incorporating their

input as much as possible.

- Head Start programs serving infants and toddlers seek to support the strengths and needs of each family. Since every family is different, it is crucial that programs provide care for children and services to families that consider each family's culture, beliefs, values, languages, and life circumstance.

When education staff understand why individualizing care is important, they make more thoughtful, intentional decisions about how to support each infant and toddler.

Watch this wonderful webinar about a Child Centered Approach to Toilet Training.

**Approach to Toilet
Training**

15 Adorable Facts About How Babies Learn

This article, in Mental Floss, offered this and other insights:

"A 2012 study of 1-year-old infants found that interactive music classes lead to better communication. The babies learned to play percussion instruments and sing songs with their parents in an early music class. Compared with a control group, these children showed a greater sensitivity to musical structures and tones, along with better early communication skills like waving goodbye or pointing to an object they wanted."

**Read the adorable facts
here**



Mental Health - Seven Ways to Shift Your Difficult Emotions

A new book gives guidance on research-based ways to manage our emotions more effectively without suppressing them.

There are times when my emotions really get in my way. When I perform on stage, fear of failure makes my heart race and throat clench. Or when a friend says something hurtful to me, I can't stop ruminating about it.

When we get emotionally stuck like this, our first instinct may be to shove down our feelings or lash out at others. But neuroscientist Ethan Kross's new book, *Shift*, offers another way forward that's both respectful of our emotions and helpful for managing them effectively. Without ignoring our feelings, his book argues, we can learn to work with them in more positive ways, allowing us to gain relief and wisdom from them.

"The goal is not to run from negative emotions, or pursue only the feel-good ones, but to be able to shift: experience all of them, learn from them, and, when needed, move easily from one emotional state into another," he writes.

Read full article [here](#).



Getting Curious About Your Stress Reactions

AKA – How to keep your cool as you're learning about the newest school initiative!

What are the first things that pop into your head when you reflect upon the question, "What stresses me out?" If you're being honest, one of your top answers might be, other people! Working in schools, the other adults might stress you out, and the students might stress you out! Yikes, if this is true, you might be wondering if you picked the right field to work in?! Don't worry. You did. But let's get curious ...

Upon reflection, we know that saying other people stress us out, isn't the whole picture. In fact, it's only a small piece of the picture ... It's our perception of the experience that's creating our stress reaction. How do we know this is true? Think about a time you've been in a group and felt stressed out by one person, only to find out that someone else didn't have the same experience. How could that be, if in fact it was this other person creating the stress? If they were creating the stress, wouldn't everyone have felt stressed out? Or maybe others in the group felt some stress, but not to the same degree we did? I'm not saying there isn't a dynamic, of course there is. What I'm suggesting is that there is more going on here.

Read full article [here](#).

It's that time of year again, and tax season is in full swing. Families, please take a look at these tax credits so the families in Colorado are getting the best refund possible.

What is a tax credit?

- Tax credits are decreases in tax owed
 - If no taxes are owed, tax credits are money refunded to you
- When tax credits are refundable, you get money back in a refund payment if you file your taxes
- To receive tax credits, you must qualify and you must file a tax return for both federal and state

Colorado has a new tax credit called the Family Affordability Tax Credit.

- A new refundable, Colorado state tax credit for families with eligible children
- Up to \$3,200 per eligible child 5 years or younger as of 12/31/2024, for tax year 2024
- Up to \$2,400 per eligible child between the ages of 6 and 16 years old as of 12/31/2024
- Parents with an Individual Taxpayer Identification Number (ITIN) can receive the credit if eligible children have a Social Security Number.
- Amounts vary based on income levels, higher credit amounts for lower income levels

Federal and State Child Tax Credit

- Up to \$2,000 per child up to age 17 as of 12/31/2024

TABOR Refund (Colorado)

- Average amount of \$322.00 for individuals or \$644.00 for joint filers
 - Must have lived in Colorado for all of 2024 to be eligible

If you possess an Early Childhood Professional Credential level, you are also eligible for a tax credit

- Level 1 tax credit amount - \$852.00
- Level 2 tax credit amount - \$1,136.00
- Level 3-6 tax credit amount - \$1,705.00

Options for Free Tax Filing

- Free tax software for DIY
- In-person, tax help- Volunteer Income Tax Assistance (VITA)
 - Free in-person tax preparation by IRS-certified, trained volunteers.

More Resources

- www.GetAheadColorado.org
- www.HaciaAdelanteColorado.org or call 211



Free Quality Child Care Services!
Birth to 3

Expectant Families and Teen Parents

- Child Care 28+ hours per week
 - Year-Round Program
 - Family Services
 - Education Services
 - Health Services
 - Nutrition Services
 - Disabilities Services
 - Community Resources

Families with children with special needs are encouraged to apply
Military families encouraged to apply
We do not provide daily transportation to & from the center. However, we may be able to provide transportation in certain circumstances in conjunction with other community agencies.

Begin Application Here

Contact us Today!
(719) 937-4010
401 Santa Fe Ave
Alamosa, CO 81101

Service Areas:
Saguache
Costilla
Alamosa
Rio Grande

Early Head Start Free Quality Child Care Services

Now accepting applications for Early Head Start! Click the link below to complete the interest form.

Click [Here](#) for interest form.

Free Webinars

Expanding Your Preschool Program: New Locations, New Opportunities

March 5, 2025

REGISTER NOW

Beyond Behavior Management: Coaching for Lasting Change and Emotional Growth in ECE, by Prerna Richards

March 6, 2025

REGISTER NOW

Listening In: Lessons from Infants and Caregivers in Early Relational Health, by Dr. Claudia M. Gold

March 12, 2025

[REGISTER NOW](#)

[Your Role in Cultivating Psychological Safety in Early Care and Education Programs, by Jill M. Bella, Ed.D.](#)

March 13, 2025

[REGISTER NOW](#)

[Frustrating Temperament Traits: Strengths-Based Approaches To Ensure Young Children Thrive, by Raelene Ostberg, M.Ed.](#)

March 19, 2025

[REGISTER NOW](#)

>>>NEW<<<

[Child-Led Play Leads to Early Literacy, by Stacy Benge, M.S.](#)

March 26, 2025

[REGISTER NOW](#)

>>>NEW<<<

[Let's Play! Making and Tinkering with Loose Parts, by Beth VanMeeteren, ED.D. and Dr. Allison Barness](#)

April 2, 2025

[REGISTER NOW](#)

>>>NEW<<<

[A Strengths-Based Approach to Transforming Your Program Classroom by Classroom, by Ellen Drolette](#)

April 9, 2025

[REGISTER NOW](#)

Do you have something you would like to share in our newsletter?

If individuals and organizations in the community want to share relevant information through this email list, ECCSLV will do their best to include the information in the next available e-newsletter.

ECCSLV considers requests based on relevance, capacity, and timeliness. We do not guarantee that all information will be shared.

Stay connected with us!

Subscribe to our

Click on the social media links below to follow us on all platforms!

We post regularly to our social media accounts regarding events and important last minute information that is usually not included in our bi-weekly newsletters.

Be sure you are subscribed so you don't miss out!



Early Childhood Council | 401 Santa Fe Avenue | Alamosa, CO 81101 US

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