Did anyone else feel like the first half of this year flew by? Summer is almost here and that means it is almost time for our annual Retreat by the Lake Conference! This year's Retreat "Seeds of Change: Planting Hope & Nurturing Growth" will be June 24th & 25th and will be a hybrid conference with both online and in-person training options. If you are interested in attending this year, please find the registration materials on pages 3-12 of this newsletter.

Pages 13-20 include additional resources including SWOCC's Summer & Fall ECE course offerings, scholarship opportunities and parenting resources and events that can be shared with families. There are also links within this newsletter that you can click on to connect you to additional resources and support. We hope you find these resources helpful and that you have a wonderful summer!

-The CARE Connections Team
BABY PROMISE

Big Move!!!

I am SO excited to finally share with you all... This Summer the Coast Guard will be moving our family to NORTH CAROLINA!!!

Spring 2022

More Good News!

I have started a new (remote!) job at The Research Institute at Western Oregon University! I am a Data and Database Specialist for Find Child Care Oregon.

My heart is so full and heavy. I miss you all already, but cannot wait for the new adventure ahead! In the military they say this isn’t goodbye, it’s... See You Later
SEEDS OF CHANGE:
PLANTING HOPE AND NURTURING GROWTH

RETREAT BY THE LAKE 2022

JUNE 24-25, 2022 ONLINE & IN-PERSON AT
SOUTHWESTERN OREGON COMMUNITY COLLEGE

CARE Connections
REGISTRATION

- Registration cost: $55, or $50 with OrAEYC membership (must provide member number at the time of registration).
- Fees are non-refundable.
- Registration will be on a first-come, first-served basis.
- Friday's Keynote will only be held online via Zoom. Saturday training tracks will be available online and in-person on Southwestern's Coos Bay campus.
- Due to COVID restrictions, housing will NOT be available for those attending in person.
- You MUST register for the track you wish to attend and attend each session to receive Oregon Registry (ORO) Credit. If you are attending online*, you must have your camera-enabled to receive training credit.
  *Online attendees: For the best experience, please use a computer/tablet/laptop (not a mobile device).
- ORO hours will be submitted automatically following the conference.
- Priority registration will be given to attendees from Coos, Curry, and Western Douglas Counties.
- Registration ends June 15, 2022.
REGISTRATION CONT.

• To register, please go to the online registration form located here: https://www.socc.edu/wp-content/uploads/Retreat-by-the-Lake-22-fillable_2pg.pdf

• Once you have completed the form, please email it to firststop@socc.edu (we will not accept registration applications through the mail).

• If you will be paying by credit card, you will need to call a First Stop Representative at (541) 888-7352 after emailing the registration form to process payment.

• Payment is due at the time of registration. If you are using the Betty Gray Scholarship, you will need to email your award letter (voucher) with your registration form to firststop@socc.edu Please apply for the Betty Gray Scholarship no later than June 6th since it may take up to a week to process. Applications submitted later may not be processed in time.
Betty Gray:

- Must be between steps 1-8.5 on the Oregon Registry Online (ORO).
- Must work with children / supervise staff in a licensed facility at least 20 hours a week.
- Must apply for the Betty Gray scholarship no later than June 6th. Applications submitted later may not be processed in time.
- Must provide a copy of your acceptance letter to with your Retreat by the Lake registration Form to firststop@socc.edu no later than June 15th, 2022.

Link to register for Betty Gray Scholarship:

https://portlandstate.qualtrics.com/jfe/form/SV_0x5rJ5viCaWWm0J
Natalie Gordon, Keynote Speaker
Early Childhood Education Consultant: Infant Toddler Specialist

Natalie Gordon works for Child Care Resource and Referral of Multnomah County, Oregon. They have a Bachelor of Arts in Sociology and a Master of Education in Instruction and Curriculum for Early Childhood Education and Environmental Education. With a huge passion for both early learning and natural environments, their work revolves around creating resources that lead childcare providers in implementing outdoor and sustainable education in their programs. In collaboration with the Oregon Department of Education and Farm to ECE state agencies, they advocate for the development of early childhood education policies, environmentally-focused program practices, and procurement of local agriculture for child care programs. Natalie has also made large efforts to create professional development opportunities that elevates culturally specific and historically relevant gardening practices.

Friday, June 24
Online Only
5:15-8:30PM
CARE Connections is happy to announce the Retreat by the Lake conference will offer in-person sessions on Saturday, June 25th! We will also have an online option for participants that do not wish to attend in-person.

This year, we will be utilizing a track model for Saturday’s sessions. This means the track you sign up for will be the trainings you attend all day, and the group you will be attending sessions with. Each track will be limited to the first 25 registrants.

In-Person Tracks (Meals and Snacks will be included)
- Cultural Responsiveness
- Family & Community Systems

Online Tracks (held via Zoom—must have camera and audio)
- Family & Community Systems
### SATURDAY JUNE 25, 2022

#### TRACK 1- CULTURAL RESPONSIVENESS

**IN-PERSON COOS BAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Trainer</th>
<th>Session</th>
<th>CKC/Set</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am-11:00am</td>
<td>Shandell Landon</td>
<td><strong>Culture in the Classroom</strong></td>
<td>DIV/PM, Set 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Culture is imbedded in everything we do, and the classroom is no different. However, the way we respond to culture, as educators, must be different and will have a significant impact on your students and their success or failure. Through this training, participants will critically examine the different ways day-to-day experiences impact children and their cultural identification. Participants will discuss and identify barriers and current best practices develop a culturally responsive setting for all students.</td>
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<tr>
<td>11:00am-11:45am</td>
<td></td>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>11:45am-2:45pm</td>
<td>Kathleen Walker-Henderson</td>
<td><strong>Cradling Literacy: Using the power of our own stories to support literacy and empower families</strong></td>
<td>FCS, Set 2</td>
</tr>
<tr>
<td></td>
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<td>Examine the powerful role of stories in making connections with children to encourage families to share and build early language and literacy (both oral and written) that nurture, support and empower families. Strategies impacting the sharing of their personal stories will be examined to see how positive stories builds literacy in young children. Through story children begin to organize events and build essential skills that families can connect and share together.</td>
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</tbody>
</table>
### SATURDAY JUNE 25, 2022

**TRACK 2 - FAMILY & COMMUNITY SYSTEMS**
**(IN-PERSON COOS BAY)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Trainer</th>
<th>Session</th>
<th>CKC/Set</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am-10:00am</td>
<td>Allyson McNeill</td>
<td><strong>EI/ECSE Basics</strong></td>
<td>SN, Set 1</td>
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<td>Participants will learn how and when to make a referral to EI/ECSE as well as understand the referral/screening/evaluation process through eligibility, including the continuum of services offered to 3-5 year old students who are eligible for special education based upon state/federal criteria.</td>
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</tr>
<tr>
<td>10:15am-12:15pm</td>
<td>Renee Menkens &amp; Katrinka McReynolds</td>
<td><strong>Help That Helps</strong></td>
<td>FCS, Set 1</td>
</tr>
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<td>Caregivers will learn ways they can effectively manage stress for themselves and how to identify toxic stress and its impact on behavior for adults and children. Tools will be shared that can be helpful for caregivers and adults working with children and families.</td>
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<tr>
<td>12:15pm-1:00pm</td>
<td></td>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>1:00pm-3:00pm</td>
<td>Kallie Mill</td>
<td><strong>Play is Learning</strong></td>
<td>HGD, Set 1</td>
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<td></td>
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<td>Participants will explore the stages and types of play that unfold in early childhood, the role of the brain in the process, and plan how to maximize children's learning through play.</td>
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<tr>
<td>Time</td>
<td>Trainer</td>
<td>Session</td>
<td>CKC/Set</td>
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<tr>
<td>8:00am-10:00am</td>
<td>Natalie Lo &amp; Charity Grover</td>
<td>Engaging Families Beyond the Door</td>
<td>FCS, Set 1</td>
</tr>
<tr>
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<td></td>
<td>In this introductory session we will discuss the whys and hows of family engagement.</td>
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</tr>
<tr>
<td>10:15am-12:15pm</td>
<td>Stephanie Lilly</td>
<td>Strengthening Your Business Through Shared Services</td>
<td>PM, Set 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Learn how, through a Shared Services approach, to streamline the business side of your child care program so that you can spend more time where it counts, in the classroom with the children.</td>
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</tr>
<tr>
<td>12:15pm-1:00pm</td>
<td></td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>1:00pm-3:00pm</td>
<td>Corinne Potts</td>
<td>Strategies for Talking to Children About Difficult Issues</td>
<td>HGD, Set 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Topics such as death, divorce, substance abuse, domestic violence, etc. are bound to emerge in early childhood programs. This workshop will give participants an opportunity to share their challenges, explore strategies for supporting children through these difficult conversations, and look at ways to take care of themselves.</td>
<td></td>
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</tbody>
</table>
Core Knowledge Categories:

- **DIV** - Diversity
- **FCS** - Family & Community Systems
- **HSN** - Health, Safety & Nutrition
- **HGD** - Human Growth & Development
- **LEC** - Learning, Environments & Curriculum
- **OA** - Observation & Assessment
- **PPLD** - Personal, Professional & Leadership Development
- **PM** - Program Management
- **SN** - Special Needs
- **UGB** - Understanding & Guiding Behavior

Training Set Levels:

- **Set 1** - An introductory session about the topic.
- **Set 2** - An intermediate training session that builds on previous knowledge of the subject.
- **Set 3** - An advanced training session, with an in-depth study on the session topic.

The contents of these trainings were developed under a grant from the U.S. Department of Education. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.
Early Childhood & Family Studies Program

Summer 2022

ED 169 01 Overview of Student Special Needs - (3 Credit) Online
An introductory course covering categories of special needs and medical conditions that educators must be able to recognize and understand in order to plan, serve, and teach students effectively. Focuses on inclusion strategies and activities that enable educators to successfully provide an optimal educational environment for all students, including those with diverse abilities.

Fall 2022

ECE 102 and 102 B 01 Theory and Practicum II Pre-K - (5 Credit) Online
Prerequisites: ECE 209 & 209B; Central Background Registry (CBR) check is required for this course. The third in a sequence of courses with a practicum co-requisite designed to assist students gaining experience working with young children in a laboratory or qualified preschool setting.

ECE 150 01 Introduction and Observation - (4 Credit) Online
A beginning course focusing on the theoretical foundations, history and basic concepts of early childhood education.

ECE 170 01 Health and Safety Early Childhood- (3 Credit) Online
This course covers health/safety practices recommended for the early childhood field and includes information on common diseases, health, and nutrition. Completion of First Aid & CPR for Infants and Children, and Reporting Child Abuse and Neglect Certification are required to pass this course.

ECE 240 01 Lesson and Curriculum Planning- (3 Credit) Online
Students will be introduced to various approaches to planning early childhood curriculum to meet the whole child's development. The course will review existing curriculum models, and students will develop theme based curriculum, units, lesson plans, and assessments in math, science, and social studies for young children.

ED 135 01 Teaching Math to Young Children- (3 Credit) Online
Young children live in a world full of mathematics! This curriculum course focuses on the pre-math concepts and early math concepts important for young children (pre-kindergarten through second grade) to grasp so they can be successful in math throughout their lives.

ED 169 01 Overview of Student Special Needs- (3 Credit) Online
An introductory course covering categories of special needs and medical conditions that educators must be able to recognize and understand in order to plan, serve, and teach students effectively. Focuses on inclusion strategies and activities that enable educators to successfully provide an optimal educational environment for all students, including those with diverse abilities.

ED 216 01 Introduction to Education - (3 Credit) Hybrid via Zoom
This course introduces students to the historical, philosophical, and contemporary foundations of the American educational system. 4:00-5:50PM; Tuesdays

HDFS 225 01 Prenatal Infant and Toddler- (3 Credit) Online
This course covers principles of theory and development beginning with conception through three years of age. Emphasis is placed on physical, intellectual, emotional, and social development of the young child, including a strong focus on early brain development.

What does Hybrid mean? A hybrid course is one that meets face-to-face and has an online component.

Please check out our website at: http://www.socc.edu/childhood
Email us at ece@socc.edu

Registration Open Now!

Southwestern Oregon Community College is an equal opportunity educator and employer.
Are you a currently working early educator interested in getting a degree in early childhood?

If so, we have scholarship opportunities for you!

In addition to enriching your classroom practice, college coursework is the fastest path toward becoming Lead Teacher qualified, reaching an Oregon Registry Step that will qualify your program for a Spark rating, or becoming Director qualified. Plus, you'll make friends in the early learning community working toward the same goals.

Apply to join our Early Learning Professional Development Consortium, and receive scholarships for coursework and special professional development opportunities. We will work with you to find the classes you need and the supports that will help you be successful. You'll work within a cohort of other childcare providers as you progress toward your degree.

Contact Taya Noland at 541.888.7336 for more information.
Play is a child’s context for learning. Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children’s success and self-esteem.

Look for Kallie’s training at Retreat by the Lake if you are interested in how play in YOUR program can support children’s learning!

GO TO PAGE 10 FOR MORE INFO ON THE “PLAY IS LEARNING” TRAINING!

Great article for parents or providers on the importance of play!
Environmental Rating Scales

With Summer on its way, many of you might be thinking of new fun things you want to bring into your program for the next school year. Before bringing in these new additions, let’s take a look at the ERS Materials Checklist! We will focus on the FCCERS (Family Child Care) & ECERS (Preschool Class age 3-5) book list:

<table>
<thead>
<tr>
<th>Encouraging Children’s Use of Books</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>General considerations:</strong></td>
</tr>
<tr>
<td>❑ At least 20 appropriate books with at least 6 for each age group, 30 for a group of 15 children</td>
</tr>
<tr>
<td>❑ Some books about current season, current interests, new and/or library books, current classroom theme</td>
</tr>
<tr>
<td>❑ Books are gathered in one or more places that are comfortable and convenient for children’s use (Specific to FCCERS)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vary your topics! Possibilities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Feelings</td>
</tr>
<tr>
<td>❑ Families</td>
</tr>
<tr>
<td>❑ Differing abilities</td>
</tr>
<tr>
<td>❑ Differing cultures</td>
</tr>
<tr>
<td>❑ Fiction and Nonfiction (Specific to FCCERS)</td>
</tr>
</tbody>
</table>

Take a look at your current books available to children and think about the following:

- Are the books organized and easy for the children to choose from/see? Or are they tightly packed with no easy way for the child to tell what the book is/choose from?
- Is there ample free-choice time during the day for a child to choose a book from this area?
- What positive interactions do you give children who choose to look at/read a book independently?

ERS Checklists created by The Research Institute's Center on Early Learning and Youth Development (CELYD)
Pathways to Positive Parenting
Parents and Families of Coos and Curry Counties

Pathways to Positive Parenting

MEET & GREET

We will have giveaways for a limited number of books and gift cards, as well as a raffle to win one of three Family Fun Boxes!

Wed, June 15th, 2022
12pm - 2pm
Riley Creek Elementary School
Gold Beach, OR
Friendships throughout a child’s life have many social, emotional, and cognitive benefits. Early friendships can help children build skills, including taking turns, sharing, and cooperation and lay the foundation for later friendships.

**Developmental Benefits**
Research shows that establishing friendships is an important developmental goal for children of all ages. Friendships developed during the preschool and early school years give children valuable contexts in which to learn and practice skills related to social, cognitive, communicative, and emotional development.

For example, by learning how to navigate their early childhood friendships, children learn:
• How to be sensitive to the viewpoint and opinions of others
• How to navigate the rules of conversation
• What constitutes appropriate behavior

Additionally, the benefits of friendship for children are similar to the benefits of having friends as adults. Friendships benefit children by creating a sense of belonging and security and reducing stress. Child psychologists often find that early childhood friendships greatly contribute to children’s overall quality of life and ability to adjust to changes within their environments.

Friendships also relate to positive school performance. When children develop strong friendships, they tend to have higher self-esteem and are better able to focus on doing well in school because they are not feeling sad or lonely. We cannot downplay the value and importance of social and emotional support provided by friends, either. Having someone to turn to who can help your children deal with stress and transitions is essential to develop healthy coping skills.
How can parents and caregivers help children establish strong friendships? While there’s no one-size-fits-all solution formula for making friends and maintaining healthy friendships, we can help children develop relationships skills that will foster deep, meaningful connections with others. When it comes to friendship, it’s about quality, not quantity!

**How to Help Children Develop Positive, Meaningful Friendships**

1. **Model friendship skills.** Children learn from watching the adults in their lives. Whenever you interact with your own friends, you are showing children how to treat other people and how you like to be treated. Talk with your children about the friends in your life. When did you become friends? What makes someone a good friend? Why have your friends been important to you?

2. **Encourage friendships that are important to your child.** If your child establishes an important relationship that brings them joy, help them find ways to connect play dates, meet ups at the library or park, or look for other opportunities to build these relationships. Even infrequent playdates can help your child feel connected and learn what it means to build a relationship with a friend.

3. **Respect your child’s personality.** When it comes to making friends, it’s important to let your child be who they are. Try not to compare your child’s friendship skills to their siblings’ social personalities or that of other kids you know. While some kids are outgoing and love to have a lot of friends, others are happy having only a few close friendships. What’s important is to celebrate your child’s unique personality and specific needs.

Navigating early childhood friendships can be challenging. Children are not only learning skills they need to interact prosocially with others, they are developing the skills they need to express their words, emotions, and needs while also learning how to get along with others. There are likely to be challenges and missteps along the way. Support your child by helping them practice the skills they need and talking through difficult situations as they arise, brainstorming strategies with your child in ways they are able. Children grow socially as they grow physically, emotionally, and cognitively through friendships. With the loving support of parents, caregivers, and other adults, children can learn to develop meaningful friendships although these friendships may look different for each child. The caring relationship you have with a child lays the foundation for caring friendships.

**The Book Nook**

How to Apologize  
by David LaRochelle

Maple & Willow Together / Arce y Sauce juntas  
by Lori Nichols

Meesha Makes Friends  
by Tom Percival

Follow us on Facebook & Twitter @OPECParentingEd

**References**

What Parents Can Do to Support Friendships  
https://www.healthychildren.org/English/family-life/power-of-play/Pages/What-Parents-Can-Do-to-Support-Friendships.aspx

Kids Who Need a Little Help to Make Friends  

What should I teach my elementary school aged child about healthy relationships?  
https://www.plannedparenthood.org/learn/parents/elementary-school/what-should-i-teach-my-elementary-school-aged-child-about-health
CARE Connections, your local Child Care Resource & Referral serving Coos and Curry Counties, is a non-profit organization funded through the Oregon Early Learning Division. Our mission is to improve the quality of early learning experiences for young children by providing education, information and support to those that care for young children.

CARE Connections links families and Early Educators to each other and to other resources in the community. For early educator training, education, and program information, please call or email:

Coos Office: 541-888-7957
Curry Office: 541-813-1674
Toll-Free: 1-800-611-7555
Website: https://www.socc.edu/for-the-community/care-connections/

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