



CKLECC Newsletter



Cheyenne, Kiowa and Lincoln Counties Early Childhood Council

National Children's Dental Health Month



www.cklecc.org

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country.

Developing good habits at an early age and scheduling regular dental

visits helps children get a good start on a lifetime of healthy teeth and gums.

Whether you're a member of the dental team, a teacher or a parent, the ADA has free online resources that can help you with oral health presentations, ideas for the classroom and coloring and activity sheets that can be used as handouts. There are booklets, videos and other materials

available for purchase through the [ADA Catalog](http://www.ada.org). www.ada.org

Please direct all questions to ncdhm@ada.org.



Volume III

February 11th, 2014

Special Points of Interest:
HAPPY VALENTINES DAY!



- ☉ Check Yourself Class
- ☉ Library Schedules
- ☉ Recipe & Activity for Kids
- ☉ Popular Preschool Books
- ☉ Simply Eating Cooking Class

How Do I Care for My Toddler's Teeth



Passing on good oral habits to your child is one of the most important health lessons you can teach them. This means helping him or her brush twice a day, showing the proper way to floss, limiting between-meal snacks and seeing your dentist regularly.

Most dentists recommend that children start their dental visits

by the age of two. In addition to giving your dentist a chance to monitor your child's dental growth and development, this is your chance to learn about tooth development, the need for fluoride, how to help your child maintain proper oral hygiene, how to deal with your child's oral habits (such as pacifier use), diet and nutrition, and how to

prevent oral injuries.

Always emphasize that a dental visit is a positive experience. Explain to your child that visiting the dentist helps maintain good oral health. By fostering a positive attitude, you'll increase the chances that your child will see a dentist regularly throughout life.

www.colgate.com

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Rules of School Bus Safety



For Students:

- Be at the bus stop at least 5 minutes before the bus is scheduled to arrive.
- When the bus approaches, stand at least 3 giant steps (6 feet) away from the edge of the road, and line up away from the street.
- Wait until the bus stops, the door opens, and the driver says that it is okay before stepping on the bus.
- When crossing the street in front of the bus, walk on the sidewalk or side of the road to a point at least 5 giant steps (10 feet) ahead of the bus before you cross. Be sure the bus driver can see you, and you can see the driver.
- When exiting the bus, be careful

that clothing with drawstrings and book bags with straps do not get caught in the handrail or door.

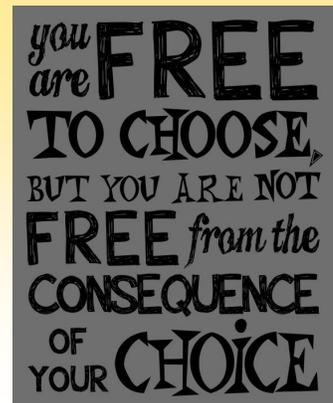
- Never walk behind the bus.
- Walk at least three giant steps away from the side of the bus any time you are walking beside the bus.
- If you drop something near or under the bus, tell the bus driver. Never try to pick it up. The driver may not see you and begin to drive away.

For Motorists:

- When driving in neighborhoods with school zones, watch for children traveling to school. They are unpredictable in their actions, and it is your responsibility to anticipate and prepare to react to what they may do.
- Drive slowly: Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Watch for children playing and gathering near school bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for

traffic.

- Learn and obey the school bus laws in your state.
- Learn the flashing light system that school bus drivers use to alert motorists about stopping.
 1. Yellow flashing lights mean the bus is preparing to stop and load or unload children. Motorist need to slow down and prepare to stop.
 2. Red flashing lights and extended stop arm mean the bus has stopped and children are boarding or exiting the bus. Motorist must come to a complete stop a safe distance from the bus and wait until the red lights stop flashing, the arm is retracted, and the bus begins moving before they start driving again.



Kids Playtime Favorites - Inexpensive Recipe & Activity for Home

Puffy Paint

You will need:

- 1 tbsp Self Raising Flour
- 1 tbsp Salt
- 3 tsp Water
- Food Coloring

Mix ingredients until all ingredients have combined well into a paste. When the paintings are finished place

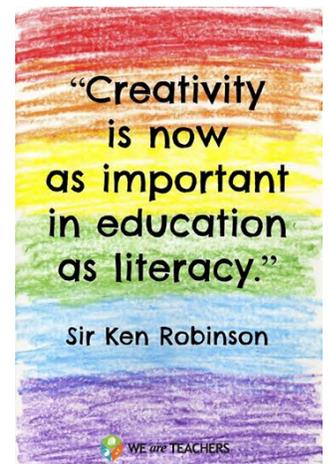
in a microwaveable bowl in the center of the microwave. Place the picture on top of the bowl so it lays flat. Microwave for about 25 seconds, time may vary depending on your microwave.

The learning benefits of this activity:

- Encourages creativity and self-expression with

paint

- Eye and hand coordination
- Fine motor development
- Experimenting and exploring with a new paint tool
- Sense of achievement and pride
- Color recognition



Must Have Recipe - Mushroom Beef Sloppy Joes



- 1/4 lb lean ground beef
- 1 1/2 tbsp canola oil
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 8 oz can no-salt-added tomato sauce
- 1 tbsp chili powder
- 1 tbsp brown sugar

mushrooms, and cook. Sauté until ground beef is done. Remove mushroom-beef mixture from pan. Add onions and garlic to pan; cook until golden. Return mushroom-beef mixture to pan, along with remaining ingredients. Simmer about 10 minutes; remove from heat.

Serving suggestions:

Serve with an 8 oz glass of non-fat milk and a slice of watermelon.

www.choosemyplate.gov

Swapping or adding mushrooms to a recipe can add an extra serving of vegetables to the plate.

Ingredients:

- 8 oz white button mushrooms
- 8 oz cremini mushrooms

- 1 tsp cider vinegar
- 1/8 tsp ground black pepper
- 4 whole wheat buns

Chop mushrooms to approximate size and texture of cooked ground beef. Heat a sauté pan over medium-high heat. Add ground beef and

Be a Fit Kid - DRINK WATER & MILK (A note to kids)

www.KidsHealth.org

When you're really thirsty, cold water is the best thirst-quencher. There is a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source of this mineral. How much do kids need? If you are younger than 9 years old, drink 2 cups of milk a day, or its equivalent. Aim for 3 cups of milk per day, or its

equivalent. You can mix it up by having milk and some other calcium rich dairy foods. Here's one combination:

- 2 cups (about half a liter) of low-fat or nonfat milk
- 1 slice cheddar cheese
- 1/2 cup (small container) of yogurt

You probably will want something

other than milk or water once in a while, so it's OK to have 100% juice, too. But try to limit sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.



Find A Daycare Provider

Have you been looking for a daycare provider but not sure where to start? Call the Northeast Colorado Child Care Resource and Referral Agency and you will be provided with names of licensed providers in your area. You can also contact them to learn how to become a licensed daycare provider. The contact information of NCCRR is 970-848-3867 or 877-338-CARE.

Car Seat Safety - Find a Safety Technician

Did you know car crashes are the number one killer of children and nine out of ten car seats are used incorrectly?

Make sure your child's car seat is properly installed. Contact one of the certified child passenger safety techs for a FREE car seat check. The following are certified techs:



Cheyenne County:

Haley Smith - 719-343-5008
Tish Wright - 719-767-5633



Lincoln County:

Rich Johnson - 719-743-2421 x3221
Carolyn Juranek - 719-775-2367
Dee Lockhart - 719-740-0392
Amy Seymour - 719-743-2889
Rachel Wineski - 719-743-2421

Meet Joepaul Martinez with Eastern Plains Safe Shelter

Hello...My name is Joepaul Martinez. I am currently a student at Morgan Community College in Fort Morgan. I am studying psychology while I am there. I would like to be a counselor of some kind by the time I get my degree. I enjoy helping people that is why I am also a firefighter. I found an ad on the college web page that was looking for an intern. The company was Eastern Plains Safe Shelter looking for child and youth advocate. I applied for the position to at least try for the spot. I received a

call about a week later to come in for an interview. The interview was at the Colorado Organization for Victim Assistance (COVA). Eastern Plains Safe Shelter contracts through them to help pay for the interns. The interview went very well and about another week later I was starting my first day. I am now the new child and youth advocate for Eastern Plains Safe Shelter. I also attend a monthly training that C.O.V.A. puts on.

The Eastern Plains Safe Shelter is a shelter for families in crisis. We offer a number of services such as; professional therapy, bereavement group, anonymous group, resources, shelter, and also a crisis line. The shelter has been up and running for about three years now. We are growing every day that goes by. We have a total of three interns now that have their own roles in the shelter. The newest program is the children's program that is being built by Joepaul.

Valentine's Chocolate Play Clay

Here are TWO simple ways to make play dough using items from your pantry. Given that Valentine's Day is close the chocolate theme fits perfectly!

This is one of those play recipes that is best mixed as you go. There are not exact measurements, but the recipe is REALLY easy. All you need is Nutella and corn starch. Add the desired amount of Nutella to a bowl, and then slowly mix in corn starch. Slowly add more corn starch and mix until the desired consistency is reached.

You will definitely want to wash your hands once the dough is mixed and then knead it just a bit more with clean, dry hands. You will then have the perfect chocolate play dough.

The clay is edible making it great for toddlers who are tempted to taste it as long as you know your little ones don't have any nut allergies.

The second way to make the chocolate play clay is to follow the instructions above only substitute Hershey's Syrup for the Nutella. That's it....easy right!!

See more at:
www.growingajeweledrose.com



Meet CKLECC Council Member-Dennis Pearson

Dennis Pearson has been the Kiowa County Human Services Director for twenty-two years. He has been a Certified Child Protection Worker for twenty-six years. Mr. Pearson is the President of Eads Chamber of Commerce, Chairman of 15th Judicial District Juvenile Services Planning Committee, and an elected member of Eads Town Council. He is also a board member of Kiowa County Economic Development Foundation, Kiowa County Hospital District, Southeast Health Group (Mental Health), RESADA (Drug and Alcohol Treatment Facility), and

Community Center Board serving Baca, Prowers, and Kiowa Counties. He is a member of the South East Regional Training Advisory Committee for the Colorado Department of Human Services, and the Finance Manager for Eads Salvation Army Unit.

Dennis Pearson is a valued member of CKLECC. If you are interested in becoming a Council Member of CKLECC or have any questions, please contact Julie Witt at 719-775-9728 or Haley Smith at 719-649-3954.



Library/Story Hour and Bookmobile Schedules

Limon Memorial Library

M-F: 10:00 am -8:00 pm

Sat.: 10:00 am—2:00 pm

Toddler Story Hour Tuesday mornings at 10:30 a.m.

Hugo Public Library

M-F 2:00 pm—6:00 pm

Eads Library

M- F 8:00 am-4:30 pm

Parent Tot Class Wednesday mornings at 9:00 am. For more information contact Tina Meyer at 719-691-5407.

Toddler Story Hour Thursday mornings at 10:00 am.

Cheyenne Wells Library

M: 9:00 am-6:00 pm

T-Th: 9:00 am-4:00 pm

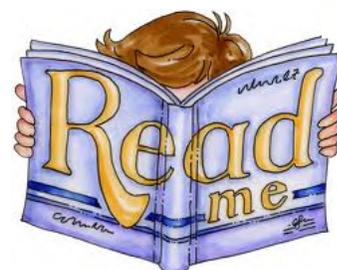
F: 9:00 am-2:30 pm

Sat: 10:00 am-1:00 pm

Toddler Story Hour Wednesday mornings at 10:00 am.

Lincoln County Bookmobile

Makes stops bimonthly at Arriba, Genoa, Hugo, Limon, and Karval. For more information call 719-775-2163 or reach by email at lcbookmobile@yahoo.com



"One of the joys of childhood was an afternoon in the library, to browse & bring home a pile of books."

Noam Chomsky

Dental Health Books for Toddlers

Take the time this month to read to your kids about the importance of dental care. The following books are great ways to enjoy discussing dental care, first trips to the dentist and fun tooth facts!

How Many Teeth

By Paul Showers

The Tooth Book

By Dr. Suess

Open Wide Tooth School Inside

By Laurie Keller

ABC Dentist

By Harriet Ziefert

What If You Had Animal Teeth

By Sandra Markle

Just Going to the Dentist

By Mercer Mayer

The Berenstain Bears Visit the Dentist

By Stan Berenstain

The Magical Toothfairies

By Henry Olberg

Child Find Dates

Child Find in **Eads** will be held on Friday, March 7th, 2014. It will be in the morning and appointments can be made by calling Carole Spady at 719-438-2080.

Child Find in **Plain View** will be held on March 13th.

Watch for additional dates and information for other communities in our counties.



SAVE THE DATE

Don't miss the February Simply Eating Cooking Class. It will be held Thursday, February 20th from 5:30 pm to ??? At the Limon Community Building. This month's menu is homemade pizza. The kids will get to choose the menu this time. It will be a fun class! Moms and dads are encouraged to bring their children. The Limon Girl Scouts will be included this time around. Please RSVP to Colorado East at 719-775-8586.

Check Yourself Class

The Eastern Plains Safe Shelter will be hosting a class on bullying called Check Yourself! The class will be for kids ages 5 to 12. It will be on February 23rd at 2:00 p.m. and will be FREE of charge. The class will be at First Congregational Church in Arriba. Call 1-888-602-6226 to find out your location and more

Cheyenne, Kiowa and Lincoln Counties Early Childhood Council

455 1st Avenue, Limon, CO 80828
PO Box 37 Hugo, CO 80821
Phone: 719-775-9728



Important Phone Numbers

Cheyenne County

Prairie View Clinic
(719) 767-5669

Public Health
(719) 767-5616

Sheriff's Dept.
(719) 767-5633

Social Services
(719) 767-5629

WIC
(719) 346-8732

1st Thursday of every
month at 560 W. 6th
N., Cheyenne Wells,
719-767-5616

Kiowa County

Police Department
(719) 438-5590

Social Services
(719) 438-5541

Eads Medical Clinic
(719) 438-2251

Public Health
(719) 438-5782

Lincoln County

Public Health/WIC
(719) 743-2526 - Hugo

1st and Last Wed. of
every month at 326
8th Street, Hugo

Public Health/WIC
(719) 775-8864 -
Limon

1st Four Tuesdays of
each month at 455 1st
Avenue, Limon

Sheriff's Office
(719) 743-2426

Human Services
(719) 743-2404

Plains Medical
(719) 775-2367

Gordon Clinic
(719) 743-2155

Limon Family Practice
(719) 775-8662

Early Intervention Colorado

www.eicolorado.org 1
-888-777-4041

Centennial Mental Health

(719) 775-2313

South East Health Group

(719) 336-7501

LEAP

The Low Income Energy Assistance program (LEAP) began on Nov. 1st. The program is designed to assist with winter heating costs. Applicants must provide a valid driver's license, monthly gross income, and proof they pay a heating bill. Pick up an application at your local Human Services office or call the HEAT HELP line at 1-866-432-8435. Applications for LEAP will be accepted until April 30th.



Local Contacts for Health Coverage

Call any of these local contacts to receive information on Connect for Health Colorado and the health insurance marketplace:

Kit Carson County Health and Human Services

719-346-7158

Prairie Family Center

719-346-5398

Cheyenne County Public Health

719-767-5616

Lincoln County Public Health

719-743-2526

Lincoln County Human Services

719-743-2404

Kiowa County Social Services

719-438-5541