



Durango Early Learning Center

# THE DELC DIGEST

## MARCH 2024

### IMPORTANT DATES

- 3/12 Board Meeting 5:45PM
- 3/18 - 3/22 NO SCHOOL SPRING BREAK
- 3/27 Staff Meeting 5:30PM
- School Family Time 10:00AM
- 4/8 - 4/12 Week of the Young Child
- 4/15 NO SCHOOL - Family Conferences



### Happy Birthday!

- 3/4 Stuart
- 3/10 Birdie
- 3/26 Ms. Salama
- 3/28 Leon

Mindfulness & Yoga with Ms. Amanda

# Conscious Discipline Corner

When a child resorts to **tattling**, they are saying, "I'm clueless about how to handle this." This is a wonderful teaching **opportunity** that many adults miss. #iHeartCD

## Conscious Commitment for the Week:

"This week, I am willing to see **tattling**, not as an annoyance, but as a **call for help** and an opportunity to teach."



## 3 Types of Tattling

Identified by Conscious Discipline

### 1. Intrusion

Someone has intruded on their space and their safety.

The child says:

"She hit me"  
"He pulled my hair"  
"They called me stupid"

You say: "Did you like it?"

### 2. Revenge

They are reporting the behavior of someone else to see what you will do.

The child says:

"She didn't wash her hands"  
"He's trying to sneak a cookie"  
"They said a bad word"

You say: "Are you telling me to be helpful or hurtful?"

### 3. Safety

Someone is hurt or unsafe.

The child says:

"He fell out of the tree"  
"They are kicking each other"  
"Someone is bleeding"

You say: "Thank you for letting me know. I'll take care of it."

@KatieKurtin

# SEEDLINGS: PARENTING TO NURTURE HOPE, STRENGTH, KNOWLEDGE & LOVE

March 26, 28 & April 2  
& 4th

5:30 - 7:30PM

WITH :

SARAH KAHN

MA. NLC, ABIS-I, ECMHS

WHERE :

EARLY CHILDHOOD COUNCIL OF LA  
PLATA COUNTY MEETING ROOM  
701 CAMINO DEL RIO, SUITE 201  
DURANGO, CO 81301

Register :

[Sarahk@ecclaplata.org](mailto:Sarahk@ecclaplata.org)

970.403.6708 (text or call)

Space is limited, please confirm  
your spot ASAP



This is a group for parents who are wanting to connect with other families, learn strategies to change their family culture into one that is grounded in Hope, Strength, Knowledge & Love. Learn skills to process your own trauma, self-care, and mindful parenting your child in their current developmental stage.



Circle of Security

# PARENT TRAINING

**Location:** Early Childhood Council of La Plata County's meeting room  
701 Camino Del Rio Suite 201  
Durango, CO 81301

**Materials:** Pen, Notebook and Flyers will be provided. Along with appetizers and refreshments.



**APRIL  
16, 18, 23,  
& 25  
5:30-7:30PM**

Connect with Other Parents and Learn How to Support Your Child's Social Emotional Growth! As parents, we all want the best for our children.



- ✓ Meet other parents who are experiencing similar things with their children
- ✓ Judgement Free Place to Ask Q's
- ✓ Learn New Strategies to Connect and Parent Your Children

### For More Information

Sarah M. Kahn, MA, NLC, ABIS-I, ECMHS

*Space is Limited*, Please confirm registration by emailing, texting or calling:

Sarahk@ecclaplata.org & 970.403.6708 (Text or Call)

ALWAYS BE: BIGGER, STRONGER, WISER & KIND.  
WHENEVER POSSIBLE: FOLLOW MY CHILD'S NEED.  
WHENEVER NECESSARY: TAKE CHARGE.

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# Music Together®

## Stillwater Music



Music Together is a 9-week class for children age 0-5 and their caregivers to connect and play through music.

Tuition is per family and includes a Music Together booklet and audio files for singing along at home!

Four New Classes start the last week of March!



Scan or visit [stillwatermusic.org](http://stillwatermusic.org)

### Wednesdays • March 27-May 22

9-9:45 AM  
10-10:45 AM

### Thursdays • March 28-May 23

10-10:45 AM  
4:10-4:55 PM

EMAIL [INFO@STILLWATERMUSIC.ORG](mailto:INFO@STILLWATERMUSIC.ORG) OR CALL 970-247-5095 FOR MORE INFORMATION



## Durango Early Learning Center Land Acknowledgement

Welcome to the Durango Early Learning Center. We respectfully acknowledge that the school is located in Durango, Colorado, the ancestral and unceded territory of the Ute (Núu-aghata-vv-pu), Diné (Navajo: Naabeehó Bináhásdzo), Hopi (Hopituh Shi-nu-mu) Pueblos, Apache and Zuni (Shiwi'ma) People who have been stewards of this land throughout generations. As early childhood care providers and educators of our future generation, it is our responsibility to acknowledge the impacts of the unkind acts that have led to the unfair and inappropriate treatment of people that traditionally lived here and still live here today. We lead by example and share stories of this land that are respectful to the people and the real history of this region. As we teach our children, we strive to nurture a culture that takes responsibility for our actions, and is curious, honest, and inclusive to the diverse backgrounds in our community. #HonorNativeLand