



Winter Quarterly Newsletter



Jan-Mar 2025

Winter: A Time for Rest, Reflection, and Recharging

By BrightSpark's Department Director, Janine Meyers

As winter approaches, it brings with it a season of rest, reflection, and recharging.

For many of us, winter is a time to pause, relax, and reflect on the meaningful work we've done with our little learners. Whether you're taking time off during the holidays or continuing to provide care throughout the season, we want to acknowledge and appreciate your dedication and hard work.

Winter isn't just about the break—it's an opportunity for self-care, to enjoy quality moments with loved ones, and to recharge your energy for the months ahead. It's a time to reconnect with yourself, rediscover your passions, and reflect on the impact you've had in the lives of the children in your care.

For those who remain busy with programs or services throughout the winter, your continued commitment during this season is deeply appreciated.

As we move through the winter months, remember that this is a time to nurture your own well-being and return to your work with renewed energy. Whether you're resting, reflecting, or reconnecting with those around you, we hope this season provides the space to refresh and renew.

Enjoy winter in whatever way works best for you, and we'll see you in the new year, ready to continue inspiring and nurturing the children in your care.

Wishing you a peaceful, restful, and fulfilling winter season!



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THRIVE is coaching;
Coaching is **THRIVE**

provider@childcare.org | brightspark.org/coaching



Winter 2025 Professional Development Opportunities

The Winter quarter is packed full of amazing Professional Development opportunities, including:

Trainings Series

TRAINING TOPIC	STARS	DATE(S)	TIME	LANGUAGE	COST
Business of Childcare	20	Thursdays, Feb/13, Feb/20, Mar/06, Mar/20, Apr/03, Apr/17	6:00-8:30 PM	*English	\$75
Introduction to Best Practices Series	2.5 for each session	Tuesdays, Mar/25 – Interactions Jun/03 – Learning Activities Sep/23 – Routines and Transitions Nov/04 – Language and Literacy	6:30-8:30 PM	*English	\$60

**interpretation can be requested*

See our full list of classes and other opportunities using the QR code below!



Our new registration system is here!

Your Professional Development team has been working hard to create a purchase and registration process that is easier to use than ever before! To use this new portal, simply go to www.BrightSpark.org, create your account on our new site (don't worry, it should take no more than 5-10 minutes), and then you'll be able to enroll in our Winter 2025 classes all on our new site.



Register

Save the Date for our upcoming Spring Professional Development Institute!

In Person – Saturday, May 3 and
Virtual May 13, 14, 15



Group Learning Experiences for NEWLY Enrolled Providers

Group Learning Experiences support the progress of your Early Achievers timeline requirements. These GLE's will provide you with information about EA, technical supports, and topics on children's needs that will guide your quality improvement journey.

We are offering a consistent schedule and multiple times each week to hopefully fit with your schedule. Take a look at what's coming up this quarter and connect with your Early Learning Coach to sign up!

Save this zoom link and join any of the sessions listed below: <https://bit.ly/4gkgHkI>

Jan-Mar

Name	Date	Time
EA Orientation	Thursday – January 09, 2025	6:30 – 8:00pm
Program Profile/CECI	Thursday – January 16, 2025	6:30 – 8:00pm
Emergency Preparedness/Procedures	Thursday – January 23, 2025	6:30 – 8:00pm
WAC's Licensing/Guidebook	Thursday – January 30, 2025	6:30 – 8:00pm
EA Orientation	Thursday – February 06, 2025	6:30 – 8:00pm
Marketing/Provider Updating	Thursday – February 13, 2025	6:30 – 8:00pm
Resources for families/Required postings	Thursday – February 20, 2025	6:30 – 8:00pm
Professional Development/Training Requirement	Thursday – February 27, 2025	6:30 – 8:00pm
EA Orientation	Thursday – March 06, 2025	6:30 – 8:00pm
Mealtime/Nutrition	Thursday – March 13, 2025	6:30 – 8:00pm
TBD	Thursday – March 20, 2025	6:30 – 8:00pm
Environments	Thursday – March 27, 2025	6:30 – 8:00pm

SPECIAL AFTERNOON ADDITION - EA ORIENTATION

Use this zoom link for sessions listed below: <https://bit.ly/3VrKzDf>

Jan-Mar

Name	Date	Time
EA Orientation	Tuesday – January 21, 2025	1:00 – 2:30pm
EA Orientation	Tuesday – February 18, 2025	1:00 – 2:30pm
EA Orientation	Tuesday – March 18, 2025	1:00 – 2:30pm

Professional Learning Communities

BrightSpark invites you to increase your early learning knowledge by joining our Professional Learning Communities (PLC)! These PLC's will also provide you with an opportunity to connect with other early learning professionals. Collaborate, ask questions, and get resources! Historically these communities have been led in person, but the past few years they have been led virtually. We have raffle prizes at the end of each PLC - so make sure you attend!



These communities are exclusively for Early Achievers participants!

Which includes family Child Care providers, Child Care Center teachers, staff members, co-teachers, and teaching assistants.



Please note that these learning communities do not provide STARS hours

Keep an eye out for our monthly PLC emails. They detail all of the PLC's happening each month, along with their dates, times, topics, and Zoom links.

BrightSpark YouTube Channel & Monthly Tidbits

Have you seen our YouTube channel yet? On it you have access to our video tidbits, our coaching podcast and much more! It will be beneficial to your work.

Scan the QR code to the right to start watching today!

Also, we have a monthly tidbit newsletter where our coaches put together pieces of information on various topics.

These topics include things like; science activities, art activities, equity and inclusion, social emotional skills, challenging behavior and much more!

Check out our past tidbit below!



Halloween with Kids

<https://conta.cc/40e5dKj>

Thanksgiving with Kids!

<https://conta.cc/48Ljxg>

Winter Wonderland!

<https://conta.cc/3OKjsPY>

Comprehensive Services



Supporting Infant and Toddler Mental Health Through Redirection

Redirection is a key strategy for guiding behavior while supporting the mental health of infants and toddlers. With a focus on emotional security and co-regulation, redirection helps young children feel safe, understood, and capable as they navigate challenges in their environment.

What Is Redirection?

Redirection shifts a child's attention or energy from unsafe or undesired behavior to a more appropriate, engaging activity. For infants and toddlers, it's a way to help them manage big feelings while maintaining a sense of trust and connection with caregivers.

Why Redirection Matters

- **Promotes Emotional Regulation:** Helps infants and toddlers calm down and feel supported in managing emotions.
- **Strengthens Relationships:** Builds trust between caregiver and child by addressing needs with empathy and care.
- **Encourages Exploration:** Guides behavior while supporting a safe, engaging environment for learning and play.

Tips for Mental Health-Informed Redirection

1. **Connect First:** Start by acknowledging the child's feelings. Example: "I see you're frustrated because the toy isn't working. Let's figure it out together."
2. **Provide Alternatives:** Offer an engaging activity that matches the child's needs.

Example: Replace throwing toys with rolling soft balls.

3. **Stay Calm and Close:** Use a calm tone, gentle touch, and your presence to help the child feel secure.
4. **Empower with Choices:** Simple, predictable options can support a toddler's growing autonomy. Example: "Would you like to build with blocks or play with the puzzle?"
5. **Adapt the Environment:** Reduce overstimulation by creating calm, sensory-friendly spaces when needed.

Redirection is about more than behavior management; it's about nurturing emotional growth and resilience. By staying attuned to their needs and responding with empathy, caregivers help infants and toddlers build a strong foundation for lifelong mental health and well-being.

Need Support?

If you're interested in receiving free on-site services from our Holding Hope team, we're here to help! Our team offers support with developmental screening, behavioral strategies, and individually tailored resources to meet the needs of children, families, and caregivers.

Contact us today to learn more or schedule a visit! Let's work together to create nurturing, supportive environments where every child and adult can thrive.

Mica Slater

Comprehensive Services Department Manager
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Meet your Infant Toddler THRIVE group!



Meet our amazing Infant Toddler Team – four passionate coaches dedicated to supporting those who care for children from birth to three! These coaches bring their expertise right to your classroom through customized coaching, FIND - a video coaching tool that helps you reflect, grow, and fine-tune your interactions with little ones, and Ages & Stages Questionnaires training. With tailored coaching and a wealth of resources, our team is here to help you create nurturing, inclusive spaces that support every infant and toddler in your care.



About the program

We offer supplementary assistance to providers who care for children aged from birth to three. This support encompasses a wide range of areas where providers may require additional help, including but not limited to behavioral support, developmentally appropriate practices, as well as any other concerns they may have.



FIND Video Coaching

Filming Interactions to Nurture Development (FIND).
A strengths-based way to support infant and toddler teachers!

Developmental Screening

Support & help to implement the Ages and Stages questionnaire (ASQ) at your program. Plus, free 4 STARS Hours for ASQ training!



For more information or to request support, scan the QR code or contact:

Andrea Daniels: daniels@childcare.org

Mica Slater: slater@childcare.org



Provider Resources

Are you interested in posting your open positions on our website?



There is a free feature we provide to you.
All jobs are posted for a period of two weeks, after which they'll
automatically expire.

Please use the QR code to submit your job post

<https://www.brightspark.org/provider-jobs/>



Scan me

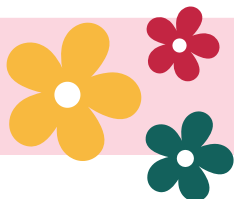
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bit.ly/4g0hUNX



Stay tuned for our Spring Newsletter!

"No Winter lasts forever; no Spring skips its turn" - Hal Borland