



Winter Quarterly Newsletter



Jan-Mar 2026

THRIVE is Live!

By BrightSpark's Early Learning Services Department Director, Janine Meyers

Shorter Day, Warm Connections!

As the days grow cooler and the year comes to a close, we're grateful for the care, dedication, and resilience you bring to the children and families you serve. Winter is a time for reflection, renewal, and fresh beginnings—and we're excited to step into this new season with you.

We have some wonderful news to share!

BrightSpark is excited to announce that **THRIVE is live**. We are now offering expanded coaching options to our valued child care providers.

Each option includes different levels of interaction, participation, and support—meaning you can choose the level of coaching that is right for YOU!

See all of our coaching options by scanning the QR code or use the link below!



<https://bit.ly/4rvDwl2>

Questions? Contact us!

-  thrive@childcare.org
-  800-446-1114 (option 2)

Wishing you a season filled with inspiration, growth, and connection. Let's make this winter extraordinary together! ❄️



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Winter 2026 Professional Development Opportunities

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

TRAINING TOPIC	STARS	DATE(S)	TIME	LOCATION	LANGUAGE	COST
Growing brain-The basics	2.5	2/4/2026	5:30-8 PM	Zoom	English	\$25
Growing brain-The factors affecting brain growth and development	2.5	2/18/2026	6:30-8:30 PM	Zoom	English	\$25
Growing brain-Communication and language development Part 1 and 2	5	Part 1 - 3/4/2026 Part 2 - 3/18/2026 <i>*Must attend both to get STARS credit</i>	5:30-8 PM	Zoom	English	\$45
Let Me Count the Ways: Doing Math with Young Children	2.5	3/14/2026	9:30 AM - 12 PM	In-Person Renton	English	\$25

Trainings Series:

TRAINING TOPIC	STARS	DATE(S)	TIME	LOCATION	LANGUAGE	COST
WAPM Practicas Inclusivas y Equitativas de Modelo de la Piramide Infantes y Toddler	14	Mondays, 2/9/2026 & 2/16/2026 Tuesdays, 2/10/2026 & 2/17/2026	6:00-9:30 PM	Zoom	Spanish	FREE
<i>*Must attend all series to get STARS credit</i>						
WAPM Practicas Inclusivas y Equitativas de Modelo de la Piramide PreK	14	Mondays, 3/2/2026 & 3/9/2026 Tuesdays, 3/3/2026 & 3/10/2026	6:30-9:30 PM	Zoom	Spanish	FREE
<i>*Must attend all series to get STARS credit</i>						
Behavior Supports						
<ul style="list-style-type: none"> Classroom management Calming Connections Being the Change: Solutions and Strategies for Responding to Challenging Behavior Coping with stress 	10	3/24/2026 6/02/2026 9/08/2026 12/08/2026	6:00-8:30 PM	Zoom	English	\$65
<i>*Must attend all series to get STARS credit</i>						

See our full list of classes and sign up using the QR code to the right!



Reminder - you must have a BrightSpark account to sign up for classes!

If you don't have an account, register using the QR code to the right.



! Sales Tax Update !

Due to a change in the WA State tax code, BrightSpark is now required to charge a sales tax on all trainings and handbooks.

Group Learning Experiences (GLE) 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/48M45Br>

Jan-Mar

Name	Date	Time
EA Orientation	Thursday – January 08, 2026	6:30 – 8:00pm
Environments / Learning Through Play	Thursday – January 15, 2026	6:30 – 8:00pm
Marketing and Updating your Child Care Program	Thursday – January 22, 2026	6:30 – 8:00pm
EA Orientation	Thursday – February 05, 2026	6:30 – 8:00pm
Mealtimes / Nutrition	Thursday – February 12, 2026	6:30 – 8:00pm
WAC Reviews	Thursday – February 19, 2026	6:30 – 8:00pm
Program Profile / CECI	Thursday – February 26, 2026	6:30 – 8:00pm
EA Orientation	Thursday – March 05, 2026	6:30 – 8:00pm
Professional Development / Required Trainings	Thursday – March 12, 2026	6:30 – 8:00pm
Emergency Preparedness	Thursday – March 19, 2026	6:30 – 8:00pm
WAC Reviews	Thursday – March 26, 2026	6:30 – 8:00pm

SPECIAL AFTERNOON - EA ORIENTATION

Use this zoom link for sessions listed below: <https://bit.ly/4osVuYU>

Jan-Mar

Name	Date	Time
EA Orientation	Tuesday – January 20, 2026	1:00 – 2:30pm
EA Orientation	Tuesday – February 17, 2026	1:00 – 2:30pm
EA Orientation	Tuesday – March 17, 2026	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.

Provider Resources

Important Safety Message



Your safety and peace of mind are important to us. All Early Achievers staff will always arrive with an official BrightSpark-issued photo ID badge clearly visible. We do not typically make visits without an appointment; however, if we've had difficulty reaching you and want to ensure everything is okay, we may stop by briefly to check in.

Our goal is always to maintain a safe, respectful, and predictable experience every time we connect with you. If you ever have questions about a visit, want to confirm a staff member's identity, or need reassurance before or during an interaction, please don't hesitate to reach out. We're here to support you and ensure you feel confident and comfortable when working with our team.

Comprehensive Services



Within families and during the earliest years of learning, supporting infants' and toddlers' emotional well-being is just as important as helping them grow physically. Even before children can talk, they are developing the foundations for trust, confidence, and healthy relationships. Simple, everyday interactions how we respond to their needs, comfort them, and share joyful moments, help shape how they understand the world.

Caregivers and family members can make a big difference by focusing on connection, communication, and calm, consistent care. When adults notice children's cues, talk to them throughout the day, and offer gentle reassurance during stressful moments, young children learn that they are safe and understood. These early experiences build the emotional foundations that support learning for years to come.

Because infants and toddlers can't yet manage stress on their own, they depend on the adults around them to help soothe and regulate their emotions. Here are some developmentally appropriate activities and routines that support emotional well-being in the earliest years:

- ◆ **Deep Breathing for Little Ones** - Infants benefit from calm breathing while being held, and toddlers can practice playful breathing with bubbles or pinwheels.
- ◆ **Gentle Movement and Relaxation** – Rocking, swaying, soft stretching, and simple toddler yoga or freeze dancing help release tension.
- ✳ **Early Emotion Identification** – Labeling feelings and using simple pictures or books helps infants and toddlers learn emotions before they have words.
- **Mindful Moments for Little Bodies** – Quiet moments with soft music, bubbles, or calm sensory items help toddlers settle their bodies.
- **Coping Skills Through Co-Regulation** – Calm, consistent adult comfort teaches infants and toddlers that big feelings can be handled safely.

Need Support?

Our **Mental Health Consultants** and **Infant-Toddler Coaches** are here to support you! They can help you nurture a positive social and emotional climate in your classroom, strengthen your teaching skills, and make every day more joyful for you and the children in your care. **We'd love to connect—reach out and let's work together!**

Infant Toddler Services:



Mental Health Consultation Office Hours:



For more information visit our website or reach out to Andrea Daniels: daniels@childcare.org

THRIVE Calendar

Get personalized support by joining a GLE or meeting with a coach. Each month, we offer GLEs and office hours focused on key topics—just use the Zoom URLs to join any of the offerings below.

January 2026

Thrive Group	Topic	Date	Time	Zoom Link
Business Coaching Supports	Office Hours	Tue, Jan 6	6:00 – 7:30pm	https://bit.ly/bc-office-hours
Emergent Coaching	GLE	Tue, Jan 13	1:30 – 2:30pm	https://bit.ly/emergent-gle
SEL/TIC/EPP	Connect with a Coach	Tue, Jan 13	6:30 – 7:30pm	https://bit.ly/connect-coach-zoom
Rapid Response	Child and Staff Files	Wed, Jan 14	6:30 – 8:00pm	https://bit.ly/rrc-gle
Behavior Support	GLE	Wed, Jan 21	1:30 – 2:30pm	https://bit.ly/bsc-gle
Social and Emotional Learning	Social and Emotional Learning in the classroom	Thu, Jan 22	1:00 – 2:30pm	https://bit.ly/social-emotional-gle
Business Coaching Supports	GLE	Tue, Jan 27	6:00 – 7:30pm	https://bit.ly/bus-support-gle

February 2026

Thrive Group	Topic	Date	Time	Zoom Link
Business Coaching Supports	Office Hours	Tue, Feb 3	6:00 – 7:30pm	https://bit.ly/bc-office-hours
Emergent Coaching	Connect with a Coach	Tue, Feb 10	1:30 – 2:30pm	https://bit.ly/emergent-gle
Rapid Response	Training & Education Requirements	Wed, Feb 11	6:30 – 8:00pm	https://bit.ly/rrc-gle
SEL/TIC/EPP	Connect with a Coach	Tue, Feb 17	6:30 – 7:30pm	https://bit.ly/connect-coach-zoom
Behavior Support	Connect with a Coach	Wed, Feb 18	1:30 – 2:30pm	https://bit.ly/bsc-gle
Expulsion Prevention Partnership	GLE	Tue, Feb 24	1:00 – 2:30pm	https://bit.ly/epp-gle
Business Coaching Supports	GLE	Feb, Tue 24	6:00 – 7:30pm	https://bit.ly/bus-support-gle

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THRIVE Calendar (Continued)

March 2026

Thrive Group	Topic	Date	Time	Zoom Link
Business Coaching Supports	Office Hours	Tue, Mar 3	6:00 – 7:30pm	https://bit.ly/bc-office-hours
Emergent Coaching	Connect with a Coach	Tue, Mar 10	1:30 – 2:30pm	https://bit.ly/emergent-gle
Rapid Response	GLE	Wed, Mar 11	6:30 – 8:00pm	https://bit.ly/rrc-gle
Behavior Support	GLE	Wed, Mar 18	1:30 – 2:30pm	https://bit.ly/bsc-gle
SEL/TIC/EPP	Connect with a Coach	Tue, Mar 17	6:30 – 7:30pm	https://bit.ly/sel-tic-epp
Business Coaching Supports	GLE	Tue, Mar 24	6:00 – 7:30pm	https://bit.ly/bus-support-gle
Trauma Informed Care	GLE	Wed, Mar 25	1:00 – 2:30pm	https://bit.ly/tic-gle

To view this newsletter online in English, Spanish or Somali, use the link below or scan the QR code.

Para ver este boletín en línea en inglés, español o somalí, use el siguiente enlace o escanee el código QR.

Si aad u aragto waraaqdaan warar oo ku baxaysa ama Soomaali, adeegso lifaaqa hoose ama iskaanka mari koodhka QR.



bit.ly/4g0hUNX

Stay tuned for our Spring Newsletter!

"Spring adds new life and new beauty to all that is." – Jessica Harrelson

