



# Spring Quarterly Newsletter



Apr-Jun 2025

## Spring Cleaning – Refresh and Renew your Child Care setting

By BrightSpark Department Managers of Coaching, Stacy Morrison & Tamara Lamb

When your environment is clean you feel happy, motivated and healthy

Lailah Gifty Akita

In preparation for the season change, many people engage in spring cleaning, a tradition usually observed on the fourth Sunday of March. This tradition is based on both religious and practical reasons, allowing us to declutter and refresh our spaces.

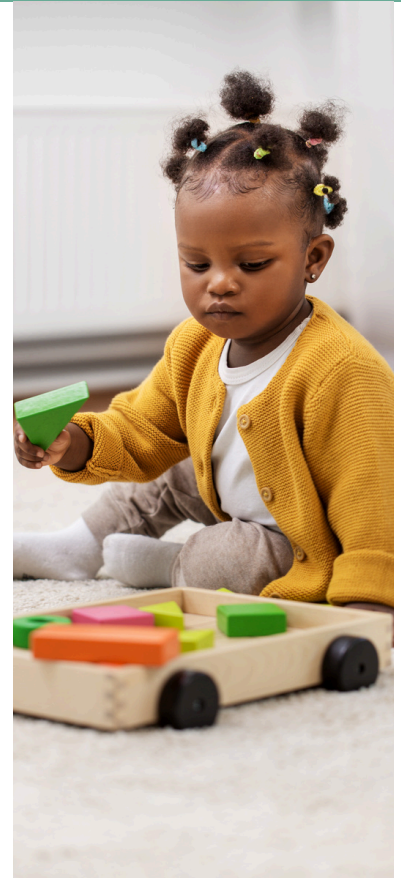
What ways can you participate in Spring Cleaning at your program? Here are a few resources and ideas for you to review and begin to make your plan.

- ▲ Cleaning, sanitizing, and disinfecting: The Child Care Health Program supports childcare and early learning programs by promoting health and safety practices.
- ◆ Update and post current menus with seasonal fruits and vegetables and make sure they reflect USDA requirements. Early learning programs must comply with the child nutrition requirements.
- ✳ Remove art from walls to make room for new artistic creations.
- Remove broken toys.
- ◆ Wash rugs and carpets.
- ▲ Treat your dolls to a spa day by giving them a bubble bath.
- ◆ Move cabinets to easily sweep and vacuum dust and crumb and you might even find a few Legos and puzzle pieces!
- ✳ Hand washing, toys – kids can help to do that.
- Change batteries for smoke and carbon dioxide detectors.
- ◆ Wipe down windowsills and wash inside windows.
- ✳ **Enjoy your Spring Cleaning and enjoy the season of renewal!** ✳

In child care programs, it's a chance to update boards, discard broken toys, and refresh artwork, creating a more open environment. According to the American Cleaning Institute, spring cleaning helps reduce stress, anxiety, and ensures a healthier, safer space for families and children.

Around 80% of American households participate in spring cleaning annually. The kitchen, bedroom, and bathroom are the top rooms people prioritize. For childcare providers, spring cleaning includes cleaning dramatic play areas, washing dress-up clothes, dishes, and plastic foods. They also wipe down cabinets, re-label shelves, clean old dried paint, wash chairs and tables, and go through books to mend torn pages and find missing puzzle pieces.

Teachers don't have to handle spring cleaning alone; children should participate to help care for their program. This involvement promotes a sense of responsibility for the environment and helps create a welcoming, comfortable space. Besides this, children feel so proud when they have helped to make their classroom look and feel better.



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## Spring 2025 Professional Development Opportunities

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

### Dual Language Learners

In person at Brightspark Kent  
Sessions are 4.5 hours each.  
Participants that complete all 3 sessions will earn 12 STARS hours.

**FREE!**

10AM-2:30PM  
Saturday April 5th  
Saturday April 12th  
Saturday April 19th

### PDI

In person  
**Honoring and Uplifting Every Child Conference**  
Federal Way Community Center  
Saturday May 3rd  
9AM-4PM  
6 STARS Hours

Virtual conference  
May 13th-15th  
Various classes throughout the day  
Providers can pick and choose their schedule

### Implementing an Emergent Curriculum

Monday June 2nd  
Online  
6:30-8:30 PM  
2 STARS hours  
**\$20**

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](http://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 Spring 2025 classes all on our new site.



**Register**

## 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>

### Apr-Jun

Name	Date	Time
EA Orientation	Thursday – April 03, 2025	6:30 – 8:00pm
Cleaning, Health and Safety Practices	Thursday – April 10, 2025	6:30 – 8:00pm
Program Profile/CECI	Thursday – April 17, 2025	6:30 – 8:00pm
Professional Development/Required Trainings	Thursday – April 24, 2025	6:30 – 8:00pm
EA Orientation	Thursday – May 01, 2025	6:30 – 8:00pm
Provider Self-Care/ Preventing Burnout	Thursday – May 08, 2025	6:30 – 8:00pm
WAC's/Licensing Guidebook	Thursday – May 22, 2025	6:30 – 8:00pm
EA Orientation	Thursday – June 05, 2025	6:30 – 8:00pm
Meal times/Nutrition	Thursday – June 12, 2025	6:30 – 8:00pm
Learning Through Play	Thursday – June 26, 2025	6:30 – 8:00pm

### SPECIAL AFTERNOON - EA ORIENTATION

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

### Apr-Jun

Name	Date	Time
EA Orientation	Tuesday – April 15, 2025	1:00 – 2:30pm
EA Orientation	Tuesday – May 20, 2025	1:00 – 2:30pm
EA Orientation	Tuesday – June 17, 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!



### **New Year Celebration**

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

### **Valentine's day joy!**

<https://conta.cc/415zNFV>

### **Celebrate St Patricks day**

<https://conta.cc/43zRm2B>

## Comprehensive Services



“Comprehensive Services takes a multi-system team approach to support families, providers, and children. We offer Mental Health services, Developmental Screenings, Trauma-Informed Trainings, advocacy, and diverse resources through a relationship- and strengths-based lens. Services are available in-person or virtually, 1:1 or in groups, with the goal of fostering generational health within communities”.

If You would like to learn more, please reach out to Mica Slater at [slater@childcare.org](mailto:slater@childcare.org)

## Renewing Our Energy: Addressing Challenging Behaviors and Teacher Burnout this Spring

As the season changes and new growth emerges, spring offers a fresh opportunity to reflect, reset, and renew both our classrooms and us. For early learning teachers, managing challenging behaviors while navigating burnout can feel overwhelming. However, just as nature finds balance in the changing seasons, we too can embrace strategies that support both children and educators.

### Understanding Behavior as Communication

Children from birth to five often express their needs and emotions through behavior. Increased energy, difficulty with transitions, and heightened emotions are common as young children adjust to new developmental milestones or seasonal changes. Instead of viewing these behaviors as disruptions, we can reframe them as opportunities to understand what children need: more movement, sensory input, or emotional connection.

**Spring Reset Strategy:** Incorporate outdoor learning. Nature walks, gardening, or sensory play with water and soil can help children regulate their emotions while engaging in meaningful, developmentally appropriate activities.

### Preventing Teacher Burnout

Burnout is real, and the emotional demands of early childhood education can take a toll. Just as we nurture young minds, we must also nurture ourselves.

▲ **Spring Self-Care Tip:** Take moments to breathe and step outside. A few minutes in fresh air or bringing spring-themed mindfulness activities—such as deep breathing with flower scents or stretching like growing plants—into the classroom can help teachers and children reset together.

◆ **Lean on Your Community:** Remember, you are not alone. Share challenges and successes with colleagues, seek support when needed, and celebrate the small wins—like a child learning a new self-regulation skill or a peaceful transition between activities.

### A Season of Growth

Spring reminds us that growth takes time, care, and patience. By responding to behaviors with empathy and tending to our own well-being, we create a nurturing environment where both children and educators can thrive. Let’s embrace this season as an opportunity to plant seeds of resilience, understanding, and renewal in our classrooms and ourselves.

🌸 Spring is here—let’s grow together! 🌱

## Advocacy

### Legislative Session Update

This year's Washington State Legislative Session is almost half-over. As progress continues, conversations around potential delays/reductions to early learning as a result of our state budget/revenue deficit are becoming more real. We've seen multiple proposals come out to address funding cuts over the past few weeks.

These bills contain a variety of proposed cuts/delays, including:

- ◆ Delaying family eligibility increases for Working Connections Child Care (WCCC)
- ◆ Modifying co-pay structures within WCCC
- ▲ Eliminating early ECEAP programs

Could you be negatively impacted by proposed cuts to early learning programs? If yes, consider sharing your perspective by completing the Child Care for Washington Campaign's Storybanking Form below:

<https://childcareforwa.org/take-action/share-your-story/>

Use this QR code to access our Advocacy page and learn more about these bills!



### Capitol Connections & Education Day

On February 11th, 2025, BrightSpark hosted Capitol Connections & Education Day (formally known as Advocacy Day) at four BrightSpark office locations across King and Pierce county, as well as in Olympia, at the state capitol. Advocates engaged with emails to legislators, postcards to their legislators, and important discussions about the future of early learning at BrightSpark offices. Advocates in Olympia met with their elected officials in-person to discuss early learning solutions and legislative priorities.



**Are you a part of an Advocacy Pod? Join one today to connect with peers from your district and your lawmakers! Scan the QR code above to get started.**

## Provider Resources



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

### DCYF EARLY CHILDHOOD COMPLEX NEEDS TRAININGS

Free remote Professional Development, in-services (STARS) hours is offered for all training!

DCYF is offering trainings to support childcare providers who support infants, toddlers, and preschoolers with complex needs.

**Target Audience:** Infant & Toddler Providers (ages Birth-3yr), and Preschool Providers (ages 3-5 yr) - see training descriptions for the focus of each training

**Training Languages:** Trainings are offered in English, Spanish, and Somali!



**Register here:**

<https://tinyurl.com/DCYF-EngSp>

For questions or more information, contact Phoebe Yeung at [pcyeung@uw.edu](mailto:pcyeung@uw.edu)

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

Para ver este boletín informativo en línea en inglés, 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](https://bit.ly/4g0hUNX)



**Stay tuned for our Summer Newsletter!**

*"Summer is where the fun never ends and memories are made"*

