

Summer Quarterly Newsletter

Jul-Sept 2025

Summer Transitions & What's Ahead

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

Summer is a season of fun, adventure, and change! As we look ahead, we want to share some important updates and exciting opportunities coming your way. Please read below for updates specific to Holding Hope IECMHC services and a preview of what to expect in August and beyond.

Holding Hope IECMHC – Office Hours June & July Pause

The Holding Hope Infant-Early Childhood Mental Health Consultation (IECMHC) program continues to provide invaluable support to early learning professionals across King and Pierce Counties. We deeply appreciate the thoughtful, compassionate work of our local consultants, who create space for reflection, connection, and growth. Due to a recent staffing reduction, we will be pausing Office Hours in June & July and adjusting how services are delivered moving forward. We are actively working to restructure support to continue meeting community needs while honoring our current capacity.

Stay tuned for the new Office Hours schedule coming in August.

What's Coming in August

We're excited to introduce new ways to connect, learn, and grow together! Beginning in August, look for:

- ✨ New THRIVE Groups
- Group Learning Experiences (GLEs)
- ◆ Open Office Hours
- ◆ Trainings and more!

Inside this issue on page 6 you'll find a quick blurb of our new THRIVE groups. Please don't forget to check that out!

Also, be sure to watch your inbox for updates from BrightSpark. We'll be sharing all the details there soon. Thank you for growing with us!

@LisaBontje



Inside this issue:

- Professional Development Opportunities2
- Group Learning Experiences3
- Professional Learning Communities4
- YouTube Channel & Monthly Tidbits4
- Comprehensive Services5
- THRIVE Groups6
- Provider Resources7

Summer 2025 Professional Development Opportunities

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

DATE	TRAINING TOPIC	LANGUAGE	TIME	LOCATION	STARS	COST
Thursday, 07/24	Literacy in the Lives of Early Learners - Bellevue Suburban Cities	English	6 PM - 8 PM	Bellevue	2	FREE
Saturday, 08/02	Literacy in the Lives of Early Learners - Burien Suburban Cities	Spanish	12 PM - 2 PM	Burien	2	FREE
Tuesday, 08/12	Literacy in the Lives of Early Learners - Burien Suburban Cities	English	6 - 8 PM	Burien	2	FREE
Saturday, 09/06	The Healing Power of Play	Spanish	9 AM - 12 PM	Kent	3	\$30
Tuesday, 09/09	Mirrors, Windows, and Sliding Doors: Ensuring Children See Themselves and Other Children in Books	English	6:30 PM - 8:30 PM	Virtual-Zoom	2	\$20
Wednesday, 09/10	Nurturing Deep Roots through Serve and Return	English	1 PM - 3 PM	Virtual-Zoom	2	\$20
Tuesday, 09/16	Zoning to Maximize Learning	English	6 PM - 8 PM	Virtual-Zoom	2	\$20
Tuesday, 09/23	Intro to Best Practices Routines and Transitions *part of BP Series	English	6 PM - 8:30 PM	Virtual-Zoom	2.5	\$25

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



Classes registration system

Please use this QR code to access our registration portal, or simply go to www.BrightSpark.org, create your account (don't worry, it should take no more than 5-10 minutes), and then you'll be able to enroll in our Summer 2025 classes!



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/4l2mH3o>

Jul-Sept

Name	Date	Time
EA Orientation	Thursday – July 03, 2025	6:30 – 8:00pm
Emergency Preparedness	Thursday – July 10, 2025	6:30 – 8:00pm
Environments	Thursday – July 17, 2025	6:30 – 8:00pm
Required postings	Thursday – July 24, 2025	6:30 – 8:00pm
EA Orientation	Thursday – August 07, 2025	6:30 – 8:00pm
Marketing/Updates	Thursday – August 14, 2025	6:30 – 8:00pm
WAC Licensing Requirements/Child and Staff records	Thursday – August 21, 2025	6:30 – 8:00pm
EA Orientation	Thursday – September 04, 2025	6:30 – 8:00pm
Program Profile/CECI	Thursday – September 11, 2025	6:30 – 8:00pm
Professional Development/Required Trainings	Thursday – September 18, 2025	6:30 – 8:00pm
Databases	Thursday – September 25, 2025	6:30 – 8:00pm

SPECIAL AFTERNOON - EA ORIENTATION

Use this zoom link for sessions listed below: <https://bit.ly/3Fzk8ag>

Jul-Sept

Name	Date	Time
EA Orientation	Tuesday – July 15, 2025	1:00 – 2:30pm
EA Orientation	Tuesday – August 19, 2025	1:00 – 2:30pm
EA Orientation	Tuesday – September 16, 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!



Women's History Month

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

Celebrate Earth Day

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

Comprehensive Services



As the summer sun shines brighter and routines begin to shift, we want to take a moment to acknowledge the important work you do every day to care for children and support their development. Summer brings opportunities for joy, exploration, and connection—but it can also come with transitions and challenges that impact mental well-being. We will be focusing on simple, effective ways to care for yourself and support children’s emotional health during the warmer months.

Provider Corner: Summer Self-Care

You can’t pour from an empty cup. Here are a few ways to protect your energy this season:

- ◆ **Create a calm-down corner for YOU** — a designated space to take mindful breaks.
- ✿ **Batch-plan your days** with small, consistent routines to avoid decision fatigue.
- **Build in joy:** Add 1 fun activity just for you each week — whether it’s music, journaling, or a walk in nature.
- ▲ **Connect with peers:** Share wins, ask for support, or just check in. A quick message can go a long way.

Summer Support for Little Minds

Children may experience changes in sleep, activity levels, or routines during summer. Help them stay regulated and resilient with these strategies:

- ◆ **Visual schedules:** Even small routine charts help children feel secure when the rhythm of the day changes.
- ◆ **Sensory play:** Water tables, sandboxes, bubbles, and messy art are not only fun—they’re therapeutic!
- ✿ **Big feelings toolkit:** Offer tools like books, emotion cards, or calming jars to help children name and navigate emotions.
- **Daily affirmations:** Start circle time with affirmations like “I am safe,” “I am loved,” and “I can handle big feelings.”

Let’s Stay Connected

BrightSpark is here for you all summer long. Reach out to your Mental Health Consultant or Early Learning Coach if you’d like support or resources tailored to your site.

Remember: Supporting children starts with supporting you. Wishing you a summer filled with rest, play, and meaningful connection.

THRIVE Groups Information



Social Emotional Learning/Trauma Informed Care/Expulsion Prevention Partnership (EPP)

Social Emotional Learning - Coaching and support to help programs understand and promote young children's social-emotional development—building awareness, strategies, and strong adult-child connections at school and home.

Trauma Informed Care - Support and learning to strengthen trauma-informed care in early childhood—helping providers reflect, respond with empathy, and build safe, connected environments for young children.

Expulsion Prevention Partnership (EPP) - Supports early learning providers with coaching and tools to prevent expulsion by building inclusive, culturally responsive practices, addressing implicit bias, and fostering strong family partnerships to create safe, supportive learning environments for all children.



Business Supports

Thrive Business Supports is dedicated to helping childcare providers and directors strengthen their programs and grow their enrollment. We provide personalized support that focuses on the whole business from how your environment looks and feels, to how you promote and run your services each day. Our coaching services covers a wide range of areas, including marketing support, technology assistance, business management, licensing guidance, grant support and so much more. We're here to help your program THRIVE one step at a time.



Emergent/Behavior Support

Emergent Coaching is a flexible support service designed for providers who prefer assistance on an as-needed basis. Rather than being assigned a dedicated coach, these providers have access to a team of experienced coaches and can also participate in group coaching sessions and other collaborative support opportunities.

Behavior Support - We provide comprehensive, culturally responsive coaching and support to foster a cooperative and respectful classroom community among children and adults. Our approach emphasizes developmentally appropriate practices and sensitivity to cultural needs and differences.



Rapid Response

The Rapid Response Team mobilizes to support both family child care and centers in King and Pierce counties in all things related to Washington Administration Code (aka the "WAC") including understanding, implementing and remaining in compliance with Washington State Licensing regulations. Rapid Response coaches help child care providers with all manner of health and safety requirements as well as documentation including staff and child files, policies and handbooks. For more information reach out to Valerie willis@childcare.org or Bob findlay@childcare.org.

Provider Resources



Handbook Templates

Creating your business handbook doesn't have to be a long, drawn-out process. We have a template ready for you to use. To buy our handbook template, please follow the instructions below:

- ▲ Sign in to your account at Brightspark.org
if you don't have an account you MUST create one before finishing your purchase.
- ◆ Go to "[For Providers](#)" area and click on "[Purchase Handbook Templates](#)", choose your handbook template and add to cart

Once you have purchased a handbook, you cannot purchase one again. However, you will always have access to it by going to the "My Courses" tab on your profile.



<https://bit.ly/3STCi9G>

Please check the [How to Order and Where to Find Handbook Templates](#) using the QR code on the right

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 Fall Newsletter!

"Autumn shows us how beautiful it is to let things go"

