



Prepared parents. Healthy families.

January Parent Newsletter

Baby Blues & Rainy Day Activities

Many people look forward to the holiday season. We enjoy spending time with family, decorating gingerbread houses, or having a few days off work to get housework done – or, hopefully, relax and read a book or two with our children. While the holidays are a special time for many people, there are just as many people who feel saddened. Less daylight, cold and rainy weather, and higher stress from customers in a rush to get last minute Christmas shopping done can make the holidays feel like a difficult time instead of a happy one.

As we fall into winter, it is important to remember that Linn, Benton, and Lincoln counties have resources and services for you and your family.



Transitions are Hard

It is not just the weather that changes in January – going back to work, school, and daycare after a holiday can feel stressful.

- It is okay to go slow.
- Try talking with your children about what they look forward to or might be worried about at school or daycare.
- Ease into a daily routine with breakfast, lunch, and nap time that align with your child's school or daycare routine.

Change is hard, but with conversations and patience, the entire family can get back into the swing of things after the holidays.

Not Enough Outside Time

Play and exercise are very important for children of all ages, from a baby kicking to a child playing soccer. During the cold and rainy months, many children stay inside, which can cause anxiety and boredom. What helps children play and exercise inside?

- Mini hockey with a flyswatter and balloon.
- Cut holes in the top of a plastic container to push pom poms through.
- Create hopscotch or a race car track with painter's tape.
- Build a castle out of cardboard.

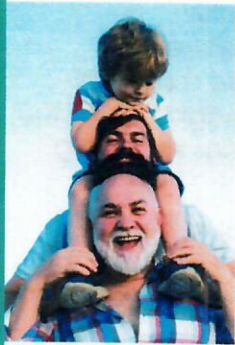


These Indoor Activities For Toddlers are perfect for winter or a rainy spring or summer day and many will help develop fine motor skills. Plus tips to make them harder for preschool aged kids.

Parenting Education Classes at Linn-Benton Community College

The Family Resource & Education Center at LBCC promotes Parenting education: the development of knowledge and skills for strong and healthy families in Linn and Benton counties. Information on classes, cooperative preschools, workshops and more.

Please call Pollywog/Family Connections at 541-917-4884 for details and to sign up.



Parental Resilience

Child and family well-being starts with promoting protective factors. Participants in this workshop will examine how caregivers who can cope with everyday stressors and an occasional crisis are resilient, which is the ability to bounce back after difficulties. Resilient adults are role models for children who can learn self-regulation, problem solving, and learning to seek help when needed.

- Wednesday, February 5, 2020 from 6:30-8:30 PM
- Noah's Ark, Corvallis (2760 SW 53rd Street)
- \$20.00 with free onsite childcare and light snack. Scholarships available for parents.



Social Connections

Child and family well-being starts with promoting protective factors. Participants in this workshop will examine how adults with a network of emotionally supportive friends, family, and neighbors often find it easier to care for their children and themselves.

- Wednesday, March 4, 2020 from 6:30-8:30 PM
- Noah's Ark, Corvallis (2760 SW 53rd Street)
- \$20.00 with free onsite childcare and light snack. Scholarships available for parents.



The Community Health Centers of Benton and Linn Counties provide patient-centered primary medical care that focuses on the whole person. We understand how physical health, mental health and oral health all impact each other. We are committed to helping each person achieve these health goals and lead a happier, healthier life.

Primary Care Locations:

- Benton Health Center 541-766-6835
- Lincoln Health Center 541-766-3546
- Monroe Health Center 541-847-5143
- Alsea Rural Health Center 541-487-7116
- East Linn Health Center 541-451-6920
- Sweet Home Health Center 541-367-3888



[Pollywog Facebook](#)



[Pollywog Website](#)



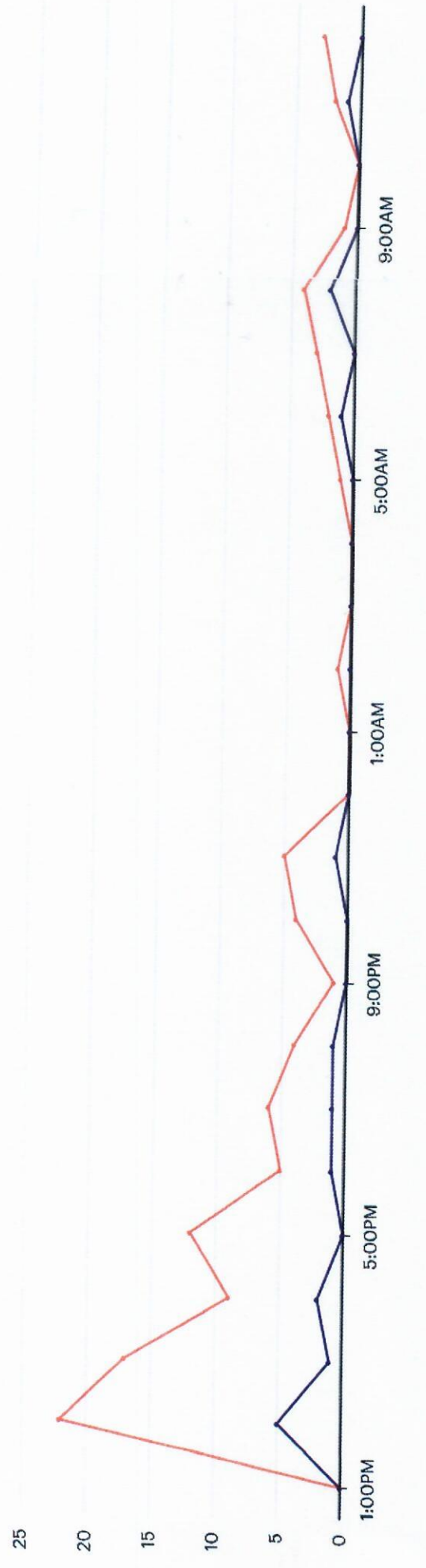
[Pollywog YouTube](#)

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Our mailing address is:
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884

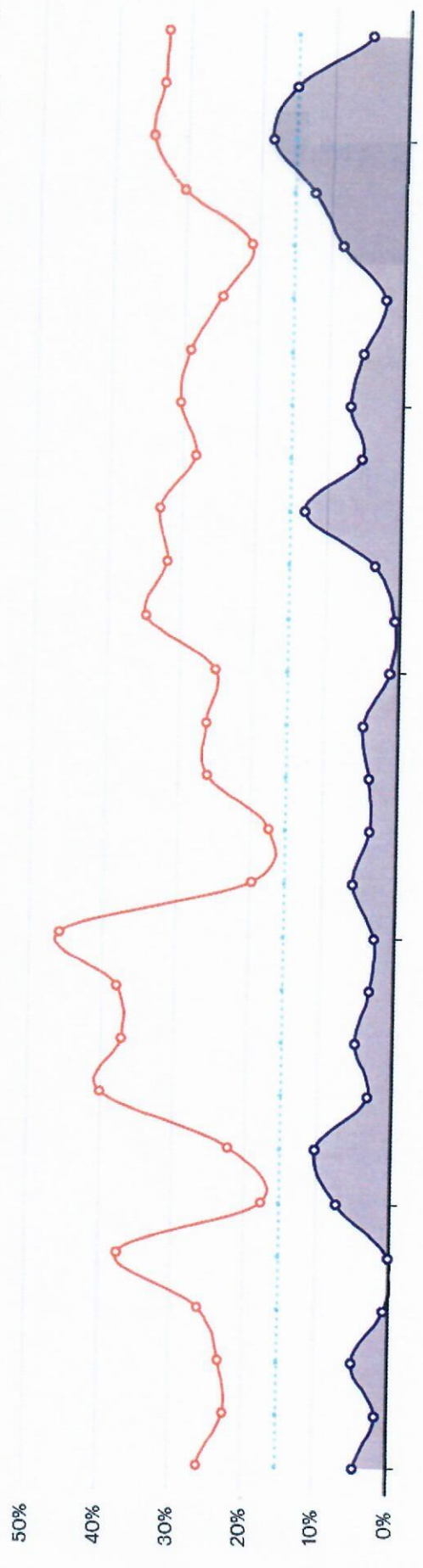
24-hour performance

■ Opens ■ Clicks



Overview Revenue

■ Open rate ■ Click rate ■ Industry avg. open rate



[Home](#) > [The Parent Voice](#) > [Winter & Sunshine](#)

Winter & Sunshine

February 10, 2020, Shirley Blake



As a mother I have found winter weather to be challenging and limiting for recreational activities with small children. The cold wet rain isn't the most pleasant to be out

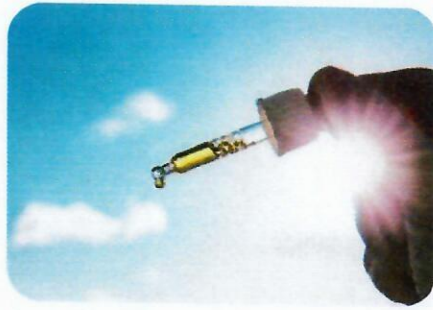
with small children. I have to say that my husband does not struggle with getting outdoors in the cold wet rain like I do. One of the things that I have enjoyed during the winter have been indoor parent child classes, you can check them out [here](#). Connecting with other parents, that are in the same part of life and have social connections for your little ones as well. It is nice to have something to look forward to during the week and have a good reason to get out of the house.

Normally I do enjoy and have natural motivation to participate in activities. Last year around this time I was not feeling at my normal levels of energy. It during the same time that I had a routine checkup with my doctor. After a medical test I found out I was deficient on Vitamin D3, which is a common issue for folks living in the area due to our weather. So I was able to purchase Vitamin D3 with the appropriate IU levels. My plan was to take it with my daily vitamin. As the year passed by I was pretty inconsistent in taking it. As the next winter has rolled around I had another yearly routine appointment. With my annual appointment nearing I stated thinking about my health. I had forgotten to routinely take my Vitamin D3 throughout the past year. This year going forward I have a better method to be successful in keep up on my Vitamin D3. I went to Market of Choice and purchased liquid drops of Vitamin D3. Now I have the bottle on my nightstand. Taking my Vitamin D3 is part of my nighttime now.

As time has gone I have learned to be up to date and aware of my own health. I have also come to know the importance of having positive activities to do in during the winter. Please check out our [January Parent Newsletter](#) for great information and tips on

staying healthy this winter.

Please check with your medical provider for your own Vitamin D3 levels and for recommend doses. It is something to look into as we live in an area that has months with limited sunshine.



Below are additional reading resources:

- [Vitamin D deficiency symptoms](#)
- [Vitamin D and Your Health](#)
- [Health Food Nutrition](#)

Health

[Go back to all articles](#)

Get personalized, local resources for your family.

Complete the form below and we will contact you.

Or call us at 541.917.4884. Our hours are Monday-Friday, 8:30 am - 4:30 pm PST.

First *

Last *

Phone *

Email

Preferred Method of Contact

Language



Pollywog Update

#43



New Partner version of Pollywog Software

In August of this last year, VistaLogic released a new version of the Pollywog database, and this new version has given us some angst....

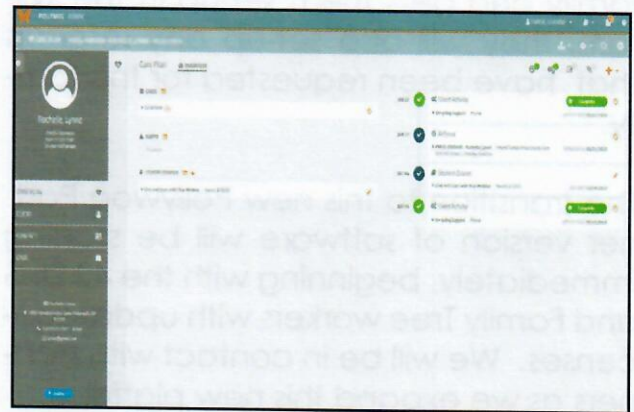
The new version has a powerful new “application” process that lets our staff gather information from the Pollywog families that make it easier for us to refer them to other programs, and it makes us very popular with the State of Oregon, who have been asking us to produce more (deidentified) data, such as household income and whether the family has health insurance and what kind.

The new version has also created a new problem for us because it now brings the data from the portal on the website into

Clara as a service request, instead of dropping the contact’s data directly into the software. The problem is this: if a Pollywog partner enters a referral for a family that isn’t in the system yet (entered by the Pollywog staff after coming in through the website), that new referral doesn’t “attach” to the record. We have lovingly referred to it as “sending the referral into a black hole”! You can see the referral in the list of referrals, and the referral definitely goes to the other agency for service, but the RECORD of the referral never attaches to that family’s “Care Plan” -- another new addition to our software with the August update.

What’s Happening

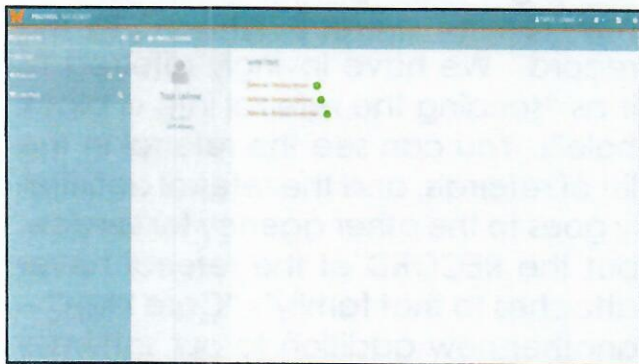
- ✓ The next Pollywog Partner Meeting has been scheduled for Thursday, February 13, 2020, from 9-10:30am, in LM-115 at the Luckiamute Center on the LBCC campus. A calendar invitation has been sent out to the listserv. At the meeting, we will have a presentation by the Early Learning Hub Director, Kristi Collins, about the Student Success Act, and what it means for our region. We will also be discussing the new Regional Data Book and PowToons.
- ✓ Currently there are 1186 individuals in the Pollywog database, as well as 64 classes, and 6 courses taught in Spanish, and 258 referrals have been sent through Pollywog.



Screen shot of the new “Care Plan” page in Clara. You can see all referrals, classes registered for, and activity for a single client. In our discussions with VistaLogic about the problem, we came up with the idea of creating a separate log-in for Pollywog Partners, which would take them to a screen for requesting referrals. The new plan is that partner agencies can go into

New Partner version of Pollywog Software (cont.)

"Pollywog Partners", as we are calling it, do a search of the Care Plan screens and see if their client is in the system. If they are, they can make a referral right from that page. If they are not, they can go to the "Referrals" menu option and create a "referral request".



When the Pollywog staff contacts a family and gets them set-up in the system, they will also set-up any referrals that have been requested for this family.

The transition to this new Pollywog Partner version of software will be starting immediately, beginning with the 42 DHS and Family Tree workers with updated licenses. We will be in contact with partners as we expand this new platform.

Pollywog Training Update

In order to help our partners keep up-to-date with the status of other partners, we have decided to create a section in each Pollywog Update that gives a quick run-down on where partners are in the on-boarding process, and who is available to refer to right now:

Partners who have signed MOUs and have staff trained to work in Pollywog:

Old Mill Center / Healthy Families
Old Mill Center / Preschool & Counseling
Samaritan Albany General Hospital
Samaritan Lebanon Community Hospital
Samaritan Pacific Communities Hospital
Family Connections
Kidco Head Start
Oregon Department of Human Services (Family Coaches - no incoming referrals)
Family Tree Relief Nursery
Linn Co. Health Department (Home Visiting Nurses)

Partners waiting for training:

Community Services Consortium
GAPS/Welcome Center
Community Doulas
Women, Infants & Children (WIC)

Partners waiting to sign MOUs:

Early Intervention

Contact Us

LeAnne Trask

Pollywog Coordinator

(541) 917-4949

leanne.trask@linn
benton.edu

Connie Adams

Pollywog Assistant

(541) 917-4948

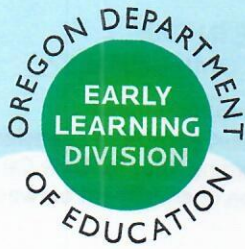
connie.adams@linn
benton.edu

Website:

<https://pollywogfamily.org/>

Facebook:

<https://www.facebook.com/PollywogFamily/>



EARLY LEARNING IN THE STUDENT SUCCESS ACT

A STUDENT'S SUCCESS BEGINS EARLY

Children are born learning. Learning does not begin in kindergarten or even the first day of preschool. It starts at birth. Quality early learning sets children up for success.

The Student Success Act creates a new **Early Learning Account** to fund investments focused on children under the age of five and their families. Funding will support the expansion of existing programs, the creation of new programs and support for communities to deliver early learning. Partnerships with local community-driven organizations, such as Early Learning Hubs and Child Care Resource and Referral Entities, will be critical to the success of this work and engaging families and providers across Oregon. New and expanded programs will help narrow gaps for low-income families to access early care and education programs.

THE EARLY LEARNING ACCOUNT

\$200 million per year (or at least 20% of the overall SSA investment of \$1 billion) will serve 15,000 children birth to five years old in the following ways:

INFANTS AND TODDLERS

High-quality slots for more than 1,000 infants and toddlers through Early Head Start.

PRESCHOOLERS

Improved and enhanced high-quality slots to serve more children.

Funding to ensure all children in Early Childhood Special Education receive the services they need to address developmental delays and disabilities.

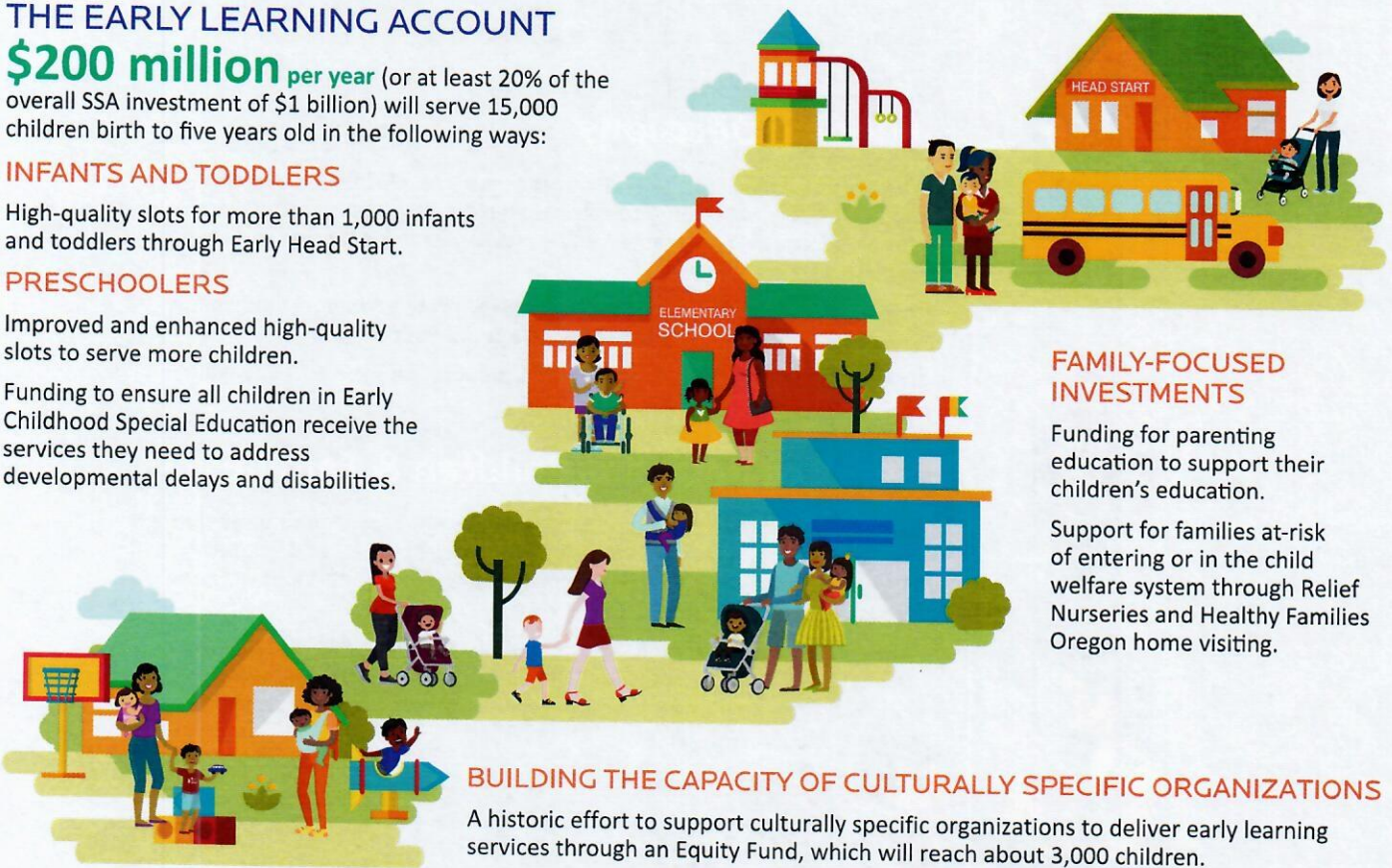
FAMILY-FOCUSED INVESTMENTS

Funding for parenting education to support their children's education.

Support for families at-risk of entering or in the child welfare system through Relief Nurseries and Healthy Families Oregon home visiting.

BUILDING THE CAPACITY OF CULTURALLY SPECIFIC ORGANIZATIONS

A historic effort to support culturally specific organizations to deliver early learning services through an Equity Fund, which will reach about 3,000 children.



EQUITY

Too many children have not had the opportunity to reach their full potential because of the limited supply of early childhood education and gaps between which families can and cannot afford access to programs. For this reason, the investments in the early learning account target services for young children in low-income families. Through the act, more than 15,000 children will be reached through expanded or enhanced programs.

*current and anticipated

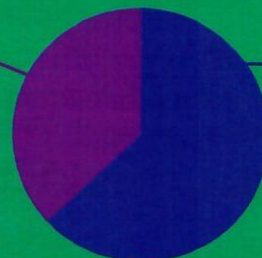
3 AND 4 YEAR OLDS SERVED IN PRESCHOOLS

16,000

3 and 4 year olds in low-income families served in high-quality preschool*

27,000

3 and 4 year olds in low-income families unserved in high-quality preschool



HOW WILL THE EARLY LEARNING ACCOUNT SUPPORT EARLY CHILDHOOD EDUCATORS?

The legislation earmarks **\$12.5 million** for professional learning to support **early childhood educators** with training, technical assistance, coaching and other key supports. In addition, the account will support coaching in Early Head Start, Preschool Promise and Oregon Pre-kindergarten.

WHAT OTHER FUNDS ARE IN THE ACCOUNT TO SUPPORT COMMUNITIES?

Additional funding will help support minor improvements for facilities to meet **program standards**. Funding will also go to Early Learning Hubs for Early Care and Education Plans and coordination of enrollment between preschool programs.

Early Learning in The Student Success Act Timeline



NOW – EARLY 2021

Community-Led Planning

In partnership with local organizations, Early Learning Hubs will lead the process to develop plans to target services within their communities and create a vision to serve all children in their region.



MARCH - JULY 2020

Funding Decisions

The Early Learning Division will lead processes to allocate funding from the Early Learning Account to communities for Early Head Start, Oregon Pre-kindergarten, Preschool Promise, Healthy Families Oregon and the Equity Fund.

The Oregon Department of Education will allocate additional funding for Early Intervention and Early Childhood Special Education.

The Early Learning Division will expand supports for birth to 5 educators.

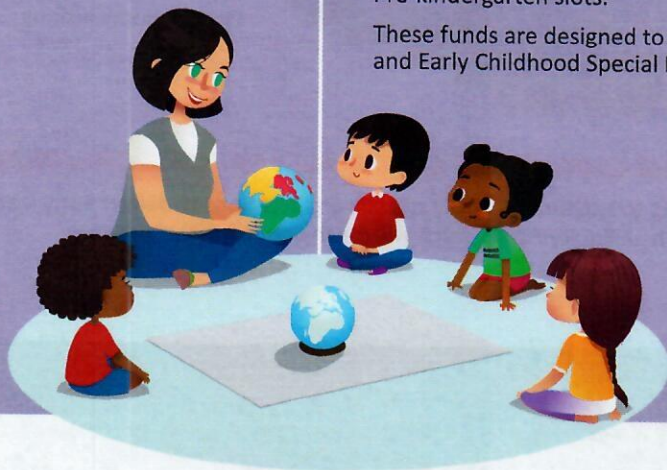


AUGUST – SEPTEMBER 2020

Services Begin for Children & Families

More than 15,000 children and families will begin receiving services through the Equity Fund, Preschool Promise, Early Head Start, Parenting Education, Healthy Families Oregon, Relief Nurseries and new or enhanced Oregon Pre-kindergarten slots.

These funds are designed to ensure that all children in Early Intervention and Early Childhood Special Education programs will have access to services.



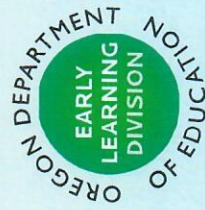
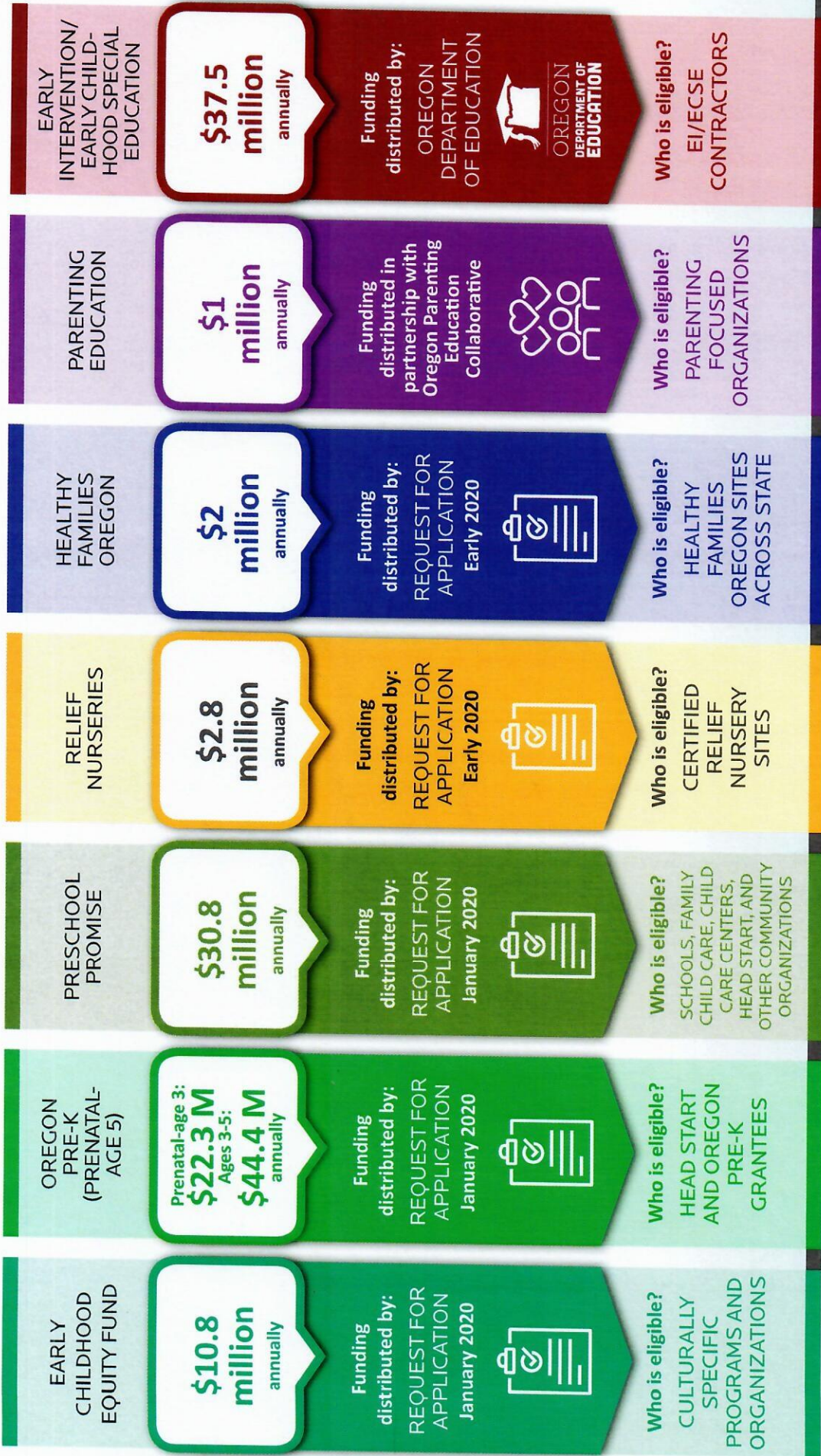
For more information on **early learning investments** in the Student Success Act, go to <https://oregonearlylearning.com/student-success-act>.

#StudentSuccessAct



STUDENT SUCCESS ACT

HOW FUNDING FOR SERVICES FLOWS FROM THE EARLY LEARNING ACCOUNT



Learn more: <https://oregonearlylearning.com/student-success-act>.

Follow us on Twitter @OREarlyLearning or Facebook @OREarlyLearning

#StudentSuccessAct

News Release

January 31, 2020

Media Contact: [Melanie Mesaros](mailto:Melanie.Mesaros@oregon.gov), 503-856-6040

Funding Opportunities Open to Expand Preschool and Early Learning Services in Oregon

(Salem, Ore) – The Early Learning Division is now accepting applications to expand culturally specific early learning programs and infant, toddler, and preschool education programs to serve Oregon's youngest children and families. The funds are available thanks to the [Student Success Act](#) – a historic \$1 billion annual investment in Oregon education that was approved by the 2019 Legislature.

"We are excited to partner with organizations across the state to provide the high-quality early learning experiences that Oregon's young children and their families deserve," said Early Learning System Director Miriam Calderon. "This is an important step forward for our state toward reaching our goals for an equitable early learning system - one that ensures each child has the best start in life, and families are supported."

Funding to operate programs within the Early Learning Account is available through a Request for Application (RFA) process. The deadline to apply is **April 2, 2020**. Separate applications are open for each of the following:

- **Preschool Promise:** A high-quality, publicly-funded preschool program that serves children ages three and four in families living at or below 200% of the Federal Poverty Level, children in foster care and children from other historically underserved populations. The statewide expansion will reach about 3,865 preschoolers.
- **Early Childhood Equity Fund:** A new program established under the Student Success Act that will provide about \$10 million annually in grants to support a broad range of culturally specific early learning, early childhood and parent support programs.
- **Oregon Pre-kindergarten (OPK):** Oregon modeled this program after Early Head Start and Head Start to expand high-quality early learning programs to low-income families with the highest need. OPK is free to families from the period of prenatal to five years old who are not yet eligible for kindergarten, and who meet income or other eligibility qualifications.
- **Fiscal Agent:** Preschool Promise Fiscal Agents will be eligible to provide technical assistance to Preschool Promise providers on a variety of business and administrative functions relating to their businesses.

Community-based organizations, child care providers, public and private schools, culturally specific organizations, business organizations (fiscal agent), and more are encouraged to apply. The state will be offering webinars and in person technical assistance for the RFA process. To learn more about the Early Learning Account or to apply for funding, visit <https://oregonearlylearning.com/student-success-act>.