

DINIYOTHLI KANOHEDA

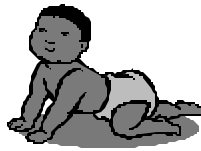
(Dee-nee-yoth-lee Kaw-no-head-ah - Children's News)

Volume VII, Issue IV

APRIL 2003

CHILD ABUSE PREVENTION MONTH

April is Child Abuse Prevention Month. It is an opportunity to focus our communities' attention on issues relevant to the prevention of child abuse. Set up a parent/staff meeting in April. Have a specialist speak on child development stages and tips for dealing with children at each age. Knowing what to expect at each stage and ways to deal with these behaviors is an effective way to help prevent child abuse.



THE POWER OF CHOICE

Would you like to get your kids to willingly cooperate? Stop the daily battles? Teach your kids valuable life skills? If your answer is "Yes! Yes! Yes!" then read on...

There are so many things we must get our children to do and so many things we must stop them from doing! Get up. Get dressed. Don't dawdle. Do your homework. Eat. It goes on and on. We can get our kids to cooperate and at the same time allow them to learn self-discipline and develop good decision-making skills. How? By offering choices.

Giving a choice is a very powerful tool that can be used with toddlers through teenagers. This is one skill that every parent should have tattooed on the back of his or her hand as a constant reminder. Parents should use this skill every day, many times a day. Giving children choices is a very effective way to enlist their cooperation because children love having the privilege of choice. It takes the pressure out of your request and allows a child to feel in control. This makes a child more willing to comply.

Using choice is an effective way to achieve results, and when you get in the habit of offering choices you are doing your children a big favor. As children learn to make simple choices - Milk or juice? - they get the practice required to make bigger choices - Buy two class T-shirts or one sweatshirt? - which gives them the ability as they grow to make more important decisions - Save or spend? Drink beer or soda? Study or fail? Giving children choices allows them to learn to listen to their inner voice. It is a valuable skill that they will carry with them to adulthood.

You should offer choices based on your child's age and your intent. A toddler can handle two choices, a grade-school child three or four. A teenager can be given general guidelines. Offer choices such that you would be happy with whatever option your child chooses. Otherwise, you are not being fair. For example, a parent might say, "Either eat your peas or go to your room," but when the child gets up off his chair, the parent yells, "Sit down and eat your dinner, young man!" (So that really wasn't a choice, was it?)

Here are some ways in which you can use choice:

*Do you want to wear your Big Bird pajamas or your Mickey Mouse pajamas?

*Do you want to do your homework at the kitchen table or the desk?

*Do you want to wear your coat, carry it, or put on a sweatshirt?

*Would you prefer to let the dog out in the yard or take him for a walk?

*Do you want to run up to bed or hop like a bunny?

*What do you want to do first, take out the trash or dry the dishes?

*Do you want to watch 5 more minutes of TV or 10?

A typical problem with choices is the child who makes up his own choice! For example, " Taylor, do you want to put on your pajamas first or brush your teeth?" To which little Taylor answers, "I want to watch TV". What to do? Just smile sweetly and say "That wasn't one of the choices. What do you want to do first, put on your pajama or brush your teeth?"

If your child is still reluctant to choose from the options that you offer, then simply ask, " Would you like to choose or shall I choose for you?" If an appropriate answer is not forthcoming then you can say, "I see that you want me to choose for you." Then follow through. Make your choice and help your child - by leading or carrying him - so that he can cooperate.

From What Everyone can do to Prevent Child Abuse community resource packet

UNIQUE ENVIRONMENTS

Plan to attend UNIQUE ENVIRONMENTS, an 11-hour course for including Children with Disabilities in Child Care Programs.

This course is available for Administrators, Family Child Care Home Providers, and Classroom Teachers & Caregivers.

Participants will receive the Unique Environments Resource Manual and learn about:

- *Teaching Strategies for various needs
- *Perspectives: Child, Parents & Yours
- *Using Behavior Management Programs
- *Hands-on Experience in our Classrooms

Day One - Saturday, April 26, 2003 from 9:00 a.m. - 5:00 p.m.

Day Two - Weekday (choose from one of the following dates: 4/29/03, 5/1/03, 5/6/03, 5/7/03, or 5/8/03) from 8:30 a.m. to 12:30 p.m.

Day Two is required for course certificate.

This half-day session will provide you first-hand experience with children who have a wide range of needs and/or disabilities as they learn and play with children without disabilities.

NOTE: FCCH providers may receive training credit for the Saturday session if attending Day 2 is absolutely impossible.

MORE INFORMATION YOU NEED TO KNOW:

This course will be held at:
Special Care, Inc.
12201 N. Western Ave.
Oklahoma City, OK 73114
(405) 752-5112

*A **\$15.00 registration fee** is required for each person and will be **refunded** if you attend.

*Your registration will be confirmed by phone call.

*A **substitute stipend of \$41.20** is available if attending the **weekday** session and will be made payable to the center or home after Day 2 is completed.

*Participants must be employed in a licensed child care center or home as the Administrator, Teacher or other Classroom Caregiver.

*Lunch will be on your own.

*Sessions will begin promptly.

***Please respond by April 18, 2003.**

Need more information? Contact Special Care.

CHILD CARE FORUMS

The Oklahoma Department of Human Services has planned six Child Care Forums to give you the opportunity to share your concerns and suggestions regarding licensing, Stars, subsidies, EBT or anything else related to improving the quality and availability of child care in Oklahoma. These forums are planned at six sites across Oklahoma. You may attend the one that is most convenient for you. Meetings all begin at 1:00 p.m. and usually end around 3:00 p.m. The meetings are scheduled as follows:

May 13, 2003
Indian Capital Tech Center
Bill Willis Campus
240 Vo-Tech Road
Tahlequah, OK

July 8, 2003
Central Tech - Sapulpa Campus
Seminar Center
1720 S. Main St.
Sapulpa, OK

August 12, 2003
Kiamichi Technology Center
Industrial Room A
1301 West Liberty Road
Atoka, OK

September 9, 2003
Great Plains Technology Center
Building 300, Room 301 B
4500 W. Lee Blvd.
Lawton, OK

October 14, 2003
Francis Tuttle Technology Center
Main Seminar Room
12777 N. Rockwell Avenue
Oklahoma City, OK

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O-SI-YO

by Tina Smith
Resource and Referral Specialist

Hello! I hope everyone is enjoying the nice Springtime weather and getting outside with the children to play!

April is Child Abuse Prevention Month and Week of the Young Child is April 6 -12. Listed below are a few simple ideas for activities:

Monday - Share a Book Day (let children bring a favorite book from home)

Tuesday - Health and Fitness (bring out the jump ropes or coordinate a Mini-Olympics day)

Wednesday - Visit a Park Day (take a picnic lunch along)

Thursday - Safety Day (play a guessing game with children letting them guess which things are safe and which things are not safe)

Friday - Family Day (have a family breakfast or have a camera on hand to take a Mommy & Me, or Daddy & Me, or Grandma & Me picture when the child is dropped off for the day)

Saturday - Fun Fair Day (help plan or participate in a Fun Fair in your area)

If you have any questions or comments about services offered by the Child Care Resource Center or by the Licensing and Subsidy Programs please contact us at (918) 458-7613 or 1-888-458-6230. We enjoy working with you.

DINIYOTHLI KANOHEDA Child Care Programs



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www.cherokeekids.net

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Editor—Tina Smith

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SCHOLARS FOR EXCELLENCE IN CHILD CARE

The Scholars for Excellence in Child Care program at Connors State College is now accepting applications from eligible child care providers who want to earn their CDA Credential, Certificate of Mastery, or Associates Degree in Child Development.

- ✘ Financial aid and scholarships are available to those who qualify.
- ✘ Classes start June 2, 2003.
- ✘ For more information call Kiki McWilliams at (918) 684-0433 or 260-0574.



WEEK OF THE YOUNG CHILD ACTIVITIES

April 5
Claremore - Child Care Tour
Time: 9:00 am - 1:00 pm
Contact: Glenna Cooper (918) 283-8300
(There will also be a special focus each day during the week.)

April 5
Grove - Child Care Mini-Conference
Time: 8:00 am - 3:00 pm
Location: First Baptist Church
Contact: Linda Humphries (918) 253-4332

April 7
Pryor - Parenting Fair
Location: First United Methodist Church, 400 E. Graham
Time: 3:30 - 6:00 pm
Contact: Kim Larmon (918) 825-4224

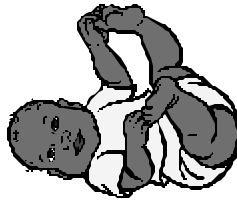
April 9
Grove - Camp Bandage
Time: 10:00 am - 1:15 pm
Location: Grove Civic Center
Contact: Jolanda Husong (918) 786-2243

April 23
Bartlesville - Washington County Fun Fair
Time: 10:00 am - 3:00 pm
Location: Washington County Health Department
Contact: Marianne Hendricks (918) 335-3005

April 26
Tahlequah - Spring Fling (Community Partners of Adair and Cherokee Counties)
Time: 10:00 am - 2:00 pm
Location: Cherokee Courthouse Square
Contact: Tina Smith (918) 458-7613, ext. 232

GRANTS PROGRAM

By Arlene Greenawalt
Grants Program Coordinator



The Cherokee Nation Child Care Grants Program continues to give a high priority to child care providers who offer extended hours of care to families in our fourteen county service area. There are now many communities saturated with child care facilities who offer *only* daytime child care. However, facilities offering evening, weekend, and overnight care continue to be in high demand.

Oftentimes, a new child care home or center is unable to maintain an adequate enrollment without offering extended hours of care. A new child care facility must be flexible enough to meet the needs of the community. If there are factories nearby that require shift work, there must also be child care facilities with the ability to provide for this need. When a facility closes due to low enrollment, it is usually those who are unwilling to offer services before 7:00 a.m. and after 6:00 p.m. Remember, it is very important for a child care provider to remain as flexible as possible and open to the needs of the families for whom they are providing care.

Another high need area is infant care. If a child care facility is able to increase the number of slots available to families in the area of infant care, they are providing a service for a high need priority in their community. The grants program is able to provide equipment such as cots, bedding, high chairs, cribs, and related needs so that a facility will be able to offer these two high priority areas of care. We also have an equipment lending program at the Child Care Resource Center for providers who are on contract with Cherokee Nation but are not eligible for a grant. Quality child care provides an invaluable service to our communities.

The Grants Office will be scheduling visits during the month of April to assist with grant applications. ***You must call and schedule an appointment for a home visit.*** If you would like to receive a Grant Application, need assistance with a Grant Application, or if you have any questions please call (918) 458-7613 ext. 234 or toll-free 1-888-458-6230 ext. 234.

POINTERS FOR PROVIDERS

By Leah Duncan
Child Care Services, Subsidy Program

Just a few reminders about policies and procedures that have been addressed in previous issues of this newsletter.

All Providers using a Monthly Contract Billing Form or Vouchers are required to account for all days involved during the billing cycles as noted on the Monthly Contract Billing Form or Voucher. For days that the child is in attendance you must document the times in and out on all days in the billing cycle for the child. Recording the times in and out must be done every day, each time the child enters into your care and when the child leaves your care. If a child is absent any day during a cycle you must document that the child was absent by writing "Absent" next to that date. If you are closed at any time during the billing cycle you must document "Closed" on the appropriate day. This information is required in order to justify payments made to Providers and also to allow the Child Care Program to effectively track approval days for children receiving Child Care Services. Failure to document all days involved will result in a denial of payment.

Remember:

- ? Cherokee Nation does not pay for days that you are closed.
- ? Cherokee Nation does not pay for Holidays unless the child we are being billed for is in attendance on the Holiday being addressed and the parents' work or school schedules justify the child's attendance.
- ? The Cherokee Nation Child Care Services School Closing Policy (listed in this newsletter) must be adhered to in order to receive payment.

If you have any questions or if we can be of further assistance to you please call us at (918) 458-4444 or 1-888-458-6230.



CHILD CARE PROGRAM
BILLING PROCEDURES - SCHOOL CLOSINGS
EFFECTIVE 10-01-98

OFFICIAL POLICY:

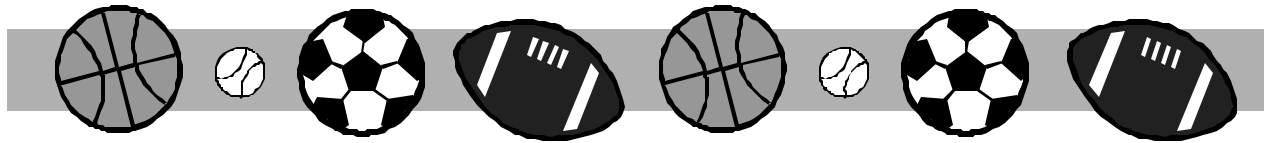
Changes in the hours of care may be authorized with no pre-approval for additional hours of child care needed due to school closings. Additional hours of care may be authorized in half-day increments. All changes in hours of care, which are not related to school closing, i.e. a change in parents' work or school schedule, must have prior authorization by a Child Care Eligibility Specialist.

School closings include: Spring Break, Teachers Meetings, Staff Development Days, Winter (Christmas) Break, Snow Days, Official Holidays (Thanksgiving, Memorial Day, Labor Day, Easter, etc.) Times will vary by school, therefore, the Child Care Program has not set any specific days nor will we ask the parent to submit a child's school schedule. The Child Care Program retains the right to require documentation if needed. The Parent/Guardian **does not** have to call the Child Care Eligibility Specialist for school closings unless additional days are required for a child; (i.e. A child is approved for 3 part-time days and will need to attend 5 full-time days during Spring Break. The Parent/Guardian will be required to contact a Child Care Eligibility Specialist before an approval to claim the additional days can be made.) Providers will not have to wait for Retro Forms to be issued for school closings. The current contract can be utilized. This will result in a more timely and efficient level of service to providers and parents of the Child Care Programs.

Changes in parents' work schedules, school changes, additional days of care, or residences still require verification be provided to the Child Care Eligibility Specialist. The Full-Time rate will not begin until verification of the change is received by the Child Care Office. Providers can utilize the current contract. If timely notice is received by the Child Care Office, payment for the Full-Time charge will be paid. Parents will be responsible for any unauthorized care. **Parents are required to notify the Child Care Eligibility Specialist when school is out for the summer vacation.**

In order to claim for school closings, these procedures shall be adhered to:

1. Providers must write in the time the child arrived, the time the child departed, the number of hours the child was there, and the amount charged for that day. (This amount is based on your established rates for Full-Time Care for the children in your facility.)
2. The reason for claiming Full-Time Care on a Part-Time billing form must be documented for each day of additional care on the contract or voucher. You must list the reason: Spring Break, Teachers Meeting, etc. beside each day you expect Full-Time payment for. Failure to properly document the reason for additional time will result in a denial of the Full-Time rate and payment of the Part-Time rate. For vouchers, mark out the AMOUNT CLAIMED, add the difference from the Part-Time to the Full-Time rate to the AMOUNT on the voucher. This is the amount you will claim for each voucher in which you can claim additional Full-Time rates. Additional Retro Forms **will not** be authorized for failure to properly document the additional Full-Time hours of care.
3. When a child has used all days within the expiration dated on the contract, the provider will total the full- and part-time days, record the number of days, the total charge of this contract, and deduct the parents co-payment. For vouchers, the provider will add up the total amount of the vouchers and submit for payment. (Reminder: The co-payment has been deducted for the voucher. The provider is responsible for collecting the difference in the amount between the voucher and the amount charged.)
4. All other current payment policy and procedures remain in effect.



APRIL TRAINING

April 1,3,8 & 10

GORE - TOTS LEARNING CENTER

Time: 6:00 pm - 8:30 pm

Daily Program for Young Children 3 to 6 - Explores needs of young children as the basis of programming and goals; guidelines for use of resources - people, time, space, equipment, learning activities; constructs a sample weekly program schedule and lesson plan. **Contact Carl Arnold at (918) 489-2530 to register.**

April 2,4 & 10

TAHLEQUAH - HEAD START TRAINING ROOM

Time: 8:30 am - 12:00 pm

Daily Program for Infants and Toddlers - Discusses stages of development and basic needs in nutrition, feeding, sleep, toilet training; suggests appropriate play activities and toys; construct a daily program schedule. **Contact Ramona Drew at (918) 458-4393 to register.**

April 5

MUSKOGEE - MRMC

Time: 10:00 am - 12:00 pm

Family Child Care Accreditation Readiness Tool - Training designed to assist providers in the use of a tool designed to identify a provider's readiness for accreditation. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 5

TAHLEQUAH - CCRC

Time: 9:00 am - 3:00 pm

Building Relationships with Parents and Families - Training provides insight and ideas on how to be "family friendly". Participants learn about and are encouraged to make changes in their programs reflecting positive attitudes toward working families. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 8,10,14 & 17

MUSKOGEE - MRMC

Time: 6:30 pm - 9:00 pm

Pre-Math - A methods class for teaching children pre-math concepts and skills. Includes classroom learning activity cards. **Contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

April 10

VINITA - OSU EXTENSION

Time: 6:30 pm - 7:30 pm

Nutrition for Children - An OSU Extension worker will offer information on the importance of good nutrition for children. Get some helpful hints and new ideas. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 10

TAHLEQUAH - CCRC

Time: 6:00 pm - 8:00 pm

Family Child Care Accreditation Readiness Tool - Training designed to assist providers in the use of a tool designed to identify a provider's readiness for accreditation. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 14

PRYOR - NORTHEAST TECH. CENTER

Time: 7:00 pm - 10:00 pm

Ready to Learn - Did you know that adults can use TV to positively influence children? Dawn Parton, Child Development instructor from TCC will focus on ways that adults can better prepare children to learn in the home as well as the child care setting. This is a great opportunity to earn 3 hours of credit. **Contact the Mayes County Health Department at (918) 825-4224 to register.**

April 14-17

TAHLEQUAH - CCRC

Time: 1:00 pm - 5:00 pm

Hands-on Science - Learn how to make science fun and bring it into the classroom to share with the children. Discuss ways to incorporate science into the daily program. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 15,17,22 & 24

TAHLEQUAH - CCRC

Time: 6:00 pm - 8:30 pm

Music: The Universal Language of Children - Focuses on promoting children's creativity through musical expression. Stresses the importance of enriching musical competencies while providing practical experiences that will allow caregivers the freedom to

APRIL TRAINING (continued)

April 21,24,28 and May 1 VINITA - HAPPINESS IS... Time: 6:00 pm - 8:30 pm
Child Development I - Outlines major growth events of the first six years of life; discusses practical ideas for meeting the needs of growth stages by observing and matching activities, materials and equipment to the children's abilities. **Contact the Resource Center at (918)458-7613 or 1-888-458-6230 to register.**

April 22,24,29 & May 1 STILWELL - CHILD DEVELOPMENT CENTER Time: 6:00 pm - 8:30 pm
Child Development I - Outlines major growth events of the first six years of life; discusses practical ideas for meeting the needs of growth stages by observing and matching activities, materials and equipment to the children's abilities. **Contact the Resource Center at (918) 458-6230 or 1-888-458-6230 to register.**

April 29 and May 6,13 & 20 TAHLEQUAH - CCRC Time: 6:00 pm - 8:30 pm
Daily Program for Infants and Toddlers - Discusses stages of development and basic needs in nutrition, feeding, sleep, toilet training; suggests appropriate play activities and toys; construct a daily program schedule. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

MAY TRAINING

May 5 TAHLEQUAH - CCRC Time: 9:00 am - 3:00 pm
Including Children with Disabilities - A seminar with Gayla Turner, Child Care Health Consultant. Receive 5 clock hours of training. There is a \$5.00 fee for this training. You must pre-register and pre-pay. Mail payment to: CCRC, attn: Edna Dew, P.O. Box 948, Tahlequah, OK 74464. All payments and registration must be received by April 25th. Limited to 25 participants. **Contact the Resource Center at (918)458-7613 or 1-888-458-6230 for more information.**

May 6 & 7 TAHLEQUAH - CCRC Time: 1:00 pm - 5:00 pm
Family Child Care: Observing and Responding - Learn how to better observe children's behavior and develop appropriate responses to support learning and development. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

May 6,8,13 & 15 STILWELL - INDIAN CAPITAL TECH. CENTER Time: 6:00 pm - 8:30 pm
Language - A methods class introducing and promoting language skills for infants through young children. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

May MUSKOGEE
Art: A Creative Expression - Designed to help caregivers develop an appreciation of children's art, learn how art contributes to all facets of curriculum and child development, and how to effectively present a variety of art experiences. **Contact Sherry Grooms, MRMC, at (918) 684-2448 to register and for dates, times and location of training.**

May 27 & 29 and June 3,5,10,12 & 17 SALLISAW - GOD'S LITTLE PEOPLE Time: 6:00 pm - 9:00 pm
Entry Level Child Care Training (ELCCT) - ELCCT is an introduction to child care training. The course provides new and/or future child care professionals with knowledge needed to provide quality care for young children while helping each individual child develop to his or her full potential. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

Location Information

*The Cherokee Nation Child Care Resource Center is located in the James Danielson Children's Village in Tahlequah.

*Cherokee Nation Head Start is located in the James Danielson Children's Village in Tahlequah.

*God's Little People is located at 302 W. Iola in Sallisaw.

*Happiness Is A Learning Center is located at 409 W. Canadian in Vinita.

*Kurtain Klumbers is located at 1201 W. Country Club Road in Claremore.

*Mays County DHS is located at 501 S. Elliot in Pryor.

*Muskogee Regional Medical Center (MRMC) is located at 300 Rockefeller.

*Northeast Technology Center is located on Hwy 20 between Pryor and Claremore.

*Stilwell Indian Capital Technology Center is located across from Maryetta school.

*The Stilwell Child Development Center is located off Hwy. 51 East (in the former Stilwell Indian Clinic).

*Tots Learning Center is located at in 108 1/2 Southwind in Gore.

*Vinita - OSU Extension Office is located at 301 W. Canadian Ave.

CPR AND FIRST AID TRAINING

April 10	Vinita - Happiness Is A Learning Center Pediatric CPR	Time: 6:00 - 10:00 pm
April 15	Pryor - Mayes County DHS First Aid	Time: 6:00 - 10:00 pm
April 17	Claremore - Kurtain Klimbers Pediatric CPR	Time: 6:00 - 10:00 pm
April 29	Tahlequah - Cherokee Nation EMS First Aid	Time : 6:00 - 10:00 pm
May 6	Claremore - Kurtain Klimbers First Aid	Time: 6:00 - 10:00 pm

Cherokee Nation EMS will begin a new cost and payment policy beginning April 1st.
Pediatric CPR will cost \$20.00 and First Aid will cost \$25.00. **(FEE IS NON-REFUNDABLE)**

Beginning April 1, 2003 pre-payment will be required
and must be received at Cherokee Nation EMS
5 days prior to the date of the scheduled training.

Make payment to Cherokee Nation EMS and mail payment and registration form to:

Cherokee Nation EMS
Attn: Jimmy Summerlin
22114 South Bald Hill Road
Tahlequah, OK 74464

PLEASE COMPLETE AND RETURN THE FOLLOWING REGISTRATION FORM

CHEROKEE NATION EMS TRAINING PROGRAM REGISTRATION FORM

Please Print

Date: _____

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

What county do you live in? _____

Home Phone: _____ Work Phone: _____

Date of Training: _____

Type of Class: _____

Organization / Workplace: _____

Ethnic Descent: Cherokee Native American _____ Other Native American: _____
Other Descent _____

NURSE NOTES

Medicine & Children: What You Need To Know

by Gayla M. Turner BSN, RN, CCM
Child Care Health Consultant



If you have children who require medicine while in your care there are some important facts you need to know.

Children are much more susceptible to medication side effects, overdoses and drug allergies than adults. While most medication "reactions" occur immediately following the first dose, side effects and allergic responses to a medicine can occur at anytime after a dose is given. Have the parents/guardians obtain an additional copy of information about medications you are unfamiliar with from their pharmacist or doctor. The more you know about the potential side effects of a medication the easier it will be for you to recognize them when they occur. Keep a record posted of all known food and/or drug allergies children in your care are reported to have and check that record before giving any medication.

Medication doses prescribed for children are based on their body weight and age. For this reason all prescription medication you are asked to give must be supplied in the original container with the child's full name and must be given exactly as directed on the label. Know the abbreviations for tablespoon (Tbsp) and teaspoon (Tsp). Don't confuse them. Liquid medicines usually come with a cup, dropper, spoon or syringe to help measure the right dose. Never guess or estimate the amount of medicine to give. Never use a kitchen spoon or utensil to measure medication.

Record all dosages of medicines administered to prevent duplication and/or overdose. Never give two medicines at the same time unless you have written instructions from the doctor or pharmacist to do so.

Use caution when giving non-prescription, over-the-counter (OTC) medicines to children. These are serious medicines. Read the label every time. Give only as instructed on the label. If the label says not to give to children under a certain age or weight—then don't.

Follow the "keep out of the reach" warning for all medications. Use child-resistant caps and re-lock the caps after each use. Be especially careful with iron-containing vitamins or supplements - they are the leading cause of accidental poisoning deaths in children under the age of three.

If you have health and safety questions, need a Good Health Handbook, or an updated immunization record on a child contact the Child Care Health Consultant at 918-458-7614 x255.



PARENT PAGE

TIPS FOR COUNTERING PARENT BURNOUT

The qualities of sensitivity, commitment, enthusiasm, and compassion that most good parents possess also make them more likely to burn out.

Here are some steps to help you avoid the burnout trap:

* Distance yourself from the role of parent sometimes.

It is impossible to remain fresh and responsible as a parent unless you periodically take a break from the job. You need time alone, and you need time alone with your spouse or significant other.

Your two-year-old will not be traumatized if you leave her in the YWCA/YMCA nursery for an hour while you swim laps.

The six-month-old infant, given a bottle and a loving sitter, will not mind when you and your friend go out for Chinese food.

* Care for yourself physically.

Burnout is both a physical and emotional illness. One obvious suggestion is to get adequate sleep. But what about the more subtle elements in your life that may be wearing you down?

How much caffeine are you taking in? What about cigarettes? Prescription and nonprescription medications? Excessive dieting? Diet pills?

* Talk to other parents.

Talk to older parents and find out how they survived the tough times with young children.

Talk to parents who are your own age, and you'll find that everyone has mostly the same problems.

Talk to younger parents and offer your wisdom and encouragement.

Becoming a parent makes you part of a unique group of highly stressed, emotionally needy individuals. Talk is cheap. Yet it can bring you the richest rewards in terms of relief, rejuvenation, and re-direction.

From GROWING TOGETHER, February 2003



EFFECTIVE PARENTING

Developing effective parenting skills is not easy. It is an endeavor that demands constant effort. But the effort is worthwhile because it will help a child become socially well adjusted...and it will also increase the joy of parenting.

Here are four basic principles that are worth repeating:

1. **Be prepared.** Try to anticipate problems, if possible. Many unpleasant situations can be avoided if appropriate, preventive measures are taken.

For example, if you anticipate unacceptable behavior from your child while shopping in the grocery store, be sure to talk with him about what is acceptable behavior before you leave for the store.

2. **Be specific.** Even though a parent knows what unacceptable behavior is, a child may not. Therefore, be as specific as possible in describing these actions.

For example, at the grocery store, it is not acceptable to run in the aisles or grab food containers from shelves.

3. **Be fair.** As far as possible, make known to the child in advance what specific reward will be given for good behavior and what specific punishment will follow bad behavior.

4. **Be consistent.** Although a parent may be in a good mood one day and in a bad mood the next, children are not able to "read" these feelings. So it is important to maintain consistent behavior from one day to the next and from one situation to another.

For example, if it is unacceptable behavior to run and shout in the grocery store aisles today, it is also unacceptable next Tuesday.

From GROWING TOGETHER, February 2003

*Feel free to copy this page
to share with parents*

STATE AND NATIONAL CONFERENCES

- April 6-12** Statewide 'Week of the Young Child' activities.
- April 18-19** Oklahoma Child Care Association Spring Conference - "Changing the Future - Today" at the Oklahoma City Renaissance Hotel and Cox Business Convention Center. Contact Beverly Wills at OCCA (405) 691-4075 or 1-800-580-4181.
- April 15** SATTRN Training - Communicating to Build Strong Parent Partnerships
- April 25** Family Matters Conference at St. Luke's United Methodist Church, OKC. Presenter will be Stephen Nowicki, Jr., Ph.D.
- April 25** Annual Administrator's Institute to be held in Oklahoma City at the Hilton Northwest. For more information contact Sherri Bradfield at (405) 799-6383.
- May 8** Leadership Connections: A Conference for Early Childhood Administrators. Contact Jill Bella at the Center for Early Childhood Leadership, National - Louis University 1-800-443-5522, ext. 776.
- May 21-23** Engaging Leaders: Building Bright Futures for Young Children, United Way, Success By Six, Bank of America, Families and Work Institute and Smart Start. Charlotte, NC. Contact Allyson Cline at (703) 836-7100 ext. 262 for more information.
- July 11-12** 10th Annual Statewide Family Child Care Conference, "Family Child Care: Making a Difference in the World." Call the Division of Child Care at (405) 521-3561 for more information.

April Is...



National Library Week

April 6 - 12

National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April. It is a time to celebrate the contributions of our nation's libraries and librarians, and to promote library use and support. If possible, take the children on a field trip to the library and encourage parents to take regular trips to a nearby library.

National Infant Immunization Week

April 13 - 19

Review your immunization records and provide parents with information on the need for timely and appropriate immunizations for their children. The locations for local no-cost services are also helpful. Contact your county health department about the possibility of an immunization event at your center or for the location of nearby clinics for parents to utilize. Many communities hold special immunization events in April.



Playground Safety Week

April 21 - 25

If you ask a child "What is a playground for?" the answers would reflect playing, climbing, jumping, and just having fun. Child care providers understand the importance of outdoor play, but must think of safety first. According to the National Association for the Education of Young Children, a playground must have adequate supervision, well thought out design and detailed installation, as well as regularly scheduled maintenance of the equipment. Contact this web site for more information: www.naeyc.org



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