

DINIYOTHLI KANOHEDA

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

Volume IX, Issue I

JANUARY 2005

TEACHING SELF-DISCIPLINE: SETTING LIMITS FOR YOUNG CHILDREN

Discipline is teaching. A child is not born knowing what is appropriate and what is not. As adults, we help children learn what behavior is acceptable. The way you communicate limits to your child is important. Here are some suggestions:

- ✦ It's better to be consistent with five rules 100% of the time than with ten rules 50% of the time. Most adults set too many rules.
- ✦ A rule should be: *For ensuring health and safety *Reasonable for a child's age *For the benefit of children as well as adults *Explained to the child
- ✦ Be clear and specific in your instructions. Avoid terms such as "be nice" or "be good." Say instead, "We will go when you are in your car seat, We'll read the story after you brush your teeth. I'll help, People are not for hitting. Use your words", or "Put your toys on this shelf".
- ✦ Eye contact is important. Move close to the child and get on his or her eye level.
- ✦ Use a firm, matter-of-fact but kind voice.
- ✦ Be trustworthy. Say what you mean. Do what you say you will.
- ✦ Do not get personally involved in the situation, for example, saying, "You did this to make me mad."
- ✦ Say things in a positive way, such as, "Your feet go on the floor, not on the chair.
- ✦ Be brief. We often talk too much. Remind once, then calmly move on.
- ✦ Allow the child to express his or her feelings, including negative feelings.
- ✦ Listen when your child talks. A child is more likely to listen and obey when the parent listens to and values the child's feelings and opinions.
- ✦ Show your child you are trying to understand by using "reflective listening." Respond by "reflecting" your child's feelings; for example: "That really made you mad when I told you we couldn't go outside but it's raining," " I know it's hard for you to understand why I need to hold your baby sister so much."
- ✦ Give your child choices when you can. Give only choices you can accept. Even simple choices will help your child feel more in control and therefore, better able to cooperate.
- ✦ Be in tune to your child's feelings, moods and needs. A tired or hungry child is less likely to be agreeable.
- ✦ Avoid the use of labels such as good, bad, dumb, etc.
- ✦ Nagging, yelling, and hitting show a lack of respect for the child. Work to develop a relationship of mutual respect.
- ✦ Time limits often help reduce a child's frustration. Say, for example, "In five minutes it will be time for dinner." The child may not have any understanding of the concept of five minutes, but you are letting him or her know what is upcoming.
- ✦ Keep your expectations for the child reasonable for his or her age.

Remember! You communicate nonverbally as well. Facial expressions, actions, tone of voice and hugs often communicate more than your words to influence a child.

O-SI-YO

by Tina Smith
Resource and Referral Specialist

HAPPY NEW YEAR!

We are currently updating information on all child care programs in our service area. Our contract with DHS requires us to update every program's information at least twice a year. If we are unable to contact you by phone, we will try to contact you by mail. Please feel free to contact us at any time to update your child care information. We want to have current and accurate information to pass along to interested families—plus, we enjoy talking to you!

Remember the Child Care Resource Center will be open extended hours one Tuesday and one Saturday per month. We encourage parents and child care providers to take advantage of these extended hours. You may want to come by and check-out some curriculum books or borrow a video. We also have a die cut machine and a laminating machine available for your use. Parents may need a child care referral or information on the developmental stages of their children.

Please pass the word about our extended hours.

Saturdays 9:00 am—12:00 pm

January 8

February 12

Tuesdays 5:00 pm—8:00 pm

January 18

February 15

WELCOME to our new staff!

We would like to introduce our two newest staff members of the Child Care Resource Center. Wendy Hall-Bevil is a resource and referral specialist in our Tahlequah office and is responsible for assisting with parent referrals, parent follow ups, provider updates, advertising and marketing our services and programs, maintaining our website (www.cherokeekids.net), maintaining the resource library and business and community outreach around child care issues. Her primary focus will be Adair, Cherokee, Muskogee, Sequoyah, McIntosh, Tulsa, Wagoner and Okmulgee counties. Her number is: 888-458-6230 ext. 233.

Cindy Blacksmith is also a resource and referral specialist and she will be located in the Cherokee Nation Jay sub-office along with our child care subsidy and licensing staff, Bessie Guinn and Marilyn Payton. Her duties will be very similar to Wendy's, however, her primary focus will be on Delaware, Mayes, Rogers, Ottawa, Craig, Nowata and Washington counties. This is the first time we have had a staff member located in a satellite office and we hope it will prove to be beneficial to parents and providers alike. Cindy's number is: 918-253-4219.

As we develop this office and this new position, please feel free to call me with any suggestions for making this satellite office work to meet your needs. Please give Wendy and Cindy a call anytime and welcome them aboard.

DINIYOTHLI KANOHEDA
Child Care Programs



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Inside this issue:

Welcome New Staff.....	2
Consultation in Child Care Settings.....	3
Creative Invitations.....	3
January Training.....	4
February Training.....	5
CPR and First Aid Training.....	6
Unique Environments Outreach.....	7



Oklahoma Child Care
RESOURCE & REFERRAL ASSOCIATION, INC.

CONSULTATION IN CHILD CARE SETTINGS AS A MANAGEMENT TOOL

Recent studies have confirmed what we in the child care field have known for some time: more young children are exhibiting challenging behavior, families with children in child care are experiencing more stress, and providers are feeling more pressed to provide services for which they are not fully prepared. One tool child care center directors have at their disposal is child care consultation.

WHAT IS CHILD CARE CONSULTATION?

Definition: An opportunity to have a trained consultant visit a facility on a regular basis to support the staff in dealing with children and families under stress and help to maintain a more stable and stress-free setting.

Purpose: Child care consultation seeks to accomplish one or more of the following goals:

- Maintain children in child care who are in danger of being expelled
- Support staff that care for children
- Connect staff and families to resources
- Assist with room arrangement and program planning
- Model positive behavior and guidance techniques
- Model prevention by showing staff how to promote well being in children
- Offer observation and referral when necessary
- Be available to families of children in child care through consultation and parent meetings

HOW CAN I GET THE SERVICE?

Centers with an OKDHS child care subsidy contract in one of the following counties are eligible:

Beckham	Delaware	Okmulgee
Cleveland	Kay	Ottawa
Creek	Okfuskee	Tulsa
Custer	Oklahoma	Washington

HOW MUCH DOES IT COST?

Services are free to facilities in the eligible counties thanks to a partnership between OKDHS and the Department of Mental Health and Substance Abuse Services.

Before taking the difficult step of removing a child from your center, try using a consultant.

FOR FURTHER INFORMATION...

Contact Dale Wares at the OKDHS Division of Child Care, 1-800-347-2276, or Fran Morris at 1-405-525-2737.

Creating Invitations for Learning

In the **Beginnings Workshop** on "Environments to Engage Children" in the May/June 2004 issue of **Exchange**, Deb Curtis offers a wide variety of ideas on invitations to children "to wonder, explore, and create in as many ways as possible." She identifies the following "principles for designing invitations":

Exploring: Children are drawn to the sensory aspect of materials.

Principle: Look for collections that have textures, interesting surfaces for touching or looking at or looking through, things that make sounds or move in interesting ways. Natural materials are always a good source for this kind of exploration.

Transforming: Children are completely mesmerized with transforming materials and rearranging the world around them.

Principle: Look for materials and substances that can be changed, moved, reconfigured, or otherwise have some kind of cause and effect quality.

Organizing and Designing: With an interesting, varied collection of materials preschool children will organize them by their attributes or use them in beautiful designs.

Principle: Find collections of materials that have similarities and differences and can be used for sorting, patterning, and designing.

Building and Constructing: Young children like to put things together in relationship to each other, to connect things to other things, and to use building and construction materials to represent many aspects of their ideas and understandings.

Principle: Along with typical early childhood construction materials, seek out interesting shapes and sizes of items for building as well as things that can be used to decorate constructions. I also look for loose parts and recycled materials that resemble parts of something else, such as an airplane wing, a boat shape, or a dinosaur's scales.

Dramatizing: With limited props preschool-age children will turn anything into dramatic play.

Principle: Keep an eye out for props and figures that can be added to any of the above background materials for an adventure or story.

Drawing: Drawing is a natural medium for young children to express their ideas.

Principle: Regularly provide tools for children to draw and write as a part of invitations.

Reading: Children will thoughtfully study books and visual information related to a collection of props they have been using for exploring and representing.

Principle: Include resource books, stories, photos, posters, diagrams, and instructions to enrich the use of the materials by offering new suggestions and extensions, and support the development of literacy skills.

(Taken from: *Exchange Every Day* at www.childcareexchange.com)

JANUARY TRAINING

January 4,6 & 11

TAHLEQUAH—CCRC

Time: 6:00 pm—9:20 pm

Movement Experiences (content area #2, 10 hours)—A methods class on how to provide movement experiences in a daily program for young children. Includes classroom learning activity cards. Trainer: Gaynia Jones. **Fee: \$10. Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

January 6,11 & 13

MUSKOGEE—MRMC

Time: 6:00 pm—9:20 pm

Child Development II (content area #7, 10 hours)—Focuses on four aspects of development—physical, mental, social and emotional. The content shares information on observing and recording children's development; emphasizes careful observation of behaviors indicating growth; provides suggestions for enriching development through play; gives specific assistance on supporting play for each aspect of development. Trainer: LaDonna Cooper. **Please contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

January 6,13 & 20

VINITA—HALL HALSELL ELEMENTARY

Time: 6:00 pm—9:20 pm

Behavior and Guidance I (content area #3, 10 hours) - Suggests ways to encourage positive behavior. Considers caregiver's skills as key to good discipline. Suggests ways to handle difficult situations and explains differences in typical and severe problem behaviors. Trainer: Vicki Toews. **Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

January 12,19 & 26

MUSKOGEE—MRMC

Time: 6:00 pm—9:20 pm

Behavior and Guidance I (content area #3, 10 hours) - Suggests ways to encourage positive behavior. Considers caregiver's skills as key to good discipline. Suggests ways to handle difficult situations and explains differences in typical and severe problem behaviors. Trainer: Sherry Grooms. **Please contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

January 18,20 & 27

MUSKOGEE—MRMC

Time: 6:00 pm—9:20 pm

Movement Experiences (content area #2, 10 hours)—A methods class on how to provide movement experiences in a daily program for young children. Includes classroom learning activity cards. Trainer: LaDonna Cooper. **Please contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

January 27, February 3 & 10

VINITA—HALL HALSELL ELEMENTARY

Time: 6:00 pm—9:20 pm

Behavior and Guidance II (content area #3, 10 hours)—Builds on *Behavior and Guidance* and *Families and Child Care: A Team for Children*. When children display aggressive behavior, there is no quick or easy solution. The child care provider must find the right mix of child development, guiding behavior techniques, working with the family, working with the child, and activities to support the child displaying the aggressive behavior. Trainer: Vicki Toews. **Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

CLASS REGISTRATION CHANGES!

Beginning October 1, 2004 the Cherokee Nation Child Care Resource Center implemented a "**Registration fee**" policy.

The registration form and the registration fee must accompany all enrollment requests. Enrollment must occur at least one week prior to the class. There will be no refunds. You may send a replacement staff person.

The range of fees will vary depending on the type of class. The amount for each class will be listed in the newsletter. (Fees are subject to change.)

Registration confirmation will be by phone or mail. A waiting list will be maintained to fill any vacated slots. If the class is full your fee will be returned to you after the class has started.

Enrollment form:

Name: _____ Phone number: _____
 Address: _____ City: _____ State: _____ Zip: _____
 County: _____ Facility name: _____

Class Title: _____
 Location: _____ Time: _____ Beginning Date: _____ Registration fee: \$ _____

Send registration fee and above form to:

Cherokee Nation Child Care Resource Center

Attn: Edna Jones

PO Box 948

Tahlequah, OK 74465

FEBRUARY TRAINING

February 1,3 & 8

TAHLEQUAH—CCRC

Time: 6:00 pm—9:20 pm

Language (content area # 2, 10 hours) - A methods class introducing and promoting language skills for infants through young children. Trainer: Gaynia Jones. **Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

February 1,3,10,17 & 24

MUSKOGEE—MRMC

Time: 6:00 pm—10:30 pm

ELCCT (Entry Level Child Care Training) (content area #6, 20 hours) - 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. The course contains information and learning activities that stress the importance of the caregiver and child care work. Trainer: LaDonna Cooper. **Fee: \$20 Please contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

February 2,9,16 & 23

MUSKOGEE—MRMC

Time: 6:00 pm—10:00 pm

Preparing for CDA (content area #6, 16 hours) - Assists the caregiver in gaining an understanding of the requirements of the Child Development Associate Direct Assessment Process. Provides opportunities for development of the Professional Resource File. The text for this course serves as a companion resource for the CDA Competency Standards Books. Trainer: Sherry Grooms. **Please contact Sherry Grooms, MRMC, at (918) 458-2448 to register.**

February 3,10 & 17

GROVE—HIGHER EDUCATION CENTER

Time: 6:00 pm—9:20 pm

Child Development 1 (content area # 8, 10 hours) - 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. Trainer: Linda Buzzard. **Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

February 8 (beginning date)

OKMULGEE—GREEN COUNTRY TECH CENTER

Time: 6:30 pm—9:00 pm

Behavior and Guidance II (content area #3, 10 hours)—Builds on *Behavior and Guidance* and *Families and Child Care: A Team for Children*. When children display aggressive behavior, there is no quick or easy solution. The child care provider must find the right mix of child development, guiding behavior techniques, working with the family, working with the child, and activities to support the child displaying the aggressive behavior. Trainer: Melody Watson. **Fee: \$20 Call (918) 756-1334, ext. 224 to register.**

February 17,24 & 28

VINITA—HALL HALSELL ELEMENTARY

Time: 6:00 pm—9:20 pm

Families and Child Care: A Team for Children (content area #4, 10 hours)—Provides caregivers with insights for developing strategies to work more effectively with the parents and families of children in their care; assists in fostering an attitude of better understanding and spirit of cooperation between parents and caregivers. Trainer: Vickie Toews. **Please contact the Child Care 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.

*Hall Halsell Elementary School is located at 402 W. Clyde in Vinita.

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

*Green Country Technology Center is located at 1100 North Loop 56 in Okmulgee.

*Grove Higher Education Center is located at 1201 NEO Loop in Grove.

Cherokee Nation facilitates training by recruiting educators employed by other agencies.

Ideas and practices presented are not necessarily endorsed by the Cherokee Nation Child Care Resource Center.

COMING IN MARCH:

March 1,3 & 8

Daily Program for Infants and Toddlers—Tahlequah

March 3,10 & 24

Daily Program for Infants and Toddlers—Vinita

March 7,9,14 & 16

ELCCT—Tahlequah

March 31, April 7 & 14

Daily Program for Young Children 3 to 6—Vinita

CPR AND FIRST AID TRAINING

January 3 **Tahlequah—EMS**
 Pediatric CPR and First Aid Time: 6:00 pm—10:00 pm
(Both for only \$25)

February 7 **Tahlequah—EMS**
 Pediatric CPR and First Aid Time: 6:00 pm—10:00 pm
(Both for only \$25)

Cherokee Nation EMS began a new cost and payment policy on April 1, 2003.

Pediatric CPR is \$20.00 and First Aid is \$25.00. ***(FEE IS NON-REFUNDABLE)***

Cherokee Nation EMS will accept payment for daytime classes, held during office hours between 8:00 am and 5:00 pm, on the day of the scheduled class.

For evening classes, payment must be received before the night of the scheduled class.

Payment can be made during regular office hours or payment can be mailed ahead of time.

THERE WILL BE NO PAYMENT OR REGISTRATION ACCEPTED IN THE EVENINGS.

A minimum of 8 participants must be registered for the training to be held.

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

If you have any questions, please contact Jimmy Summerlin at EMS at (918) 458-5403

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 _____

Unique Environments Outreach
2005 Registration Form
(If you attended this training last year, please consider allowing others to attend)

Copy & mail this part for EACH person.

Name: _____

Position: _____

(Circle ONE) Center or Home Provider

Provide Business Name & Address:

 ZIP _____

DAY Phone: () _____

I would like to attend the April 2nd
OUTREACH training session.

I will also attend the observation day
 held at **Special CARE** in OKC on:

_____ (1st Choice)

_____ (2nd Choice)

_____ (3rd Choice)

MAIL REGISTRATION FEE & FORM TO:

Cherokee Nation CCR&R
 Attn: B. Tobey
 P.O. Box 948
 Tahlequah, OK 74465

Plan to attend

Unique Environments Outreach - 2005

An 8-hour course for including
Children with Disabilities
 in Child Care Programs

The Unique Environments Resource Manual & Certificate will be provided

upon completion of the Outreach session.

Video topics address:

- ◆ Care needs and group environments
- ◆ The parent's perspective
- ◆ A therapeutic approach for children who need PT, OT and/or Speech Therapy

Register Now for SATURDAY

April 2, 2005

8:00 AM – 5:00 PM

An **optional** 4-hours training credit is possible through an **Observation Day at Special CARE.**

This half-day session will provide first-hand experience with children who have a wide range of needs as they learn and play with children without disabilities. This portion is only available to those who have attended the Outreach session.

Classroom Observation in OKC

8:30 AM – 12:30 PM

(Choose from ONE of the following dates:)

4/19/05 4/20/05 4/21/05

More information for you:

This course will be held at:
 Cherokee Nation CCR&R
 Sequoyah High School Campus
 16947 W. Cherokee

TAHLEQUAH, OK

Regional Oklahoma Child Care R&R

Agencies are coordinating the training sites & participant registration. Please call **888-458-6230** if you have any questions.

- ❖ Participants must be employed in a licensed childcare center/home as an Administrator, Teacher or other Classroom Caregiver.
- ❖ A **\$15.00 registration fee** is required for each person and will be **refunded** by mail for those who attend.
- ❖ Your registration will be confirmed by phone call.
- ❖ Lunch will be on your own.
- ❖ Sessions will begin promptly.
- ❖ A **substitute stipend of \$41.20** is available if attending the **weekday** observation at Special CARE in Oklahoma City. This will be made payable to the center or home upon participant completion of the course.

Special CARE, Inc. is a private, non-profit, Licensed, 3-Star, CECPD Model Observation Site and NAEYC accredited childcare center in Oklahoma City. Two-thirds of Special CARE's population have a developmental disability while one-third are children who are developing typically.

Funding for this program has been provided by the **Oklahoma Division of Child Care**. The course meets training requirements for DHS special needs rates. Training hours can be applied toward the Reach for the Stars Program.



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