

# DINIYOTHLI KANOHEDA

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

Volume VIII, Issue III

MARCH 2004

## POISON PREVENTION

Poison Prevention Week is March 21—27. The ongoing theme is "Children Act Fast...So Do Poisons." Be safe. Poison proof your home. Just walk through each room and see if any of the following dangers are present. When you can answer "Yes" to all questions, your house is poison-proofed.

### **KITCHEN**

- \*Are cleaning products stored out of reach or in locked cabinets?
- \*Are medicines stored in high cupboards and off counters and windowsills?
- \*Are cleaning supplies stored away from food?
- \*Do harmful products, such as drain cleaners and furniture polishes, have child-resistant packaging?
- \*Are potentially harmful products stored in their original containers so someone will not mistake them for food or something good to drink?
- \*Do you rinse out bottles before throwing them in the trash?

### **BEDROOM**

- \*Are medicines kept off dressers and bedside tables?
- \*Are all perfumes and cosmetics out of reach?
- \*Have you removed all medicines from unused purses?

### **BASEMENT / LAUNDRY**

- \*Are soaps, detergents, and cleansers stored safely?
- \*Are disinfectants and deodorizers stored safely?
- \*Is paint stored out of reach?

### **BATHROOM**

- \*Are all medicines stored in a locked cabinet or box?
- \*Do you discard old medicines regularly?
- \*Do your medication containers have child-resistant caps? Are the caps tightly screwed on all containers?
- \*Are prescribed medications taken only by the person for whom they are prescribed?
- \*Are your windowsills and tabletops free of harmful products?
- \*Is your bathroom vanity free of beauty supplies?
- \*Is your toothpaste out of reach of your children?

### **LIVING ROOM / DEN**

- \*Are plants safely out of reach?
- \*Are purses and diaper bags out of reach?
- \*Are room fresheners and potpourri products up out of reach?

### **GARAGE**

- \*Are all harmful products like weed-killers, pesticides and fertilizers stored in a locked cabinet?
- \*Do you carefully read and follow instructions on bug sprays and pesticides?
- \*Are products like gasoline only stored in their original containers and not in soft drink bottles?
- \*Do all poisons have child-resistant packaging?

## **OKLAHOMA POISON CONTROL CENTER**

**1-800-222-1222**

**[www.oklahomapoison.org](http://www.oklahomapoison.org)**

More information on page 2

*All information taken from the Home Check List - Oklahoma Poison Control Center*

*For materials, including free packet of handouts, phone stickers, and a home checklist contact the Oklahoma Poison Control Center at (405)271-5454 or 1-800-222-1222.*

## O-SI-YO

by Tina Smith

Resource and Referral Specialist

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

March 13

April 3

Tuesdays 5:00 pm—8:00 pm

March 16

April 20

Upcoming Conferences:

Friday, April 30—Saturday, May 1

Future Full of Promise

18th Annual Statewide Family Child Care Conference  
Hutchinson, KS

For more information contact Becky Stewart at (913) 384-4502 or visit [www.ccpcofkansas.com](http://www.ccpcofkansas.com)

Save the Date:

July 16 & 17, UCO in Edmond

11th Annual Statewide Family Child Care Conference

For more information call (405) 793-9444.

DINIYOTHLI KANOHEDA

Child Care Programs



P.O. Box 948  
Tahlequah, OK 74465  
(918) 458-7613  
888-458-6230  
E-mail: [ccrc@cherokee.org](mailto:ccrc@cherokee.org)  
[www.cherokeekids.net](http://www.cherokeekids.net)

Publisher—Cherokee Nation  
Child Care Resource Center  
Editor—Tina Smith

Diniyothli Kanoheda is published through funding from the U.S. Dept. of Health and Human Services, Administration for Children and Families, Child Care Bureau, the Oklahoma Department of Human Services, Division of Child Care and the Oklahoma Child Care Resource and Referral Association.

## POISON PREVENTION TIPS

- ✧ Lock poisons up out of your child's sight and reach. A tackle or tool box is easy to lock up. Do not turn your back on a child when a poisonous product is within reach. Use child locks on cabinets in all areas of your home.
- ✧ Keep purses and diaper bags out of reach of your child. They may contain medicine.
- ✧ Ask for and use medicines and household products with child resistant packaging. Child resistant packaging only slows children down. Keep medicines out of the medicine cabinet.
- ✧ Always read the label before giving medicine or using chemicals. Check with other caregivers to avoid double doses.
- ✧ Never call medicine or vitamins 'candy'.
- ✧ Medicine should not be taken in front of children. They like to imitate.
- ✧ Keep indoor plants out of reach of children, and keep an eye on children playing outdoors. Know the names of the plants in your house and yard.
- ✧ Put poisons away after using them. If you are using a household product when the phone / door bell rings, take it with you. Properly and quickly dispose of products from do-it-yourself projects, including paint removers, gasoline and anti-freeze.
- ✧ Keep products in their original containers.
- ✧ Store toxic products away from food or drinks.

**IF SOMEONE IS POISONED IN YOUR HOME CALL THE OKLAHOMA POISON CONTROL CENTER. SPECIALLY TRAINED PHARMACISTS AND NURSES ARE WAITING TO ANSWER YOUR CALL!**

**1-800-222-1222**

Inside this issue:

Poison Prevention Tips.....	2
Oklahoma Child Care Warmline.....	3
March Training.....	4
April Training.....	5
May Training.....	6
CPR and First Aid Training.....	7



Oklahoma Child Care  
RESOURCE & REFERRAL ASSOCIATION, INC.

# CHILD CARE WARMLINE

## 1-888-574-5437

The Warmline for Oklahoma Child Care Providers offers free telephone consultation to child care providers on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.

*I'm concerned about a child's development.  
How can I talk to parents about my concerns?  
This child is out of control. What can I do?  
What can I do about a child biting other children?  
How can I tell if a child has a ringworm?*

Help for those puzzling questions...

Anyone who cares for children needs someone to talk to occasionally about those puzzling questions regarding behavior, child development, health, safety, working with parents...and more.

The Child Care Warmline is as close as a telephone and is available to help child care providers find solutions to the daily dilemmas of caring for children.

Trained professionals in child development, guidance, parent education, and health and safety are available to assist providers in finding the answers to questions and resources they need to provide quality care for children. Consultants are available Monday through Friday from 8:00 am until 5:00 pm. Messages left after hours will be answered as soon as a consultant is available.

Coming Soon...

Pre-recorded messages on a variety of topics related to child care, health, and development will be available 24 hours a day. There will also be web site access at:

<http://www.health.state.ok.us/program/mchecd/index.html>

### A CONSULTANT CAN HELP!

- ☺ Clarify a problem.
- ☺ Provide information, including printed materials, if available.
  - ☺ Help generate ideas and solutions.
- ☺ Offer guidance on developmentally appropriate practices.
- ☺ Provide referrals to meet individual needs and requests.
- ☺ Direct providers to relevant resources to assist with a concern.
  - ☺ Provide follow up when needed.

The Warmline is a service provided by Child Guidance Service, Oklahoma State Department of Health, and the Division of Child Care, Oklahoma Department of Human Services. Call us at:  
1-888-574-5437







# CPR AND FIRST AID TRAINING

March 2	<b>Tahlequah—EMS</b> Pediatric CPR	Time: 6:00 pm—10:00 pm
April 5	<b>Tahlequah—EMS</b> First Aid	Time: 6:00 pm—10:00 pm

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)**  
 Pre-payment is required and must be received  
 at Cherokee Nation EMS 5 days prior to the date of the scheduled training.  
 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 \_\_\_\_\_



DINIYOTHLI KANOHEDA  
Cherokee Nation  
Child Care Resource Center  
P.O. Box 948  
Tahlequah, OK 74465  
(888)458-6230

PRSRT STD  
U.S. POSTAGE PAID  
TAHLEQUAH, OK  
PERMIT # 299