

DINIYOTHLI KANOHEDA

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

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AUGUST 2003



2003 Oklahoma Child Care Portfolio

The Oklahoma Child Care Resource & Referral Association, Inc., has announced the publication of the 2003 Oklahoma Child Care Portfolio, a 128-page compilation of information and statistics depicting the status of child care in Oklahoma. This report brings together for the first time data from all 77 counties in Oklahoma. By providing extensive information, county-by-county and statewide, it will assist in the evaluation and improvement of options for working parents and their children.

The most recent census (2000) counted over 630,000 Oklahoma children twelve years old or younger, almost 60 percent of whom live in families where both parents or a single head of household work outside the home. By contrast, only about 130,000 slots are available in licensed facilities statewide, amounting to a ratio of 2.7 children in need of care for every licensed, available space.

Parents who must work to make financial ends meet obviously need accessible, affordable care that provides a safe, healthful environment for their children. Studies have shown that some 90 percent of human brain growth occurs in the earliest years. The care environment should therefore be enriched with age-appropriate educational stimuli that can develop each child's capabilities for school, future employability and life in a complex society.

From an economics perspective, surveys have indicated that parents whose children are in reliable, nurturing care have lower absence rates from work and are free to focus on their jobs during duty hours. It behooves employers, then, to contribute to the solution of child care issues in order to create a favorable impact upon the current and future workforce.

The data contained in the newly released Portfolio will assist civic leaders in their assessment of the availability, quality, and cost of child care in their communities and can serve as a starting point in their formulation of effective strategies for improvement.

"With this report, Oklahomans who realize the favorable impact of affordable, high-quality child care upon the economic well-being of their communities will find it much easier to begin addressing the relevant issues," said Gail Upton, Executive Director of the Oklahoma Child Care Resource & Referral Association. "In the past, employers, social service professionals, community leaders and others seeking to examine the problem had to compile information from multiple sources and try to make rational sense of it. This publication should not only save everyone a great deal of time, but should also help ensure that inferences and interpretations of the information will be sound. It is important to note that the contents of the Portfolio will also be available online for downloading and printing."

To view the Portfolio online visit www.oklahomachildcare.org . If you have any questions or comments about the Portfolio you may contact Bridget Tobey, Cherokee Nation Child Care Resource Center, at (918) 458-7613.

DHS Website

Have you checked out the Division of Child Care website lately? If not, you need to take a look—www.okdhs.org/childcare . The website has a new look, is easy to navigate, and contains great information. Below is some information from the *Literacy* section.

How Can I Encourage Pre-Literacy?

Make Reading Part Of Every Day.

Read a book at bedtime or while riding the bus; read the signs on stores and on the street.

Have Fun With Books.

Children who love books learn to read. Make reading a book a special time with your child.

A Few Minutes Is OK.

Most young children can only sit a few minutes for a story, but as they grow, they'll sit longer.

Talk About The Pictures.

You don't have to read the words to tell the story.

Let Your Child Turn The Pages.

Babies can turn the pages of a board book; preschoolers can turn regular pages.

Show Your Child The Words.

Run your finger under the words as you read them.

Make The Story Come Alive.

Make up voices and use your body to tell the story.

Ask Questions About The Story.

What's in the picture? What letter is this? What's going to happen next? What was the story mostly about? What is the most important part of the story? Why do you believe it is important? Tell what happened at the beginning, in the middle, and at the end of the story.

Let Your Child Ask You Questions About The Story.

Let Your Child Tell The Story.

Children as young as three can memorize a whole story; younger children can tell the story in their own words.

**YOU ARE HELPING YOUR CHILD
BECOME A READER!**

Oklahoma Child Care Website

Another great website to visit is the Oklahoma Child Care Resource & Referral Association's site—www.oklahomachildcare.org .

On this website you can view the newly released 2003 Oklahoma Child Care Portfolio. The Portfolio contains data and statistics on child care for all 77 counties in Oklahoma. It is a great tool to use if you need specific information.

The website contains sections for Families, Providers, and Communities/Employers. It also contains a section of Training Opportunities and Conferences. There are many links that lead to resources on child care, children and families.

Center for Early Childhood Professional Development (CECPD) Website

Do you need training in your area? Do you have questions about the Child Development Associate (CDA) Credential? Do you need more information on the T.E.A.C.H. and R.E.W.A.R.D. programs?

You can find the answers to these questions and many more by visiting the CECPD website at www.cecpcd.org . The website contains information on all of the programs administered by CECPD. There is also information about the video lending library, rating scales, literacy programs, and access to a training and conference calendar.

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O-SI-YO

by Tina Smith
Resource and Referral Specialist

Hi everyone! The lazy days of Summer Break, or the busy days of Summer Break, however you see it, are almost over. It is time to think about children going back to school. Below are a few tips taken from the Child Care Providers' Health and Safety Resource Calendar.

BACK TO SCHOOL...

Those three little words can trigger excitement in some children and dread in others. Children who are starting school for the first time may be particularly uneasy. Children need to be prepared for this giant step.

- *Talk about school in a positive way!
- *Have play materials for pretend school.
- *Read books about going to school.

Encourage parents to:

- *Walk or drive by the school occasionally.
- *Start getting bedtime back on track, if needed.
- *Find out what day you can go in to meet the teacher and see the room.
- *Read stories about children starting school.

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.

BARTLESVILLE AREA

Cherokee Nation Child Care Services Eligibility Staff will not be taking applications in the Bartlesville Office on Monday, September 1, 2003 due to the Labor Day Holiday. However, an Eligibility Specialist will be in the Bartlesville Office on Wednesday, September 3 to assist clients. If you have any questions feel free to contact Child Care Services at (918) 458-4444 or toll-free at 1-888-458-6230.

NEWSLETTER

Do you have access to a computer and e-mail? Would you like to receive our newsletter via e-mail? Our newsletter is already available online at www.cherokeekids.net. However, we would like to offer you the opportunity to receive the newsletter thru e-mail. During this time of budget cuts we are looking for creative ways to maximize our dollars while providing high-quality services. If you would be interested in receiving the newsletter via e-mail, instead of regular mail, please let us know. You may contact us by phone at (918) 458-7613 or toll-free 1-888-458-6230 or send an e-mail to ccrc@cherokee.org.

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AUGUST IS...

Children's Eye Health & Safety Month

For information on eye health and safety visit www.preventblindness.org or contact the Lions Club of Oklahoma at (405) 947-6540.

National Immunization Awareness Month

Each year the Partnership for Immunization (NPI) develops and disseminates a promotional kit with suggested activities, recommendations and immunization information. To access this information visit www.partnersforimmunization.org or call (703) 836-6110.

PROVIDING QUALITY CHILD CARE FOR CHILDREN WITH SPECIAL NEEDS

Parents and guardians want safe, healthy places where their children can learn how to make friends and get the best start for their young lives. That's equally true for parents whose children have special needs because of disabilities or chronic illness. As a child care provider interested in quality child care, you can make a real difference. You already know that every child is unique and valuable. By welcoming and including children with special needs as part of your program, the benefits can add up quickly:

- ◆ For the child with special needs, you offer chances to interact with other children, to have some typical childhood fun, to make friends, and to have countless chances to learn new skills.
- ◆ For the other children, you provide daily proof that being different is no big deal.
- ◆ For the parents of children with special needs, you provide a vital service so they can once again work, run errands, shop—do all the things any parent does.
- ◆ To enrich your own teaching, you'll gain new knowledge about child development, and, in some cases, you can learn additional skills by working closely with specialists.

By taking a few simple steps to provide "inclusive child care," you also ensure that your program meets the requirements for federal laws. A program that is good for any child in your care is a program that is well on its way to quality care.

Inclusion is for everyone...

No one likes to be left out. That fact is at the heart of what is called "inclusion" - to welcome and to include all children. You already have what it takes to be inclusive if you treat each child as an individual with unique needs, likes, dislikes, and abilities. Parents are simply looking for the right people and programs that will help their child learn and grow in a safe and comfortable place. In fact, many children with disabilities will require only a few accommodations to participate in your child care program.

You can do this...

An inclusive child care program looks a lot like any other quality child care program. Children with or without disabilities interact together and follow a routine. Depending on the needs of the children, some activities and routines are adapted from time to time to make sure every child benefits from participation. Some children with disabilities receive specialized services, including physical, developmental, and occupational therapy. These specialized services do not replace a family's need for child care. Families and specialists may be interested in providing services to children while he or she is in your care.

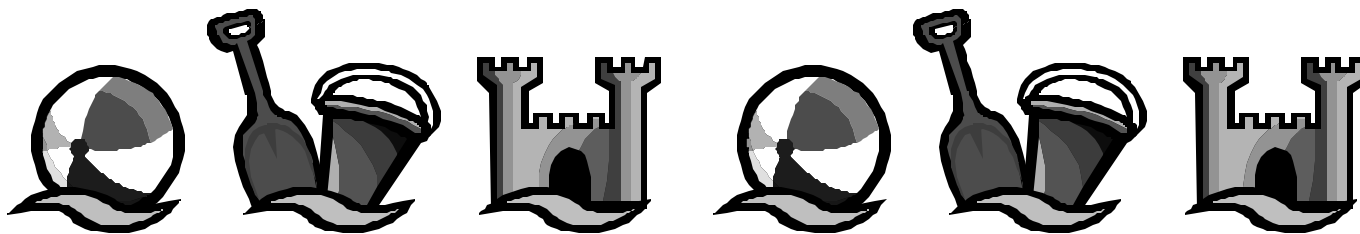
Child care providers frequently find that these specialists can be wonderful resources. For example, the specialists can help you figure out how to adapt your daily routines. You can learn even more about the child's specific needs from them. Children with disabilities can use most toys, equipment and play materials. The child's family is often able to help you make adaptation, provide special items the child needs, demonstrate any special skills for working with the child, and assist in finding ways to modify the environment so the child can participate.

Words count...

You can also be more inclusive by watching your language. You can help the children in your care understand that all children deserve to be treated fairly by being a good example for them.

- ◆ Make sure you are modeling acceptance of all children by treating children with disabilities with the same respect you give other children.
- ◆ Make sure your talk puts the child first and his or her disability second ("child WITH asthma" instead of "an asthmatic" or a "child WITH Down Syndrome" instead of "a Down's child").

For more information about free workshops and other resources in your area to support you as you include children with special needs, call the Oklahoma Child Care Resource and Referral Agency at 1-888-962-2772.



AUGUST TRAINING

Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register for classes listed below (unless otherwise stated).

August 11

TAHELQUAH—CCRC

Time: 6:00 pm—7:30 pm

Food Handlers Training—Provides information on handling and serving food in child care settings.

August 12,14,19 & 21

MUSKOGEE—MRMC

Time: 6:30 pm—9:00 pm

Health and Safety—Helps plan for children's health and safety; contains guidelines for providing safe places for young children; teaches how to help children learn good habits; discusses common illnesses and emergency procedures; suggests ideas for communication with parents. **Contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

August 18,21,25 & 28

VINITA—CHRISTIAN CHILD CARE 2

Time: 6:00 pm—8:30 pm

Families and Child Care: A Team for Children—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.

August 19,21,26 & 28

MULDROW—STEPPING STONES

Time: 6:00 pm—8:30 pm

Health and Safety—Helps plan for children's health and safety; contains guidelines for providing safe places for young children; teaches how to help children learn good habits; discusses common illnesses and emergency procedures; suggests ideas for communication with parents.

August 19,21,26 & 28

TAHLEQUAH—CCRC

Time: 6:00 pm—8:30 pm

Intro to Nutrition—Presents information on food groups, dietary guidelines and effects of nutrition on health and growth. Explores meal planning, serving sizes and tips for feeding infants and toddlers. Suggests ways to guide mealtimes with children who are challenging eaters and for children with allergies. Provides activities and tips for classroom cooking experiences with young children.

August 28

TAHLEQUAH—CCRC

Time: 6:00 pm—7:30 pm

CACFP (Child and Adult Care Food Program) Training—An overview of the CAFCP including discussion of forms, what foods are considered reimbursable, and reimbursement procedures.

August 12

NORTHEAST TECHNOLOGY CENTER—PRYOR

CDA Block 3—Families, Including Children with Disabilities, and Movement. For more information contact Northeast Technology Center, Pryor, South Campus at (918) 825-5555. Cost is \$38.00 per block of classes.

SEPTEMBER TRAINING

Contact the Resource Center at (918) 458-7613 or 1-888-458-6230
to register for classes listed below.

September 9,11,16 & 18

CLAREMORE—HOMESPUN DAYCARE

Time: 6:00 pm—8:30 pm

Child Development—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 children's abilities.

September 22,25,29 & Oct. 2

VINITA—CHRISTIAN CHILD CARE 2

Time: 6:00 pm—8:30 pm

Language—A methods class introducing and promoting language skills for infants through young children.

September 23 & 30

GROVE—JACK AND JILL'S

Time: 6:00 pm—8:00 pm

Theme Based Activities—Training designed to improve the quality of school-age programs by setting up clubs or themes. Participants will learn how to energize their school-age programs by providing fun, theme based activities. Activities are geared toward the unique interests and needs of school-age children.

Location Information

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

*Christian Child Care 2 is located at 616 W. Delaware in Vinita

*Homespun Daycare is located at 305 S. Chickasaw in Claremore.

*Jack and Jill Day Care Center is located at 701 S. Center in Grove.

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

*Stepping Stones is located at 106 S.W. 3rd St. in Muldrow.

August 23, 2003

Altus, Bartlesville, Enid, Idabel, Lawton, MWC, Muskogee, Norman, Ponca City, Tahlequah, Tishomingo, Tulsa, Weatherford, Wetumka, Wilburton, and Woodward

CECPD Director's Training Videoconference, "Early Literacy Partnerships: Supporting Teachers and Families." Pre-register by calling (405) 325-2248.

September 27, 2003

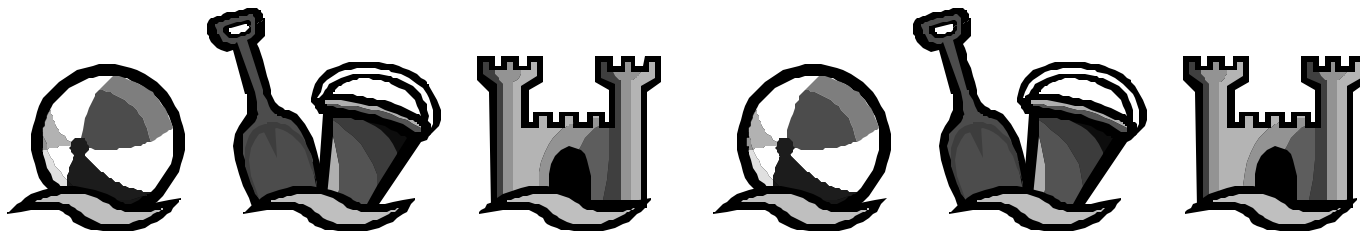
Statewide

Training for Family Child Care Homes. "Self-Assessment & the Family Day Care Rating Scale" from 8:45 am—1:30 pm. Contact CECPD for more information.

October 25, 2003

Statewide

Director Training for Centers. "Self-Assessment & the Environment Rating Scales for Centers" from 8:45 am—1:30 pm. Contact CECPD for more information.



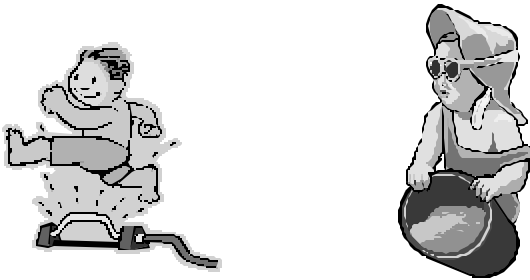
ACTIVITY TIME

WATER, WATER, WATER...

It is still very warm outside, so provide the children with some fun water play activities. Use some of the ideas listed below, or create your own. The main objective—Have Fun!!

? Move your sand or water table outside. Fill the table with water. Add ice cubes for a cold sensory experience. You could also fill the table with shaved ice.

? Add assorted containers to the water table. Children love to pour water in and out of different types of containers. (Plus, you can reinforce the concepts of empty/full, deep/shallow, and cold/hot.)



? Provide the children with a bucket of water (pretend it is paint) and large paintbrushes. Let them paint the sidewalk or fence.

? Have a pretend "carwash". Fill buckets with soapy water and provide old rags. Use this time to wash outside toys (like cars, tricycles, wagons, etc.). You could also bring the children's chairs from inside and have a "chairwash".

? Provide spray bottles for each of the children. Fill them up and take them outside. (For a cooler experience, fill the bottles early in the day and put them in the refrigerator until outside play time.)

COOL TREATS...

It is not too late to try some tasty, cool treat recipes. Use the recipes below, or substitute your own ingredients.

Tropical Cooler

Juice from 2 oranges
 Juice from 1 lemon
 1 banana
 One 8-oz. can of pineapple,
 with juice
 2/3 cup pineapple juice concentrate

Put all ingredients in a blender with a cup of crushed ice. Blend until smooth. Pour into paper cups. Freeze until firm and eat with a spoon.



Orange Cream Smoothie

1 cup of orange juice
 4 scoops of vanilla frozen yogurt (or ice-cream)

Combine ingredients in a blender or food processor. Blend until creamy.

Ice Cream Sandwiches

Graham crackers
 Frozen yogurt

Spread frozen yogurt on two graham crackers. Put crackers together to make sandwich. Place in freezer until snack time.

Bubbly Drink

Frozen apple or grape juice
 Seltzer

Mix apple or grape juice according to directions but use seltzer instead of plain water to make a bubbly drink that children will enjoy.



NURSE NOTES

WHAT'S THE BIG DEAL ABOUT HANDWASHING?...

You can't pick up the newspaper or watch TV without hearing about severe acute respiratory syndrome, or SARS. In just the past few months, this serious illness has spread to many countries and scientists continue to be puzzled about what course this disease will take in the future. When it comes to preventing SARS, however, scientists aren't puzzled about the value of one very effective measure—handwashing. In fact, the most important thing people can do to prevent getting sick is to wash their hands. By frequently washing hands, we wash away bacteria, viruses, and other germs that we pick up from other people, from contaminated surfaces, or from animals and their wastes. If these germs aren't washed off our hands, we can infect ourselves when we touch our eyes, nose, or mouth, and we can also transmit these germs to other people by touching them or surfaces that they might touch. It is important to remember that handwashing works to prevent a wide range of illnesses, from colds to hepatitis A to infectious diarrhea and meningitis.

While handwashing is easy to do, most people don't do it often enough. For example, it's estimated that one-third of people do not wash their hands after using the restroom, and people often forget to wash their hands in other situations where they might come in contact with germs. To help both children and adults remember when it's important to wash, hang posters in restrooms, eating areas, diaper changing areas, and where animals are kept!

Reprinted from CHILD HEALTH ALERT, P.O. Box 610228, Newton Highlands, MA 02461.



HEALTHY HANDWASHING

If you have not done so already, now is a good time to help your child develop healthy handwashing habits.

Proper handwashing can prevent the spread of many communicable diseases. Water alone, however, won't kill germs. Soap is needed too.

Drying the hands with a disposable paper towel will help stop the spread of germs.

Here are some appropriate occasions for your child to practice handwashing:

- When he comes into the house after playing outdoors.
- After using the toilet.
- After petting an animal.
- Before eating food.

Good habits—learned early—can last a lifetime. So, help your child develop the good habit of washing his hands.

From GRO WING TOGETHER, August 2003

WALK FOR HEALTH OCTOBER 2, 2003

The *Oklahoma Turning Point Initiative* has teamed with their statewide partners to encourage all Oklahomans to start walking. The message is simple: Just walk 30 minutes a day, three times a week, reduce fat intake by 1%-3%, and enjoy a healthier life.

On October 2, 2003, Oklahomans of all ages will join in a statewide "Walk for Health!" The goal is simple: To have 100,000 people across the state walk for at least 30 minutes on that day and to begin a regular walking program for a healthier life-style.

So, join the fun! Healthy life-style choices begin at a young age. It is important that all of Oklahoma's children participate in this event and begin a regular exercise program. Schools will be able to log on to the Turning Point Web page and register as a participant. For more information, please contact Carol Bush at (918) 486-2845 or Larry Olmstead at (405) 271-9444.

From Oklahoma's School Health newsletter

PARENT PAGE

Helping Children Do Well In School

Be involved in your children's education every day. Your participation helps your child do well in school and in child care. In addition, your involvement improves the quality of your child's school or child care program. Find the time to be involved every day—it makes a difference!

- ☺ Take your child to school or child care or pick your child up each day. This personal involvement is important for all parents. Providing this daily transportation is especially important if the parent does not see the child at home on a daily basis. Meaningful daily contact improves your relationship with your child and with your child's teachers, friends, and friends' parents.
- ☺ Be sure that your child knows that school is important to you. Ask questions or observe what is going on at school. Then plan similar activities that you and your child can do together. For example, if your child is learning about animals, take a trip to the zoo, rent a movie, or go on-line to find out more about animals together.
- ☺ Set up a place in your home where your children read, write, and use the computer. Provide space to store school books, supplies, special materials, and a hook for that backpack. It is good for children to have both private and family spaces for study. Some parents and children work together at the kitchen or dining room table or on the coffee table in the living room. This may be part of the evening meal or a snack routine. Sometimes children need a more private space in which to work, perhaps in their room or your home office.
- ☺ Read everything that is sent home: newsletters, the school lunch and snack menus, field trip plans, requests for parent involvement and assistance. If you are co-parenting, share the information. If you are parallel parenting because you and the other parent cannot get along peacefully, ask the school or child care program to provide copies for each parent.
- ☺ Get to know your child's teachers, coaches, center directors, and principal. Attend school meetings, open house, and parent-teacher conferences. Most are happy for you to call them during certain hours at school or at home. You might exchange notes or keep a notebook on your child. Each day the teacher and child care provider write news of the child's behavior and how learning activities are progressing. Your notes can include questions for the staff and information about family plans and things you are sharing with your child.
- ☺ Every day, read with your child. You might share the newspaper, read aloud, have a night time story routine, or exchange books and articles you have enjoyed. Be sure your child sees you reading and writing in very practical ways like a grocery shopping list or e-mail as well as reading and writing for enjoyment. Ask your child about the books read at school or child care. For infants and toddlers it is a great idea to have at home some books and magazines appropriate for your child's age, ability, interests, and family background.

From Oklahoma Cooperative Extension Service, KIDS TODAY, Vol. 2, No. 3



Feel free to copy this page to share with parents

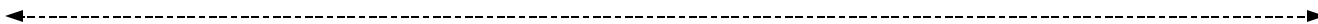
STATE AND NATIONAL CONFERENCES

September 5-6 Early Childhood Association of Oklahoma's (ECAO) Fall Conference at the Clarion Meridian Hotel and Convention Center, OKC. For more information call (866) 813-3226 or visit the website at www.ecaok.org

October 10-11 Friends of Early Education 34th Annual Fall Conference—On the Road Again with Friends, Tulsa Convention Center. For more information contact the Friends of Early Education Office at (918) 742-2263.

October 15-18 12th Generations United International Conference—"Uniting Generations to Build a Better World." For more information call (202) 638-1263.

November 5-8 NAEYC's Annual Conference and Expo. Chicago, IL.



OKLAHOMA CHILD CARE ASSOCIATION 2003 SCHEDULE

Do you need 40 hours of Management Training? Do you need this to apply for the STARS program? All of these classes meet the STARS requirement for Director's Training. Here are the dates and locations:

National Administrator Credential (NAC)

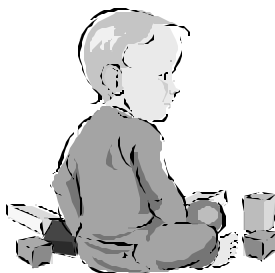
- August 4-8 Oklahoma City
- September 8-12 Tulsa
- October 13-17 Oklahoma City
- November 3-7 Tulsa
- December 1-5 Oklahoma City

Director's Advance Training (DAT)

- August 25-29 Oklahoma City
- October 20-24 Tulsa
- December 8-12 Oklahoma City

Brainsmart Management (BSM)

- September 15-19 Oklahoma City
- November 17-21 Tulsa



The total cost for each class is \$475. Scholarships for \$300 are funded through the Division of Child Care, once registration form and check for \$175 are received. Space is limited. Payment must be received with registration form to guarantee registration. **Questions? Call 1-800-580-4181. APPLY EARLY!**



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