

DINIYOTHLI KANOHEDA

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

Volume IX, Issue VIII

AUGUST 2005

Getting In Tune—The Magic of Music in Child Care

Eight 2-year-olds going in eight different directions burst into the classroom after the playground—laughing, overtired, out of breath. A teacher stands, clapping her hands slowly and rhythmically, beginning a familiar ritual of gathering up the group. Eight bodies soon join her, following along as she chants a tune the children know well: "Everybody do this. . . follow me."

Everyday, teachers and child care providers use music as part of their programs. But what is so magical about music? Why is it so powerful? Responding to music comes naturally to young children. Babies mimic our speech patterns with babbles and snuggle into our bodies when we sing to them. Toddlers enjoy music as a wonderful outlet for movement, communication, creativity, and socialization. You can use this love of music as part of your own program! Not only will you be providing an enjoyable experience, you will be promoting learning, supporting development, and laying down the foundations for strong, healthy relationships for those in your care.

Do You Hear What I Hear?

What do you think of when you hear the word Music? Do you hear a special song or instrument playing? Or do you see a band or choir performing? We often bring music into our programs by sharing pre-recorded music on tapes and CDs and by using instruments. It's easy to forget that music is a reflection of the world around us, and the people who are making it.

- Music is all around you. Have you ever listened to rain dropping, the hum of traffic, people talking? These everyday sounds are the heart of music, full of rhythms, beats, and melodies. Help your children use their listening skills and creativity to discover the musical sounds around them.
- Create your own music. Do you know what the best musical instrument is? YOU! You can make wonderful music by using your voice, clapping your hands, stomping your feet. Discover what sounds babies in your care enjoy. Toddlers can create their own music with their bodies or objects around them.

Music & Learning: A Duet

There is something special about music that makes learning about the world around us easier. Music provides:

- Repetition that reinforces learning.
- A rhythmic beat that helps coordination.
- Patterns that help in anticipating what comes next.
- Melodies that capture our attention and hearts in enjoyment.
- Words that are the building blocks of language and literacy.

Music Supports Many Developing Skills

It can:

- Build relationships, communicate feelings, and provide comfort.
- Help older toddlers share, make friends, and feel comfortable in a group setting.
- Foster language development through stories, rhyming, and rhythm.
- Develop individuality by allowing children to discover their own sounds and unique styles of music.
- Launch creativity by allowing children to fill in missing words, discover new sounds, or make up songs.
- Develop fine and large muscles through finger-plays, dancing, or playing instruments.
- Build coordination by letting children follow a beat and use their minds, voices, and bodies together.

All Together Now!

There is no right or wrong way to be musical. Feel free to experiment, to discover, to make new sounds. Choose what you like—what is fun and meaningful to you. Best of all, there's something for every age and stage.

😊 Babies may not sing words, but their ears are well-tuned to rhythm and melody. Captivated by the pattern of your voice, they may watch you intently, try to imitate your sounds, or wave and kick with delight. Fussing, squirming, or averting eyes may mean, "I need a break, please."

😊 Young toddlers can participate in a song by clapping, bouncing, or swaying with your help. Certain words and sounds may be familiar and fun for them. They may try to dance or sing, or enjoy exploring the sounds of musical toys.

O-SI-YO

by Tina Smith

Resource and Referral Specialist

Remember! We are open for extended hours one Saturday morning and one Tuesday evening each month. Come visit us and become more familiar with our services!

Saturdays 9:00 am—12:00 pm

August 13

September 10

October 8

Tuesdays 5:00 pm—8:00 pm

August 16

September 20

October 18

CONGRATULATIONS!

We would like to congratulate Christina Kamp, family child care home owner from Muskogee, on her winning poster entry at our recent Cherokee Nation Child Care Conference. Ms. Kamp's winning poster will advance to the state level contest where it will be judged along with other conference poster winners from across the state. Congratulations and best of luck at the state level.

Local Family Child Care Provider Wins National Contest

The Family Involvement Committee of the Better Baby Campaign has chosen Jean Parker, family child care provider, the winner of the 2004-2005 poster contest. The Better Baby Care Campaign is a national campaign that began in Oklahoma in February 2001. The mission of the campaign is to promote quality infant and toddler care and education by providing professional development opportunities, support and resources.

One of the areas that is critical for quality care of Oklahoma's infants and toddlers is family involvement. Thus, in 2003 the Family Involvement Committee was formed. In July 2004 the Family Involvement Committee began a poster contest for homes and centers to exhibit in poster form how the facility involves or supports the parents and families of the children in their care.

Participants entered their posters at any conference held in Oklahoma during the 2004-2005 training year. A poster was chosen at each conference and entered in at statewide level. Each poster was judged on the facility's level of parent involvement, creativity, design and written explanation by points awarded in each area.

This year there were 9 posters entered at the statewide level. Ms. Parker has won a trip to 2005 National Association for the Education of Young Children (NAEYC) conference in Washington, D.C. in December. The Division of Child Care and the Oklahoma Child Care Resource and Referral Agency were sponsors of this contest.

DINIYOTHLI KANOHEDA
Child Care Programs



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

Publisher—Cherokee Nation
Child Care Resource Center
Editors—Edna Jones and 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.

Inside this issue:

Congratulations!	2
Child Care Provider Wins!	2
Getting In Tune (cont.)	3
August & September Training	4
CPR and First Aid Training	5
How To Get Parents Involved	6
National Friendship Day	7



Oklahoma Child Care
RESOURCE & REFERRAL ASSOCIATION, INC.

Continued from page 1

😊 Older toddlers will love musical games and songs with stories and motions. They may even want to act out songs with dances, directed movements (like the Hokey Pokey), and props.

Everyone Has A Part To Play

Just as music is a joy for children of all ages, it is enjoyed by children with all levels of ability. There is a part for everyone, from simply listening to sounds and feeling vibrations to actively participating with dancing, instruments, and props. Here are some ways all of your children can play a role:

- Assist children who need help with hand movements or dancing.
- Provide objects and instruments that are best suited for a child's strengths—a kazoo provides a range of sounds without difficult hand movements; a drum lets a child in a wheel chair keep the beat with others who are marching.
- Allow children with hearing difficulties to feel the beat and rhythm, explore instruments, and imitate the motions of others—such as clapping or stomping. Add movement and expression, or props and books, to help convey musical themes.
- For children with visual difficulties, provide verbal directions, allow them to explore and use instruments, or have the entire group close their eyes and open their ears and imaginations to a special musical story.

Stage Fright!

Afraid to sing? No need to be. Grab a tape, do a chant, use an instrument or a storybook to help you get started. Don't worry about your audience—they are focused on having fun and sharing this experience with you. This is not a performance—it's a musical conversation!

Whistle While You Work! (Making Music a Part of Your Program)

You may be wondering just where music fits into your program. Everywhere! It's easy to add a song, dance, or musical beat to everyday activities and routines. . . And what a difference it makes! Don't worry if your children won't sit still—they're on the go! They can listen as they move and do.

- Follow a baby's musical lead. Imitate her vocalizations and add to them in a rhythmic way.
- Keep groups together with a march or song that you make up: *Come, come, come, let's read. . . a book for you and me. . .* (to the tune of Row, Row, Row Your Boat).
- Personalize a chant when changing diapers: It's time to change your diaper, Andre. . . here. . . we. . . go.
- Use a special welcome song to ease the transition from home to school.
- Bridge home and center by inviting parents to share music from their family or culture.
- Signal when it is time for a transition by tapping out a drumbeat or using a particular song.
- Calm fussy and overtired little ones with a soothing melody.
- Teach and practice new skills with a song.
- Don't forget to incorporate music into planned games and other activities.
- Have fun! Let children see and catch your enjoyment.

Take from the Zero to Three website: www.zerotothree.org.

Resource Library Guidelines

To check materials out of the library:

1. Fill out the Resource Library Check-Out form. It is located on a clipboard by the laminator.
2. Write down everything that you are checking out and indicate what it is (book, video, cassette, etc.).
3. Fill in the bottom information on the check-out paper. Write in the date you are checking out the materials and the date the materials are due back. The due back date is two weeks from the date checked out.
4. When you return your materials, place them on the rolling cart next to the video bookcase. There is a clipboard on the cart that has the Book Return paper.
5. Write your name and the titles of the materials you are returning, along with the date.
6. **DO NOT** put the books back on the shelf. I cannot mark the books off as being returned unless they are placed on the cart and signed back in.

If you have any questions or concerns, please contact: Andria Hummingbird at (918) 458-7613 ext. 233.

In August we will be starting a new track for CDA classes. It will begin in August 2005 and end in July 2006. There will be at least one class offered per month at the CCRC. The Child Care Career Courses materials will be used. If a participant attends all courses, at the end of the track the participant will have all hours needed for CDA. (In addition to coursework, please review the additional requirements listed in the CDA application packet.)

AUGUST TRAINING

August 2, 9 & 16

GROVE—WEE LITTLE LAMBS

Time: 6:00 pm—9:20 pm

Health and Safety—Content area #1 (10 hours) - 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. Trainer: Linda Buzzard. *Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.*

August 2, 4, 9

TAHLEQUAH—CCRC

Time: 6:00 pm—10:00 pm

Child Development I—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: Gaynia Jones. Fee: \$10. *Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.*

August 15, 22, 29

MUSKOGEE—MRMC

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: Sherry Grooms. *Please contact the Muskogee Regional Medical Center at 918-684-2448 to register.*

August 18, 25, 30

MUSKOGEE—MRMC

Time: 6:00 pm—9:20 pm

Introduction to Nutrition Content area #1 (10 hours) - 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. Trainer: Sherry Grooms. *Please contact the Muskogee Regional Medical Center at (918) 684-2448 to register.*

August 20

TAHLEQUAH—CCRC

TIME: TBA

Dealing with Disabilities Content area #3 (4 hours) - A training on how to meet the needs of children with special needs. Trainer: Mansur Chowdry. *Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.*

SEPTEMBER TRAINING

September 13, 15, 20

TAHLEQUAH—CCRC

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: Debbie Smith. Fee: \$10. *Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.*

September 2

MUSKOGEE—CONNORS STATE COLLEGE

Time: TBA

Windows to Learning in Young Children —For fee and information about this director's class please contact Jan Cowan at Connors State College (918) 687-6747.

September 12, 19, 26

JAY

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: Linda Buzzard. *Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.*

Coming in October and November

IN OCTOBER: Commitment to Professionalism in Early Childhood—Challenging Behaviors in Young Children—Child Abuse Prevention and Intervention—Child Development II

IN NOVEMBER: Families and Child Care

CLASS REGISTRATION CHANGES!

Beginning October 1, 2004 the Cherokee Nation Child Care Resource Center will implement 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

CPR AND FIRST AID TRAINING

Tahlequah—EMS

September 14

Pediatric CPR

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

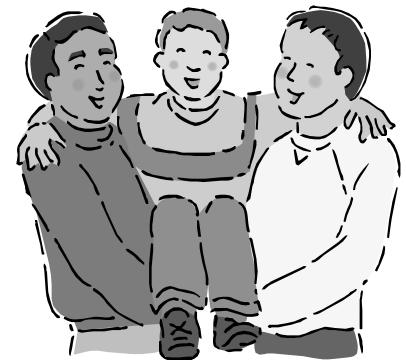
Please Print

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 _____

HOW TO GET PARENTS INVOLVED



1. Develop written policies and signed contracts.
2. Design and use parent handbooks, packets.
3. Have a newsletter for your home/center.
4. Welcome parents into center/home.
5. Use daily care sheets or some sort of written system for sharing the day's events.
6. Have an open house; invite the Fire Marshall, health inspectors, etc., to meet parents.
7. Hold at least one parent conference yearly, twice a year is better.
8. Allow parents to become involved in the program.
9. Have information available to parents about community resources and make referrals as needed.
10. Survey parents.
11. Make home visits.
12. Have coffee available in the mornings.
13. Have an information board prominently displayed.
14. Make and keep a parent resource area stocked with pamphlets, articles, parenting tips.
15. Start a parent Library for checking out books, toys, and videos.
16. Have grandparent or special people days.
17. Plan birthday and holiday celebrations and programs.
18. Invite parents on field trips- the extra arms and eyes are great.
19. Convene a parent committee to help with fundraising, planning, curriculum, center upkeep, etc.
20. Invite parents to share their life or job skills/talents with you and the children.
21. Make photo books or boards, videotapes, artwork collections, etc.
22. Have parents and staff bring family photos to post.
23. Visit parents at work-some work places make great field trips!
24. Offer classes (i.e. behavior and guidance, exercise) and/or invite speakers to your center or home.
25. Have family potluck dinners, cookouts, picnics, teas, luncheons, breakfasts, garage sales, etc.
26. Have parents save and bring supplies (scrap material, cans, plastic bottles, yarn, newspapers, dress up clothes, cardboard boxes, etc.).
27. Have volunteer days for fixing, painting, yard work, etc.
28. Hold a garage or yard sale.
29. Send information home with parents (i.e. SIDS, home safety checklists, fire safety, poison control stickers, etc.).
30. Help set up family support groups after hours at the center/home (divorce, death, etc.).
31. Have parents read books on tape for the children.
32. Post lesson plans, daily activities.
33. Allow parents to volunteer in the center.
34. Do a family of the month poster board.
35. Have families represent your center or home and participate in community service, like canned food drives.
36. Have a movie night at the center.
37. Offer free developmental testing/hearing at center (LINKS).
38. Have the Caring Van come and do immunizations (a great service for parents and children!)
39. Have parents plan activities and help with Week of the Young Child.
40. Hold age specific talks for sharing information by classroom-for example toilet learning, school readiness.



Information taken from the DHS website at www.okdhs.org/childcare

August 7th is National Friendship Day

August means back to school, and for many children this can create anxiety and even fear. Help children adjust to this change by encouraging them to make new friends. Talk with children about what it means to be a friend. Ask the children questions about what a friend does, says, and how they feel around their friends. Here are some ideas to make this week the friendliest back-to-school week ever:



Friend Books

Help children create their very own book describing their friends. Children can draw and write about how friends are different, how they are the same, and what they like to do together. This is a great way to teach children that friends can be different and still be liked.



Pal Photos

Take pictures throughout the week of children reading, drawing, and playing together. Arrange the photos on a bulletin board and discuss with the children the different activities friends can do together. Another variation to this activity is to take a picture of one child, another of two children, then three, and so on. When the pictures are put on the bulletin board, the children can not only talk about the activities in the pictures, but they can count the friends in each photo too!

Friend of Mine

(tune: Mary Had a Little Lamb)

Will you be a friend of mine,

A friend of mine, a friend of mine?

Will you be a friend of mine

And (insert an action) around with me?

_____ is a friend of mine.

Friend of mine, friend of mine.

_____ is a friend of mine,

Who (insert same action) around with me.



If You're Friendly and You Know It

If you're friendly and you know it, clap your hands.

If you're friendly and you know it, clap your hands.

If you're friendly and you know it,

and you really want to show it,

If you're friendly and you know it, clap your hands!

Make New Friends

Make new friends,

But keep the old.

One is silver and

the other's gold.

A circle is round,

it has no end.

That's how long

I want to be your friend.

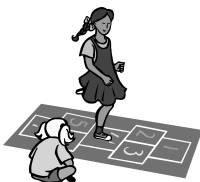
Friends

Friends at school

Are big and small

Friends at school

Are best of all!



August is National Immunization Awareness Month

Keeping young children healthy is an ongoing process, and being up to date on their immunizations is a very important part of this process. Keeping parents and caregivers healthy is equally important. Spend time this month talking with parents about the importance of making sure that their children have had all of the required immunizations as well as what adults can do to prevent illnesses. For helpful information about immunization requirements, schedules and resource materials contact your local county health department.



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

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