

DINIYOTHLI KANOHEDA

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

Volume VII, Issue VI

JUNE 2003

SOCIAL DEVELOPMENT

You can help all children grow into competent, caring adults. Loving support, a nurturing environment, and responsive adults all contribute to a child's social development. Consider these concepts as you help children build social skills.

INFANTS

- * Like to be held and cuddled frequently.
- * Communicate pain, hunger, discomfort, or need for social interaction and need for you to respond immediately.
- * Babble and coo when spoken to or smiled at.
- * Look for the source of familiar sounds.
- * May entertain themselves before falling asleep by playing with their fingers, vocalizing, or jiggling their cribs.
- * Like to imitate actions such as pat-a-cake, peek-a-boo, or waving bye-bye.
- * Like to watch other babies.

TODDLERS

- * Show a definite fear of strangers, clinging to or hiding behind you when a stranger is around.
- * Want you to be in constant sight.
- * Offer toys and other objects to others—and quickly wants them back again.
- * Usually repeat behaviors that get attention—whether throwing food or jabbering on a play phone.
- * Are frequently attached to a favorite toy, blanket, or stuffed animal.
- * Respond to simple requests and directions and understand the meaning of "no".

- * Begin to assert independence by sometimes refusing to cooperate with dressing, feeding, napping, or bathing.
- * Are curious and explore their surroundings relentlessly, making it necessary for you to maintain a safe, healthful environment.
- * Sometimes let off steam by screaming and thrashing when frustrated, ignored, or overly tired.
- * Begin to enjoy simple make-believe activities such as dressing up and playing house.

PRESCHOOLERS

- * Understand concepts like taking turns and sharing but are frequently unwilling to do so.
- * Test language and social skills by frequently arguing with other children.
- * Need opportunities to pretend and engage in make-believe activities.
- * Express fears such as monsters, death, or the dark.
- * Need help distinguishing real from imaginary—especially among television, movie, and video characters and events.
- * Respond well to choices rather than commands or open-ended requests. "Do you want to wear your coat or this sweater?" rather than "Put on your coat," or "It's cold outside, do you want a coat?"
- * Use objects symbolically in play. A block of wood can be a truck, a boat, or a lion.
- * Have special friends but best friends can change frequently. May also have an imaginary friend.

Continued on page 2

Continued from page 1

SCHOOL-AGERS

- * Participate in group activities and are able to share materials, equipment, and attention.
- * Like to tell jokes and make rhymes.
- * Help with chores and classroom tasks cheerfully.
- * Continue to need adult support and comfort but are sometimes embarrassed to ask for help.
- * May be reluctant to show affection.
- * May show anxiety about separation from parents at stressful times.
- * Like group games, especially board games, and compete to be the winner.
- * Are often rigid in defining what's right and what's wrong.
- * Often defend sex-role stereotypes and usually prefer playing with children of the same sex.

Taken from Oklahoma Child Care, Vol. 3, 2002.

THE EXPRESS LANE TO KIDS' HEALTH INSURANCE

Not sure whether a family's child in your program qualifies for public health insurance? A new Web site published by the Children's Partnership may help. Express Lane Eligibility—at www.childrenspartnership.org/expresslane—offers the tools you need to help low-income families participating in such public programs as food stamps, WIC, and the school lunch program get their children enrolled in Medicaid or your state's Children's Health Insurance Program (CHIP). The site also features successful strategies used by family support programs across the nation that help low-income families access these vital health care programs.

From America's Family Support Magazine, Winter 2003

CDA HELP

At the request of students, the Tulsa Library has put together a CDA Help page on their website. The address for the CDA information is <http://www.tulsalibrary.org/collections/kids/cda.htm>. Resources are listed for completing various goals for the certificate. Type in the address above or follow these directions: for the library home page go to www.tulsalibrary.org. Click "Collections & Services" on the top bar, click "Kids Page" and click "For Adults". CDA Help for students working towards the CDA certificate is listed on this page.

From Connections for Caregivers, Tulsa Child Care Resource Center

CHILD CARE FORUMS

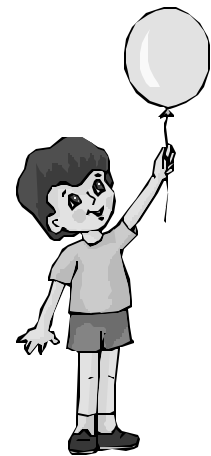
The Oklahoma Department of Human Services has planned six Child Care Forums to give you the opportunity to share your concerns and suggestions regarding licensing, Stars, subsidies, EBT or anything else related to improving the quality and availability of child care in Oklahoma. These forums are planned 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:

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

Listed below are some numbers that early childhood professionals may find helpful.

T.E.A.C.H.

(Teacher Education and Compensation Helps)

Information on scholarships for early childhood professionals—1-877-605-3226

R.E.W.A.R.D.

(Rewarding Education with Wages and Respect for Dedication)

A salary supplement/bonus program for early childhood professionals—1-877-605-3226

Scholars For Excellence in Child Care

An initiative to provide college courses for employed child care providers. Offered through Oklahoma's two-year colleges.

TCC Scholar Coordinator 918-595-8024

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.

SPREAD THE KNOWLEDGE, SPREAD THE WEALTH: SCHOLARSHIPS FOR LOW-INCOME WOMEN

Every year the Jeannette Rankin Foundation (JRF) awards scholarships to women 35 years of age and older who, through undergraduate or vocational education, are seeking to better themselves, their families, and their communities. So spread the word among female staff, volunteers, and program participants who are:

*At least 35 years of age

*U. S. citizens

*Pursuing a technical/vocational degree, an associate degree, or a first bachelor degree

*Enrolled or accepted in an accredited school for the fall of 2003

*Low-income

For more information, or to apply, visit this website:

www.rankinfoundation.org/apply.htm

From America's Family Support Magazine, Winter 2003

DISASTER PREPAREDNESS FOR CHILD CARE PROGRAMS

~Disaster Training International

www.disastertraining.org

Emergency Plans for Centers discusses strategies for preparing to protect people and structures and for minimizing the costs of disaster response recovery.

~Disaster Resources

www.ag.uiuc.edu/~disaster

Disaster Resources provides access to information on disaster preparedness and recovery for the State of Illinois and the Internet community. Information includes links to disaster agencies, organizations, and information networks. Topics covered include: Prepare for Disaster, After a Disaster, Get Help After a Disaster, Help Disaster Victims, and Resources for Educators.

~Emergency Preparedness Plan

www.brighthorizons.com

Bright Horizons provides an Emergency Preparedness Plan template to assist early care and education programs in the development of their own individualized emergency preparedness plans.

DINIYOTHLI KANOHEDA
Child Care Programs



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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.

If there are any changes in the amount of money you are being paid, regardless if the change results in an increase or decrease in money from the original amount you claimed on your batch form, we will mail a blue copy of the batch form and a green copy of the billing forms back to you. We will also make a notation on the copy of the batch form, as well as on the copy of the contract, informing you of the change and the reason for the change. These copies are sent to you as a courtesy informing you of any changes in the amount you are being paid. Our goal is that you will receive these copies prior to receiving your check. Once you receive these copies if you disagree with any changes we have made you should send in a written letter of appeal. The appeal letter should be sent to the attention of the Subsidy Manager. Appeals must be received within 20 days after a written notice of the decision, otherwise the decision becomes final.

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.
- ? All billing forms must include a batch form to be processed. Billing forms received that do not contain a

batch form will be returned.

- ? Billing forms completed in pencil will not be processed. They will be returned to be completed in ink.
- ? Pink copies of batch forms and billing forms should be kept for your personal records.
- ? All billing forms must be received within 90 days of the listed expiration date to be considered for 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.



GRANTS PROGRAM

By Arlene Greenawalt
Grants Program Coordinator

Due to budget cuts in the Federal Block Grant Funds, we will be accepting one last quarter of Child Care Grant Applications. This last quarter will be due on August 1, 2003.

We do not know if we will be able to offer any type of grant assistance in the next fiscal year or not. Watch this newsletter for further announcements concerning our grant program.

Because this is our last quarter of grants (as it now stands), we are giving priority to child care providers and facilities that have never received a Child Care Grant from the Cherokee Nation Child Care Resource Center. A score sheet is attached to each application. A total of ten points will be deducted from each application if the facility or the provider has received a grant from us over the past five years.

We consider our CCRC Child Care Grants to be a very successful program. At the end of five years, approximately 450 awards have been given to Child Care Providers in the Cherokee Nation fourteen county service area.

It has been wonderful working with the Cherokee Nation Child Care Providers. I feel we have the best child care programs in the state of Oklahoma. I would like to encourage you to continue 'Reaching for the Stars'!!

Sincerely,
Arlene Greenawalt

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.



JUNE TRAINING

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

June 2,5,9,12 & 16

TAHLEQUAH—CCRC

Time: 6:00 pm-10:00 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.

June 3

TAHLEQUAH—CCRC

Time: 9:00 am-5:00 pm

Leading the Change: Family Friendly Programs—Training designed to help improve responsiveness to the needs of working families. Learn how to implement a Family Friendly audit tool. Learn how to implement changes to become more family friendly. Learn strategies to create flexible schedules, additional services, and promote increased parent involvement.

June 9

TAHLEQUAH - CCRC

Time: 6:30 pm-8:30 pm

Stars Workshop for Child Care Centers—Jamie Rice, DHS Stars Coordinator, will present information on the Stars Program for child care centers. Bring any questions you might have concerning the Stars Program.

June 10

PRYOR—MAYES COUNTY HEALTH DEPARTMENT

Time: 6:30 pm-8:30 pm

Director Series: Nutrition Overview—Presents information on the food groups, dietary guidelines and serving sizes for children. Offers guidelines for planning balanced meals and snacks that meet the nutrient requirements for children. Provides an introduction to the federally funded supplemental feeding program, Child and Adult Care Food Program (CACFP).

June 10,12,17 & 19

TAHLEQUAH—CCRC

Time: 6:30 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.

June 16,19,23 & 26

VINITA—HAPPINESS IS...

Time: 6:00 pm-8:30 pm

Child Development II: Observing and Recording Children's Behaviors—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.

June 17

MUSKOGEE—MRMC

Time: 6:00 pm-10:00 pm

Quality for Infants and Toddlers—This course will raise awareness and stimulate thinking among participants about what defines quality care for infants and toddlers, the need for increased supply, and will put providers in touch with current research and resources. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

June 28

TAHLEQUAH—O-SI-YO ROOM

Time: 8:00 am-12:00 pm

Director Series #1: Leaders and Managers: Which one are you? Presented by Stan Cowan. Fee of \$20 due by June 24. Send payment to: Edna Jones, Child Care Resource Center, P.O. Box 948, Tahlequah, OK 74465. Minimum participants: 20.

JULY TRAINING

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

July 7,8,14 & 15

MULDROW—STEPPING STONES

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.

July 8,10,15,17 & 22

CLAREMORE—HOMESPUN DAYCARE

Time: 6:00 pm-10:00 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.

July 14

CLAREMORE—HOMESPUN DAYCARE

Time: 6:00 pm-8:00 pm

Director Series: Program for Infants and Toddlers—Focuses on ways to assess current practices while continuing to increase staff skills, provide on-going support for staff and reduce staff burnout. Discusses the skills and attributes an infant/toddler caregiver should possess. Shares the importance of building positive partnerships with parents and the community.

July 14

CLAREMORE—HOMESPUN DAYCARE

Time: 8:00 pm-10:00 pm

Director Series: Program for 3 To 6 Year Olds—Stresses the importance of quality staff working with young children. Discusses the overall child care environment conducive for young children to play and learn. Suggests methods for planning and implementing an appropriated curriculum, and providers ideas for parental involvement.

July 21

GROVE—JACK AND JILL

Time: 5:30 pm-7:30 pm

SIDS and Blood Borne Pathogens (Infection Control) - Gayla Turner, Child Care Health Consultant, will present information on SIDS (Sudden Infant Death Syndrome) and infection control in child care.

Location Information

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

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

*The Mayes County Health Department is located a 111 NE 1st Street in Pryor.

*The O-Si-Yo Room is located behind the Restaurant of the Cherokees in Tahlequah.

STATE AND NATIONAL CONFERENCES

June 15-19

NAEYC Professional Development Institute. Portland, OR. Information is available on the web site www.naeyc.org

July 12

WAP OK Family Child Care Conference—Family Child Care: Making a Difference in the World, UCO Edmond from 8:00 am—3:00 pm. For more information contact Tracy Lee at (405) 799-6383 ext. 281.

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.

CPR AND FIRST AID TRAINING

June 17	Tahlequah—EMS First Aid	Time: 6:00—10:00 pm
June 19	Pryor—Mayes County DHS Pediatric CPR	Time: 6:00—10:00 pm
June 27	Tahlequah—EMS Pediatric CPR & First Aid (Both classes in one day for only \$25)	Time: 9:00 am—5:00 pm
June 25	Tahlequah—EMS Pediatric CPR	Time: 6:00—10:00 pm
July 9	Tahlequah EMS Pediatric CPR & First Aid (Both classes in one day for only \$25)	Time: 9:00 am—5:00 pm
July 10	Tahlequah—EMS Pediatric CPR	Time: 6:00—10:00 pm
July 17	Pryor—Mayes County DHS 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

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 _____

NURSE NOTES

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

Boost & Buckle: From Birth to Eight

Current federal safety standards cover children who weigh 50 pounds or less. This past fall new lifesaving legislation was passed by congress, HR 5504 or Anton's Law. This law is designed to extend the standards to include children who weigh over 50 pounds, usually children ages 4 to 8 years old. Child passengers in this age group are frequently referred to as "forgotten children," because they no longer fit in their car seat, but are still too small for adult seat belts to fit them properly. Children in this category can suffer very serious neck and/or spine injuries, possible vehicle ejection, and death as a result of using seat belts designed for adults.

Anton's Law is named after Anton Skeen, a four year old boy killed in a car crash in Washington state when he was ejected from the vehicle he was riding in because he was improperly restrained. Anton's mother, Autumn Skeen, became a child booster seat pioneer getting the first booster seat law passed in Washington in March of 2000. She stated, " This federal law says that our automakers, agencies, states and families must bridge the belt-fit gap for vulnerable youngsters in cars. Anton's Law puts this nation on notice that before we lose any more children because their seat belts didn't do the job for them, we must find the ways and means to see they travel as safely as we adults do."

The law instructs the National Highway Transportation Safety Administration to require auto manufacturers to begin installing combination lap/shoulder belts in the center back seat by 2005. Children ages 4 to 8 years using lap belts only in

older model cars are at a high risk of death if this is their only means of restraint if the vehicle they are traveling in is involved in a crash.

June is National Drive Safely Month. If you transport young children, locate a "car seat check" in your area. There is nothing as close to our hearts as the precious children in our lives. See that they are all transported in child restraint systems (a car seat or a booster with a lap/shoulder belt), preferably in the back seat, until they are 80 pounds and tall enough to use an adult seat belt properly.

Safety Alert: The National Highway Traffic Safety Administration issued its second warning about the dangers of riding in or driving heavily loaded 15-passenger vans. If you currently transport children in a 15-passenger van and would like a copy of the article published in the Oklahoma Safe Kids Coalition newsletter Prevention Perspective, give me a call and I'll mail you a copy, 918-458-7614 x255 or 888-458-6230.



CREATE NEW, TEMPTING SNACKS

Here are a few tips to help create tempting snacks for your family:

- ⇒ Keep fruits and vegetables at eye level in the refrigerator or in a bowl on the table.
- ⇒ Keep dried fruit—such as apricots, figs, prunes, and raisins—ready to go and handy for snacking. (Note: Small items like raisins are to be avoided with kids under 3.)
- ⇒ Use fruits as toppings on pancakes or low-fat waffles.
- ⇒ Have the kids help pick out and prepare the snacks.
- ⇒ Try something new each time you go to the grocery store. Look for different items—kiwi, melons, pineapple.
- ⇒ Use vegetables for a quick snack. Try something different like zucchini or sweet potato sticks, cucumber wheels, or green and red pepper strips.

From GROWING TOGETHER, February 2003.

PARENT PAGE

A SENSE OF ORDER

Here are some ideas to help teach a child a sense of order in her life.

1. Provide for the order of toys and possessions. Make easy-to-reach boxes and shelves available for playthings to be sorted and separated.
2. Provide for the order of space, particularly if you have more than one child and limited area. Decide what goes where—doll corner here, paint and materials there, etc. You will find fewer conflicts when the territory is divided in advance.
3. Provide for the order of time. This will help your youngster learn to anticipate events, to plan them and learn how to postpone what she is currently involved in and do it later.

How do you teach this by providing order of time?

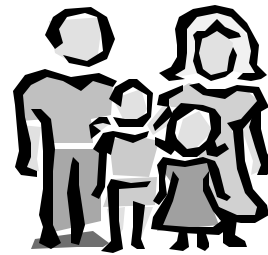
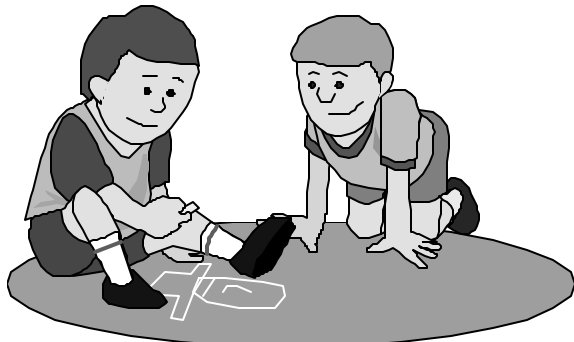
Plan meals at the same time each day; try to have the family eat together. See that bedtime is consistent, as is the sequence leading up to it. A bedtime story helps children anticipate a happy experience.

Well-established habits like this will make a child's day predictable and secure.

Many families cannot arrange their affairs in such a way that everything is always in its proper place or that everything always happens on schedule. This is a description for the ideal.

A good general rule is to try to get things in their proper place and try to work out a schedule where events in your family's day occur with dependable regularity. This will help your child later as he or she comes to grips with school learning tasks.

From GROWING TOGETHER, September 2002.



BREAKFAST IS IMPORTANT

Children who eat breakfast get a head start on the daily nutrients they need. A good breakfast provides one-fourth to one-third of the day's energy and nutrient needs. So children who skip breakfast usually fall short of their daily dietary needs.

It doesn't matter if children are preschoolers, first-graders, or freshmen, breakfast gives young people an energy boost and improves classroom behavior, overall attitude, and mental and physical performance.

Early morning can be a hectic time for households, but finding an extra 10 to 15 minutes for breakfast can give kids a classroom edge—and help them learn a lifetime of good eating habits.

A balanced breakfast should include a dairy product such as low-fat milk or yogurt; a grain such as a high-fiber bread or cereal; a protein such as peanut butter, low-fat cheese or a lean cut of meat; and a fruit or 100-percent fruit juice.

Sweetened cereals and convenience foods such as toaster waffles, breakfast burritos, and other frozen entrees can occasionally be served. But parents should carefully read labels because many of these foods contain high levels of sugar, salt, and fat.

Parents should also remember that they are important role models. Children are more likely to eat breakfast if their parents eat breakfast.

For parents and children who must eat on the road, have on hand plenty of breakfast items to eat in the car like low-fat cereal breakfast bars, fresh fruit, and cartons of low-fat milk or 100 percent fruit juice.

The important thing is for children—and their parents—to eat something nourishing for breakfast.

From GROWING TOGETHER, May 2003.

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

JOIN US AUGUST 2, 2003 FOR...

"A WORLD OF PURE IMAGINATION"

The Cherokee Nation Child Care Resource Center
invites you to our 3rd Annual Child Care Conference

on Saturday, August 2, 2003

Place: Sequoyah High School

Time: 8:00 am—4:00 pm

Registration Fee: \$25

(includes breakfast, lunch and a door prize!)

WATCH FOR YOUR REGISTRATION BOOKLETS IN THE MAIL SOON...

Topics include:

Stress Relief

Behavior and Guidance

Transition Tips and Tricks

Hands on Science

Creativity

Rock, Rhyme & Read...

and much more!!!





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