

DINIYOTHLI KANOHEDA

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

Volume IX, Issue VI

JUNE 2005

Summer Safety Tips

FUN IN THE SUN

Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas, such as the infant's face and the back of the hands.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours—between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen—about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

HEAT STRESS IN EXERCISING CHILDREN

- ✧ The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
- ✧ At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- ✧ Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz. of cold tap water or a flavored sports drink for a child weighing 88 lbs. and 9 oz for an adolescent weighing 132 lbs. even if the child does not feel thirsty.
- ✧ Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

POOL SAFETY

- ☺ Never leave children alone in or near the pool, even for a moment.
- ☺ Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through the fence.
- ☺ Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.
- ☺ Keep rescue equipment (a shepherd's hook-a long pole with a hook on the end-and life preserver) and a portable telephone near the pool.
- ☺ Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- ☺ Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
- ☺ Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

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

June 11

July 9

August 13

Tuesdays 5:00 pm—8:00 pm

June 21

July 19

August 16

June is Fireworks Safety Month

According to the National Safety Council, more than 11 million people are treated for fireworks-related injuries each year. Here are some important safety tips to pass along to parents to ensure that everyone stays safe during Independence Day celebrations:

- Leave fireworks to professionals
- Always light fireworks outdoors in a clear area away from onlookers, houses and flammable materials
- Keep a bucket of water or hose nearby for emergencies
- Do not try to re-light or handle malfunctioning fireworks and
- Never ignite devices in a container

DINIYOTHLI KANOHEDA
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Save the Date!!!

Child Care Conference 2005 “July 9th”

Don't miss the Fun!

Registration booklets
will be
mailed out soon.



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Oklahoma Child Care
RESOURCE & REFERRAL ASSOCIATION, INC.

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BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.
- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Insect repellents containing DEET are the most effective.
- The concentration of DEET in products may range from less than 10 percent to over 30 percent. The benefits of DEET reach a peak at a concentration of 30 percent, the maximum concentration currently recommended for infants and children. DEET should not be used on children under 2 months of age.
- The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. For more information on DEET: <http://www.aapnews.org/cgi/content/full/e200399v1>.

PLAYGROUND SAFETY

- Install and maintain a shock-absorbing surface under and around the play equipment. Use at least 9 inches of wood chips, mulch, or shredded rubber for play equipment up to 7 feet high. If sand or pea gravel is used, install at least a 9-inch layer for play equipment up to 5 feet high.
- Carefully maintain all equipment. Open "s" hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach-or allow children to attach-ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.
- Make sure metal slides are cool to prevent children's legs from getting burned.
- Parents should never purchase a home trampoline or allow children to use home trampolines.
- Parent should supervise children on play equipment to make sure they are safe.

BICYCLE SAFETY

- ✧ Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- ✧ Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new bike.
- ✧ Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- ✧ Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride your bike, put on your helmet.
- ✧ When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- ✧ A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- ✧ A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

SKATEBOARD AND SCOOTER SAFETY

- ☺ Children should never ride skateboards or scooters in or near traffic.
- ☺ All skateboarders and scooter-riders should wear a helmet and other protective gear.
- ☺ Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.

LAWN MOWER SAFETY

- ☺ Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- ☺ Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- ☺ Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- ☺ Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.
- ☺ Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- ☺ Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- ☺ Do not allow children to ride as passengers on ride-on mowers.

(Taken from American Academy of Pediatrics, website at: www.aap.org)



JUNE & JULY TRAINING

June 7, 9 & 14

TAHLEQUAH—CCRC

Time: 6:00 pm—9:20 pm

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

June 7, 9 & 14

MUSKOGEE—MRMC CONFERENCE ROOM

Time: 6:00 pm—9:20 pm

Child Development II (content area #7, 10 hours) - Focuses on four aspects of development—physical, mental, social and emotional. Shares information on observing and recording children's development. Emphasizes careful observation of behaviors indicating growth; provides suggestions for enriching development through play. Gives specific assistance on supporting play for each aspect of development. Trainer: Pam Birmelin. **Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

June 9, 2005

NORTHEAST AREA CAREER TECH— AFTON

Time: 6:30 - 8:30 pm

Introduction to Program Evaluation Training (2 hours) - All 2-star homes and centers must attend this training one time. To sign up for training-please send in the following information: Name, Organization, K#, Address, Phone, Training Date you wish to attend, and Training Site to: Division of Child Care, Attn: Rosemarie James, P.O. Box 25352, Oklahoma City, OK 73125. Email to: Rosemarie.James@okdhs.org. Toll free: 1-800-347-2276. Fax: 405-522-2564.

June 16, 2005

TAHLEQUAH—CCRC

Time: 6:30 - 8:00 pm

Food Handlers Training (Content area 1.5 hours) - Provides information on handling and serving food in child care settings. Trainer: Lisa West. **Please contact the Child Care Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

July 11, 18 & 25

GROVE—WEE LITTLE LAMBS

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

July 12,14,18,21

TAHLEQUAH—CCRC

Time: 6:00 pm—10:00 pm

Preparing for CDA—Content area #6 (16 hours) - Assists the caregiver in gaining an understanding of the requirements of the Child Development Associate Direct Assessment Process. Provides opportunities for development of the Professional Resource File the text for this course serves as a companion resource for the CDA Competency Standards Books. Trainer: Debbie Smith. Fee: \$20. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

Coming in August and September: *Daily Program for Children 3 to 6—Child Development I—Behavior and Guidance I—Director's Classes.*

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

June 23

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 _____

Flag Day is June 14th

This is the birthday of our national flag. Each year this day reminds us of the day the Stars and Stripes became our national flag, June 14, 1777.

Discuss with children how and when to salute the flag and practice these motions (removing hats, placing your right hand over your heart).

Other fun activities include:

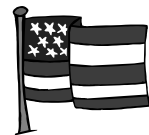
- Creative collages using a printed pledge of allegiance. Help children show their patriotism by decorating the page with red, white, and blue materials (sequins, cotton balls, feathers, beads, tissue paper, etc.).
- Patriotic Parfaits: Layer strawberries, blueberries, and low-fat whipped cream in a clear dish to resemble the colors and stripes on the American flag.
- "When The Flag Comes Marching In" (sung to the tune of "When The Saints Come Marching In")

Oh, when the flag comes marching in

Oh, when the flag comes marching in

How I love to see its three colors

The red, the white, and blue.



CHILD ABUSE PREVENTION

As we enter May, we may have an awareness of the fact that April was Child Abuse Prevention Month, but have we really stopped to think about the role we can play in advocacy for children?

I am reminded of the modern parable of the man who is walking down the beach, only to see a woman busy at work picking up starfish, one at a time, and throwing them back into the ocean. The beach is covered in starfish, and the woman is barely making a dent in the number of starfish being returned to the ocean. The man approaches her and asks her why she is doing this, since it is obviously a fruitless task. She throws another starfish into the ocean and answers him by saying, "well, it made a difference for that one."

There are so many children who suffer from physical, sexual, and emotional abuse and neglect who fall through the cracks in the systems of schools, child care centers, and churches. I am not sure if it is because those who care for them in those settings are not aware of the red flags for which they should be looking or whether it is because of other factors, such as apathy or fear on the part of the caregivers. Regardless, it is our moral and legal obligation to make the calls necessary to report any suspicion of child abuse.

It is not our role to have to prove that abuse, which is a mental trap many adults fall into, in making the decision to call or not to call. In other words, many people use the excuse that they do not have enough evidence to prove that a child has been abused and fail to make the call. When you make a call to the Department of Human Services (DHS), a caseworker then investigates the situation, and it is the caseworker's role to see if there is enough evidence of child abuse to warrant further action.

When you call the statewide child abuse hotline or the county DHS office directly, they give you the option of remaining anonymous, some people may argue that there is no way to remain anonymous, fearful of the fact that they will be "found out" based on the circumstances under which the abuse occurred. Sometimes the perpetrator of the abuse does figure out who called. The thing is, by not calling, you are, in the eyes of the law, guilty as well. Failure to report suspicion of an abuse situation is a misdemeanor. More than that, it is a moral imperative to make the call! Some adults choose not to make the call because they know the family involved and see them as prominent members of the community. They may refuse to see that abuse has no boundaries with regard to socioeconomic level, race, culture, or education level. We must not fall prey to the myth that "that kind of thing only happens to children of the uneducated or to other groups in society."

Finally, some adults choose not to call because the abuse is occurring within their own families or circle of friends. They somehow think that the betrayal of the loved one who is abusing the child is more than they can bear. In my view, this is the saddest excuse for not calling. The betrayal is not of the adult but of the child. The emotional scarring from abuse can lead to depression, anxiety, difficulty in relationships, substance abuse, or even suicide. The implications of the abuse are lifelong, even in children who receive proper counseling. Working through the pain is an ongoing process. Those who do receive counseling and break the cycle of abuse may then develop to a point at which they can become healthy, productive individuals. They can learn to be healthy parents who choose nonviolent means of guiding their children. They can work daily to build up the self-esteem of their children rather than tearing their children down. They can influence others to choose to make the call to report abuse in order to save children from falling through the cracks of the systems of our society.

The first time I made such a call, it was extremely difficult emotionally. The next time became a little bit easier. The next time, it was even easier. With each child you help, your own strength comes through. It becomes obvious to you that this is a cause so worthy that it no longer matters if the perpetrator is angry at you for turning them in. It no longer matters that other members of your family or circle of friends may reject you for having betrayed the "family secrets." The fear that someone may harm you for making the call begins to subside, and you know that even if that were to happen, you would be doing the right thing.

Throwing Starfish,

Rhonda Ramos

Cleveland County DHS

Oklahoma Child Abuse Hotline: 1-800-522-3511

JOIN THE FUN...

Parent Involvement Poster Contest



RULES:

- Bring your poster on July 9th, 2005
- Each **licensed** home or center can enter one poster
- At least one employee must attend the conference in order to enter
- Each home or center can win only one time
- Posters must show how the home or center involves or supports the parents and families of the children in care
- Parent involvement activities will be verified at the state level
- Poster size must be on a standard 20"X30" poster board
- Fill out entry form and attach an explanation of poster **and** any other involvement that is not depicted on the poster
- There is no set design. Entrant may use any type of media.

The winner of the local level contest will receive a prize valued at \$50 and advance to the state level contest. The winner of the state level contest will receive a prize worth \$500. Examples of posters can be viewed on the DHS website at www.okdhs.org

For information about this local contest in Tahlequah contact Gaynia Jones at 918-458-7613 ext. 256 or 1-888-458-6230. For more information on voucher credit sponsored conferences or the parent involvement poster contest, please contact LuAnn Faulkner at OKDHS, Division of Child Care at 1-800-347-2276.

Posters are judged on:

- Parent Participation 60%
- Creativity 30%
- Poster Quality 10%

NAME/ FACILITY: _____

ADDRESS: _____

PHONE: _____

EMAIL (optional) : _____

CENTER or HOME: _____

COUNTY: _____

NUMBER OF CHILDREN SERVED: _____ NUMBER OF STAFF SERVED: _____

BRIEF DESCRIPTION OF THE POSTER : (ON SEPARATE SHEET ATTACHED TO THE BACK)

Developed by the Oklahoma Better Baby Campaign parent involvement workgroup.



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