

DINIYOTHLI KANOHEDA

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

Volume VII, Issue III

MARCH 2003

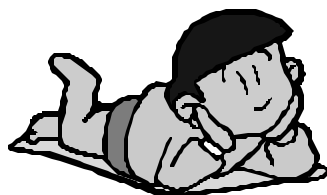
Helping Children Cope With Stress

Any major change in a child's life can cause stress. Common sources of stress are the birth of a new sibling or the divorce of parents. Stress can also be caused by the death of a relative or a beloved pet, a family move, separation from parents for extended periods, pressure to succeed, overly strict discipline, and natural disasters (even when the child has only seen them on television).

Not all stress can, or should, be avoided. Young children do not view the world as adults do. Misunderstandings or feelings of confusion can build up and leave the children with stress they cannot handle alone. Young children cannot easily verbalize these feelings, so we adults must be aware of physical or behavioral changes: loss of appetite, sleep troubles, nightmares, headaches, stomachaches, or regressive behaviors such as thumbsucking.

Children often deal with stress through their play. They may act out events they find disturbing. One child may re-create an airplane crash after hearing about a real airline accident. Another may use dolls to have a conversation about divorce. This type of play helps children cope with events and feelings that might otherwise be overwhelming.

Adults play an important role in helping children cope with stress by providing a supportive atmosphere in which to talk about or play out concerns. We need to acknowledge and accept the feelings children express and give them our support, at home and at school. An attitude of love, understanding, and acceptance helps children get through difficult times.



Children's behavior at school is often different than it is at home. Any child can have an "off" day, but if you observe behaviors that might indicate unusual stress, be sure to tell parents about them. These conversations may not be easy to initiate, but parents need this information. It will be much easier to express your concerns if you have had several previous conversations with the parent about more positive behaviors you've observed in their child.

From Family-Friendly Connections for Early Childhood Programs

SIGNS OF STRESS

In times of stress, a child may behave in ways similar to how she acts when she's not feeling well. She may be whiny, clingy, and demanding. She may be more easily frustrated and upset by little things. She may tire easily and move slower than her usual pace. And it may seem that nothing suits her!

This is true in simple situations such as when a child is overtired or hungry, as well as in more obviously stressful situations such as getting lost or hurting herself.

It's something parents should keep in mind in a highly stressful life-event such as a family separation or death in a family.

Whatever the situation, stress drains energy and doesn't leave a child with enough to cope as well as she usually does.

A warm bath and quiet story before bedtime, a shared snack, a private lunch for just the two of you, or a whispered "I love you" can do wonders for frayed nerves.

From GROWING TOGETHER, January 2003

CHEROKEE NATION TRIBAL ELECTIONS

It is time to begin thinking about tribal elections. We encourage all tribal members to make their voices heard by exercising their right to vote.

The Cherokee Nation general election will be held on May 24, with a run-off, if necessary, scheduled for July 26.

Voters can request absentee ballots from the Cherokee Nation Election Commission between now and April 11.

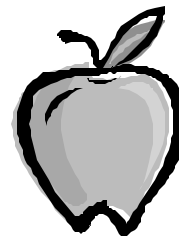
Tribal leaders elected in either the general election or the run-off will begin their 4-year term of office with a swearing-in ceremony on August 14.

For more information contact the Cherokee Nation Election Commission at (918) 458-5899 or toll free at 1-800-353-2895.

CHILD CARE PROVIDERS CONTRACTING WITH CHEROKEE NATION

If you are currently contracting with Cherokee Nation, and you have a Letter Of Intent with DHS to increase your Star Rating Level, would you please mail a copy of that letter to the Child Care and Development Program. Send it to the following address:

Child Care and Development Program
Attn: Regina Tidwell
P.O. Box 948
Tahlequah, OK 74465



JOHNNY APPLESEED DAY - MARCH 11

Books to read:

Johnny Appleseed

by Steven Kellogg

Apples

by Gail Gibbons

A Tree is a Plant

by Clyde Robert Bulla

*Munch on delicious apples as you read.

*Consider planting an apple tree and have the children help you care for it.

*Cut an apple sideways and make apple prints with paint.

Inside this issue:

Signs of Stress.....	2
Child Care Forums.....	3
Grants Program.....	4
TIC-TOC Training.....	4
Lower Your Taxes.....	5
March Training.....	6
April Training.....	7
CPR and First Aid Training Dates.....	8
Nurse Notes.....	9
Parent Page.....	10
State and National Conferences.....	11

O-SI-YO

by Tina Smith

Resource and Referral Specialist

Hello! I thought warmer weather was on the way. Apparently the groundhog was right with a forecast of six more weeks of winter weather!

I have heard from several people that did not receive a newsletter last month. I checked to see what went wrong. The printer said the newsletters made it to the Post Office. So, after that I am not sure what happened. I apologize for any inconvenience this may have caused. If you do not receive a newsletter, please do not hesitate to call our office to find out the reason. (I can fax the training pages to you.) I can also check to insure we have the correct mailing address for your facility.

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.



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:

April 8, 2003
Northwest Technology Center
Fairview Campus
801 Vo-Tech Drive
Fairview, OK

May 13, 2003
Indian Capital Tech Center
Bill Willis Campus
240 Vo-Tech Road
Tahlequah, OK

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

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
Editor—Tina Smith

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

GRANTS PROGRAM

By Arlene Greenawalt
Grants Program Coordinator

Our new Child Care Grant Applications have "levels" of funding and eligibility requirements that the child care provider must meet in order to qualify for a grant. The levels of funding for start-up applications are based on the number of children for which the child care provider will be licensed. For example, child care providers who are not open, or who are open and are within the first 6 months of their permit period with DHS may qualify for the amounts listed below:

At Level 1, the Family Child Care Home is licensed for 7 children or less and is eligible to apply for up to \$2,000.

At Level 2, the Large Family Child Care Home is licensed for 8 to 12 children and is eligible to apply for up to \$3,000.

At Level 3, a Child Care Center, licensed for 13 or more children is eligible to apply for up to \$5,000.

Funding for improvement applications is determined by the number of children enrolled and the length of time on contract with Cherokee Nation Licensing and Subsidy Program (not DHS). There are only two Levels of funding for the Improvement Grant:

Level 1 (\$3,000 maximum) - This level is for Registered (Relative) Providers who have met the requirement of 6 consecutive months on the Cherokee Nation Subsidy Program. It also applies to DHS Licensed providers who have met the initial 1 year requirement of contracting with the Cherokee Nation Subsidy Program. In addition, at least one child in the provider's care must be enrolled with the Cherokee Nation Subsidy Program.

Level 2 (\$5,000 maximum) - This level is for Registered (Relative) Providers and Licensed providers who have been on contract with Cherokee Nation for two years or more and have at least one child in care that is enrolled with the Cherokee Nation Subsidy Program.

If you need assistance the Grants Office offers home visits. However, you must call and schedule an appointment. The next deadline for Grant Applications is May 1, 2003. If you would like to receive a Grant Application, or if you have any questions please call (918) 458-7613 ext. 234 or toll-free 1-888-458-6230 ext. 234.

TIC-TOC TRAINING

Tic-Toc Training is a series of regional skill-building workshops designed to assist child care providers to feel competent about including children with disabilities in typical child care settings. Registration fee is \$10 per workshop.

A Review of Common Diagnoses and Syndromes (new course)- This workshop will provide an in-depth review of several diagnoses and syndromes including Down Syndrome, Autism, and Cerebral Palsy. The workshop will focus on information pertinent to child care providers.

Working with Children with Disabilities who have Challenging Behaviors II - This workshop focuses on working with children who have challenging behaviors. Areas to be discussed include: parent involvement, assessment of the environment, and intervention strategies. (Pre-requisite: TIC-TOC Challenging Behaviors I)

Curriculum Development for Inclusive Child Care Settings - This workshop focuses on planning an effective program for success-oriented learning experiences for all preschool children. New ideas, activities, and examples of monthly units will be presented.

- Technical assistance and on-site follow-up consultation are provided at NO CHARGE.
- On completion of each workshop a Certificate of Attendance will be provided to participants for documentation of continuing education hours.
- TIC-TOC training will count toward the CDA credential.

Date	Time	Location
Common Diagnoses & Syndromes (new course)		
March 8	9:00 am - 4:00 pm	OKC
March 22	9:30 am - 4:30 pm	Tulsa
April 5	9:30 am - 4:30 pm	McAlester
May 17	9:00 am - 4:00 pm	Lawton
June 7	9:00 am - 4:00 pm	Enid
Challenging Behaviors II		
March 1	9:30 am - 4:30 pm	McAlester
April 12	9:00 am - 4:00 pm	OKC
May 10	9:00 am - 4:00 pm	Enid
June 7	9:30 am - 4:30 pm	Tulsa
Curriculum Development		
March 8	9:00 am - 4:00 pm	Enid
April 19	9:00 am - 4:00 pm	Lawton
May 3	9:30 am - 4:30 pm	McAlester
May 17	9:00 am - 4:00 pm	OKC

Common Diagnoses & Syndromes (new course)

Date	Time	Location
March 8	9:00 am - 4:00 pm	OKC
March 22	9:30 am - 4:30 pm	Tulsa
April 5	9:30 am - 4:30 pm	McAlester
May 17	9:00 am - 4:00 pm	Lawton
June 7	9:00 am - 4:00 pm	Enid

Challenging Behaviors II

Date	Time	Location
March 1	9:30 am - 4:30 pm	McAlester
April 12	9:00 am - 4:00 pm	OKC
May 10	9:00 am - 4:00 pm	Enid
June 7	9:30 am - 4:30 pm	Tulsa

Curriculum Development

Date	Time	Location
March 8	9:00 am - 4:00 pm	Enid
April 19	9:00 am - 4:00 pm	Lawton
May 3	9:30 am - 4:30 pm	McAlester
May 17	9:00 am - 4:00 pm	OKC

For questions about registration or need of accommodations on the basis of disability, contact Pat Diaz at (405) 271-1836, fax (405) 271-1707, or by e-mail at tic-toc@ouhsc.edu.

LOWER YOUR TAXES OR INCREASE YOUR REFUND FOR TAX YEAR 2002
Claim the Earned Income Credit, the Child & Dependent Care Credit, and the Child Credit

EARNED INCOME CREDIT

Even if you don't owe taxes, you may be eligible for a refund check simply by claiming the **Earned Income Credit**. In general, the lower your income and the larger your family, the larger your credit.

If your earnings in 2002 fall within certain limits, you may be eligible for an **Earned Income Credit** of:

- Up to \$4,140 if you (and your spouse, if you are married) have earned income and adjusted gross income of up to \$33,178 (\$34,178 if married) and you have two or more qualifying children; or
- Up to \$2,506 if you (and your spouse, if you are married) have earned income and adjusted gross income of up to \$29,201 (\$30,201 if married) and you have one qualifying child; or
- Up to \$376 if you (and your spouse, if you are married) have earned income and adjusted gross income of up to \$11,060 (\$12,060 if married) and you (or your spouse, if you are married) were at least 25 but under age 65 at the end of 2002, and you have no qualifying children.

A qualifying child is a child who:

- Is your son, daughter, adopted child, grandchild, stepchild or foster child; and
- On December 31, 2002 is under age 19, or under age 24 and a full-time student, or any age and permanently and totally disabled; and
- Lived with you for more than six months in 2002.

CHILD CREDIT

You are eligible for a **Child Credit** of up to \$600 per child if:

- You have a child, stepchild, adopted child, grandchild or foster child under age 17 who you are claiming as a dependent on your federal income tax return; and
- You have modified adjusted gross income of \$86,000 or less if single and, together with your spouse, \$121,000 or less if married.

If you don't owe federal income taxes or the amount of the **Child Credit** for which you are eligible is greater than the amount of federal income taxes you owe, you can receive a refund of some or all of the **Child Credit** for which you are eligible if you have at least \$10,350 in earned income for tax year 2002.

CHILD AND DEPENDENT CARE CREDIT

You are eligible for a **Child and Dependent Care Credit** of up to \$1,440 if:

- You have child care expenses for one or more child under age 13 who live with you and (with some exceptions) you are claiming as a dependent on your federal income tax return; and
- The care enables you to work or look for work (if you are married, both you and your spouse must be working or looking for work, or one spouse must be a full-time student, or unable to care for himself or herself).

Families of all income levels are eligible for the **Child and Dependent Care Credit**. In general, the higher your child care expenses and the lower the amount of your income, the larger your credit.

FOR MORE INFORMATION

Special rules may apply in special cases to claim the Earned Income Credit, the Child Credit, and the Child and Dependent Care Credit. For more information, please consult the National Women's Law Center publication *Credit Where Credit is Due*, which is available at www.nwlc.org. In addition, you can receive further information from the Internal Revenue Service by calling 1-800-TAX-1040 toll free or by contacting your local Volunteer Income Tax Assistance (VITA) clinic for free assistance.

MARCH TRAINING

March 4,11,18 & 22

April 1,8,15, 22 & 29

May 6,13 & 20

TAHLEQUAH - CCRC

Time: 6:00 pm - 8:30 pm

Core Curriculum for Family Child Care - This curriculum is designed for family child care providers in the first year of operation or providers who would like to obtain information concerning the critical areas of child care. The CORE curriculum will cover 12 areas: Your Own Family and Personal Issues; Parent Relations, Contracts, and Policies; Health, Safety, and Risk Management; Observing Children; Child Development and Play; Planning and Setting Up the Environment; Caring for Children of Different Ages; Scheduling, Routines, and Transitions; Positive Child Management; Records and Taxes; Marketing Your Family Child Care Home; Professionalism, Advocacy, and Next Steps. This class will last for 2 1/2 hours each week for 12 weeks. Please contact Jennifer Falkner at (918) 458-7613 ext. 254 with any questions concerning the course. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

March 4,8,11 & 15

TAHLEQUAH - CCRC

Time: 6:00 pm - 8:30 pm

Saturday: 9:00 - 11:30 am

Pre Math - A methods class for teaching children pre-math concepts and skills. Includes classroom learning activity cards. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

March 5,7 & 12

BIG CABIN - BIG CABIN HEAD START

Time: 9:30 am - 1:00 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 Ramona Drew at (918) 458-4393 to register.**

March 6,11,24 & 27

MUSKOGEE - MRMC

Time: 6:30 pm - 9:00 pm

Daily Program for Young Children 3 to 6 - Explores needs of young children as the basis of programming and goals; guidelines for use of resources - people, time, space, equipment, learning activities; constructs a sample weekly program schedule and lesson plan. **Contact Sherry Grooms, MRMC, at (918) 684-2448 to register.**

March 10

PRYOR - MAYES CO. HEALTH DEPT.

Time: 7:00 pm - 9:00 pm

Dealing with Picky Eaters - Learn about the role of the adult and the role of the child while trying to get children to eat healthy. Fun snack foods will be served. **Contact the Mayes Co. Health Department at (918) 825-4224 to register. There is a \$5.00 fee for this workshop.**

March 11 & 12

TAHLEQUAH - CCRC

Time: 12:00 pm - 4:00 pm

School-Age: Theme Based Activities - 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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

March 11,13,18 & 20

GORE - TOTS LEARNING CENTER

Time: 6:00 pm - 8:30 pm

Daily Program for Infant and Toddlers - Discusses stages of development and basic needs in nutrition, feeding, sleep, toilet training; suggests appropriate play activities and toys; construct a daily program schedule. **Contact Carl Arnold at (918) 489-2530 to register.**

March 13

TAHLEQUAH - CCRC

Time: 6:00 pm - 8:00 pm

Director's Series: Managing Time - Discusses the importance of setting and organizing goals and priorities. Outlines an organized system for accomplishing established goals, and identifying and eliminating time wasters as well as procrastination pitfalls. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

March 13

TAHLEQUAH - CCRC

Time: 8:00 pm - 10:00 pm

Director's Series: Public Relations and Marketing - Focuses on the tools necessary to develop public relations and marketing strategies - both direct and indirect - suitable to the customer recruitment and retention needs of his/her child care center. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

March 18 & 20

JAY - COMMUNITY ACTION

Time: 6:00 pm - 9:30 pm

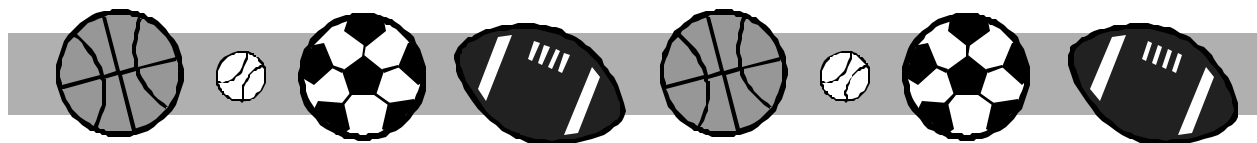
Family Friendly Practice for Family Child Care - Training designed to help providers better meet the needs of working families. Includes strategies for creating more flexible care arrangements, part-time arrangements, and increased family involvement in child care programs. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

March 24,26 & 28

STILWELL - CHILD DEVELOPMENT CENTER

Time: 9:30 am - 1:00 pm

Movement Experiences for Children - A methods class on how to provide movement experiences in a daily program for young children. Includes classroom learning activity cards. **Contact Ramona Drew at (918) 458-4393 to register.**



APRIL TRAINING

April 1,3,8 & 10

GORE - TOTS LEARNING CENTER

Time: 6:00 pm - 8:30 pm

Daily Program for Young Children 3 to 6 - Explores needs of young children as the basis of programming and goals; guidelines for use of resources - people, time, space, equipment, learning activities; constructs a sample weekly program schedule and lesson plan. **Contact Carl Arnold at (918) 489-2530 to register.**

April 5

MUSKOGEE - MRMC

Time: 10:00 am - 12:00 pm

Family Child Care Accreditation Readiness Tool - Training designed to assist providers in the use of a tool designed to identify a provider's readiness for accreditation. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 5

TAHLEQUAH - CCRC

Time: 9:00 am - 3:00 pm

Building Relationships with Parents and Families - Training provides insight and ideas on how to be "family friendly". Participants learn about and are encouraged to make changes in their programs reflecting positive attitudes toward working families. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 2,4 & 10

TAHLEQUAH - HEAD START TRAINING ROOM

Time: 8:30 am - 12:00 pm

Daily Program for Infants and Toddlers - Discusses stages of development and basic needs in nutrition, feeding, sleep, toilet training; suggests appropriate play activities and toys; construct a daily program schedule. **Contact Ramona Drew at (918) 458-4393 to register.**

April 10

VINITA - OSU EXTENSION

Time: 6:30 pm - 7:30 pm

Nutrition for Children - An OSU Extension worker will offer information on the importance of good nutrition for children. Get some helpful hints and new ideas. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 10

TAHLEQUAH - CCRC

Time: 6:00 pm - 8:00 pm

Family Child Care Accreditation Readiness Tool - Training designed to assist providers in the use of a tool designed to identify a provider's readiness for accreditation. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 14

PRYOR - NORTHEAST TECH. CENTER

Time: 7:00 pm - 10:00 pm

Ready to Learn - Did you know that adults can use TV to positively influence children? Dawn Parton, Child Development instructor from TCC will focus on ways that adults can better prepare children to learn in the home as well as the child care setting. This is a great opportunity to earn 3 hours of credit. **Contact the Mayes County Health Department at (918) 825-4224 to register.**

April 14-17

TAHLEQUAH - CCRC

Time: 1:00 pm - 5:00 pm

Hands-on Science - Learn how to make science fun and bring it into the classroom to share with the children. Discuss ways to incorporate science into the daily program. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

April 22,24,29 & May 1

STILWELL - CHILD DEVELOPMENT CENTER Time: 6:00 pm - 8:30 pm

Child Development I - 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. **Contact the Resource Center at (918) 458-6230 or 1-888-458-6230 to register.**

LOCATION INFORMATION ---- PAGE 8

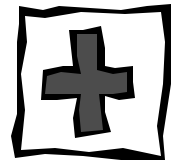
***Cherokee Nation EMS will begin a new cost and payment policy beginning April 1st.
Pediatric CPR will cost \$20.00 and First Aid will cost \$25.00.***

(Prices are subject to change.)

***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.***

You may mail payment to:

***Cherokee Nation EMS
Attn: Jimmy Summerlin
22114 South Bald Hill Road
Tahlequah, OK 74464***



CPR AND FIRST AID TRAINING

March 20	Tahlequah - Cherokee Nation EMS Pediatric CPR	Time: 6:00 - 10:00 pm
March 25	Vinita - Happiness Is A Learning Center First Aid	Time: 6:00 - 10:00 pm
April 10	Vinita - Happiness Is A Learning Center Pediatric CPR	Time: 6:00 - 10:00 pm
April 15	Pryor - Mayes County DHS First Aid	Time: 6:00 - 10:00 pm
April 17	Claremore - Kurtain Klimbers Pediatric CPR	Time: 6:00 - 10:00 pm
April 29	Tahlequah - Cherokee Nation EMS First Aid	Time : 6:00 - 10:00 pm

Location Information

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

*Cherokee Nation Head Start is located in the James Danielson Children's Village in Tahlequah.

*Big Cabin Head Start is located at Oak and Second in Big Cabin.

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

*Jay Community Action is located at 602 N. 5th Street.

*Kurtain Klimbers is located at 1201 W. Country Club Road in Claremore.

*Mayes County DHS is located at 501 S. Elliot in Pryor.

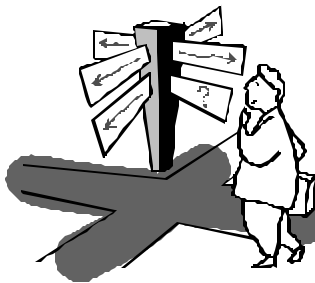
*Muskogee Regional Medical Center (MRMC) is located at 300 Rockefeller.

*Northeast Technology Center is located on Hwy 20 between Pryor and Claremore.

*The Stilwell Child Development Center is located off Hwy. 51 East (in the former Stilwell Indian Clinic).

*Tots Learning Center is located at in 108 1/2 Southwind in Gore.

*Vinita - OSU Extension Office is located at 301 W. Canadian Ave.



NURSE NOTES

Tooth Tips for Infants & Toddlers

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



If you would like copies of the following brochure, give me a call at 888-458-6230 or (918) 458-7614 x255 and I'll mail them or bring them to you:

Taking Care of Baby's Teeth
For Parents of Children Ages Birth-3 Years



Sometimes parents and caregivers do not realize that an infant's teeth can start to decay as soon as they begin to appear in the mouth. By the time any decay is actually seen there may already be damage too extensive to save the primary teeth. This dental condition in infants and toddlers is referred to as Baby Bottle Tooth Decay (BBTD). It occurs as the direct result of frequent and prolonged exposure of baby teeth to sugary liquids such as milk (including breast milk), formula, fruit juice, soda pop and other sweetened beverages.

Decay of the primary teeth not only causes infection and extreme pain, it interferes with the child's nutritional intake, speech development and appearance. And if that were not enough, decay of the primary teeth can result in damage to the permanent teeth as well.

Here are some tips you can use to help prevent tooth decay:

- ★ Put only water in a naptime or bedtime bottle
- ★ Wipe gums with a clean, damp cloth after feedings
- ★ Begin brushing as soon as the first tooth erupts
- ★ Brush and floss children's teeth until they can do this alone
- ★ Be a good role model by brushing your teeth
- ★ Remind parents to schedule 1st dental visit by first birthday

Oral hygiene plays such an important part in the overall health and well-being of young children that it should be included in the daily activities of every child care program.

March is...

NATIONAL NUTRITION MONTH

Good nutrition is essential for children's health, development, and abilities to learn. Fifteen percent of the nation's children are considered obese and the trend in Oklahoma is to exceed the national average. Starting children with good nutrition habits from a young age is one way to prevent childhood obesity. There are many nutrition resources to utilize:

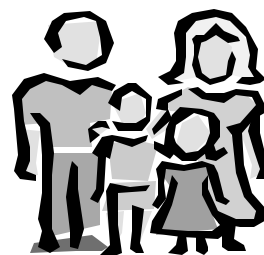
*A USDA children's food guide pyramid booklet and poster is available from the US Dept. of Agriculture, Center for Nutrition Policy and Promotion, 1120 20th Street, Suite 200 North Lobby, Washington, DC 20036. www.usda.gov/cnpp

*Contact your local OSU County Extension Office - Nutrition Education Coordinator for resources, handouts, and speakers available in your area.

*Oklahoma State Department of Education, Child Nutrition Programs, Room 310, 2500 N. Lincoln, OKC, OK 743105-4599 can provide a variety of resources, as well as information regarding the Child and Adult Care Food Program (CACFP) sponsors in your community. Phone (405) 521-3327.

PARENT PAGE

SHOWING YOUR LOVE



BUILDING CONFIDENCE

All the toys and special learning activities in the world are not as important to your child as your time, your attention, your love.

Most of us believe that our children *know* we love them because of the many things we do for them - *because* we love them. But children do not yet have the ability to make this mental jump.

That's why it is always a good idea to tell children we love them by using just those words. A quick hug, a pat on the back, a gentle kiss also says, "I love you."

Life is very full and busy for most of us. We don't have as much time as we'd like to spend with our children, so one solution is to make the best possible use of the time we do have together.

When you look at your child and marvel at the beautiful color of her eyes, take a minute and tell her so. "Jessie, your eyes are very pretty."

When the sunshine is bright and it's a lovely day, tell your child how glad you are to be with him.

When your child has picked up a toy from the floor without being asked, or fed the cat without being reminded, take a minute to say how much you appreciate it.

Children thrive on love and attention, especially the love and attention from their parents. Nothing is more important for a child than to feel that he is special, that he is wanted, that he is loved. The thirty seconds you take to share a few moments of love and conversation can make the rest of his day - and yours - more rewarding.

From GROWING TOGETHER, February 2003

Parents can encourage their child to demonstrate confidence in herself. How? By helping her to look positively at her own accomplishments and good qualities.

Self-pride is essential to self-confidence. If she's doing a good job at something, make a point of asking her how she feels about what she's doing.

Let her know that you think she should feel good about herself "for working so hard," "for helping out with her little sister," "for sticking with such a hard job," and so on. Be specific in your feedback - and be honest.

Think about having a time every day, perhaps at mealtime, when each family member can report on something they did or something that happened to them that they feel good about.

Think about how you feel when someone compliments you on a job well done. That's one way to encourage children to have confidence in themselves.

From GROWING TOGETHER, December 2002.

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

STATE AND NATIONAL CONFERENCES

- March 12-15** Southern Early Childhood Association Conference. Contact Glenda Bean at 1-800-305-7322.
- March 28** Oklahoma Association for Infant Mental Health Annual Conference. BABIES CAN'T WAIT: Promoting Healthy Emotional Development in the Early Years. For more information contact Karen Irey at (405) 360-6932.
- April 6-12** Statewide 'Week of the Young Child' activities.
- April 18-19** Oklahoma Child Care Association Spring Conference - "Changing the Future - Today" at the Oklahoma City Renaissance Hotel and Cox Business Convention Center. Contact Beverly Wills at OCCA (405) 691-4075 or 1-800-580-4181.
- April 25** Family Matters Conference at St. Luke's United Methodist Church, OKC. Presenter will be Stephen Nowicki, Jr., Ph.D.
- April 25** Annual Administrator's Institute to be held in Oklahoma City at the Hilton Northwest. For more information contact Sherri Bradfield at (405) 799-6383.
- May 8** Leadership Connections: A Conference for Early Childhood Administrators. Contact Jill Bella at the Center for Early Childhood Leadership, National - Louis University 1-800-443-5522, ext. 776.
- May 21-23** Engaging Leaders: Building Bright Futures for Young Children, United Way, Success By Six, Bank of America, Families and Work Institute and Smart Start. Charlotte, NC. Contact Allyson Cline at (703) 836-7100 ext. 262 for more information.
- July 11-12** 10th Annual Statewide Family Child Care Conference, "Family Child Care: Making a Difference in the World." Call the Division of Child Care at (405) 521-3561 for more information.



SAINT PATRICK'S DAY FUN - MARCH 17



Sprout Shamrocks - Start this activity about one week before Saint Patrick's Day if you want green shamrocks for your celebration. Cut a shamrock shape for each child out of terrycloth. Have the children place their shamrocks in aluminum pie tins and add a little water. Then let them sprinkle alfalfa seeds all over their shapes. Place the pie tins in a sunny spot and have the children regularly add water to keep the shapes moist. Let them observe during the week as the seeds sprout and turn their shamrocks green.

Why not eat some "new" greens this month? Serve a variety of raw and crunchy munchies like broccoli, green apples, pears, avocado, cabbage, celery, zucchini, and bell peppers. Remember, leprechauns need healthy eating habits too!

Good books to read:

Green Eggs and Ham

The Green Frogs

The Leprechaun in the Basement

Goblins in Green

Growing Vegetable Soup

by Dr. Seuss

by Yumi Heo

by Kathy Tucker

by Nicholas Heller

by Lois Ehlert





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

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