

DINIYOTHLI KANOHEDA

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

Volume VII, Issue V

MAY 2003

PHYSICAL DEVELOPMENT

All children need a safe, healthy environment in which to practice balance and coordination. They also need nutritious meals to enhance physical growth and strength. Consider using these ideas and activities to help children develop physical skills. Adjust the age ranges according to the needs of the children in your care.

INFANTS

- ◆ Provide flatly woven rugs that pad the floor but allow rolling from back to stomach and vice versa.
- ◆ Place objects just out of the infant's reach to encourage stretching and grasping.
- ◆ Avoid placing infants in chairs or swings for long periods—they need unrestrained space to wiggle and squirm.
- ◆ Encourage self feeding with appropriate finger foods.
- ◆ Provide low, sturdy furnishings that can be used for pulling up and to provide balance.
- ◆ Include a variety of textures in toys and surfaces.
- ◆ Support mothers who want to breast feed their babies.

TODDLERS

- ◆ Offer opportunities for safe crawling, walking, and climbing.
- ◆ Pretend to be crawly animals—snakes, turtles, bears, lizards, and cats, for instance.
- ◆ Provide textured surfaces to vary walking experiences.
- ◆ Put a large cardboard box on the floor to move over, into, through and around.
- ◆ Play walking games—stomp, tiptoe, quick steps, slow steps, and so forth.
- ◆ Offer a ramp attached to a low step to encourage balanced walks and a short jump at the end.
- ◆ Introduce new foods slowly and encourage tasting.
- ◆ Teach proper hand-washing techniques. Encourage and model frequent hand washing.

PRESCHOOLERS

- ◆ Provide opportunities for safe climbing—slide ladders, jungle gyms, cargo nets or A-frames.
- ◆ Explore games that involve hopping, sliding, jumping, and running.
- ◆ Place a ladder on the floor and practice walking between the rungs.
- ◆ Use large hollow blocks as stepping stones leading to the door outside.
- ◆ Jump over puddles after a rain.
- ◆ Toss bean bags and balls.
- ◆ Play *Follow the Leader*.
- ◆ Practice self-help skills like buttoning small buttons, fitting zipper parts together, or tying shoes.
- ◆ Encourage self-serve meals, and avoid food battles.



SCHOOL-AGERS

- ◆ Play games that encourage balance—stand on one foot, stand on one foot with eyes closed, change feet with eyes closed, for example.
- ◆ Offer safe opportunities for large muscle use—climbing trees, jumping rope, running on hills, rolling tires, or flying kites.
- ◆ Practice walking on balance beams, logs, pipes, the edge of a wall, or a curb.
- ◆ Encourage muscle control by tossing balls or bean bags through hoops or at a target, or by batting a ball hung from a string with a paddle.
- ◆ Offer tools that develop small muscle control like scissors, pencils, crayons, egg beaters, tweezers and needles.
- ◆ Build cooking activities into your curriculum.

Taken from Oklahoma Child Care, Vol. 2, 2002.

RESOURCES:

To assist educators in helping students prepare for disasters, the Red Cross recommends the "Facing Fear" curriculum. The program can be downloaded from the Red Cross' website: www.redcross.org under "Disaster Services."

Facing Fear was developed to meet the needs of educators and caregivers of children, who requested materials related to helping children cope in uncertain times. The curriculum is a supplement to *Masters of Disaster*, children's natural disaster hazard safety curriculum. The format and components are similar, including ready-to-go lesson plans, activities and demonstrations that can be incorporated within core subject areas. Lessons are aligned with national health, social studies, and language arts standards.

This information was provided by the American Red Cross and Safe Schools Oklahoma.



Online International Children's Book Library

Led by the University of Maryland and the Internet Archive, a partnership of government, non-profit, industry and academic organizations has launched the world's largest international digital library for children. The project is funded by the National Science Foundation (NSF) with additional support from other partners as part of a long-term research project to develop new technology to serve young readers. The new International Children's Digital Library (ICDL) will provide children ages 3 to 13 years with an unparalleled opportunity to experience different cultures through literature. The new digital library will begin with 200 books in 15 languages representing 27 cultures, with plans to grow over five years to 10,000 books representing 100 different cultures.

"Engaging stories help children grow intellectually and emotionally, gain an understanding of who they are and learn about others and the world around them, all while having a great deal of fun," said Allison Druin, project leader of the ICDL at the University of Maryland. "We believe that the International Children's Digital Library can provide an important new avenue for children to experience new books and explore other cultures."

For more details go to www.icdlbooks.org

From ExchangeEveryDay

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:

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

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O-SI-YO

by Tina Smith
Resource and Referral Specialist

WWW.CHEROKEEKIDS.NET



If you haven't checked out our website, what are you waiting for?

You can now register for trainings through our training calendar, read our newsletter on-line and even catch up on previously missed issues.

If you have any suggestions or comments about our website, feel free to let us know. You can email your comments to ccrc@cherokee.org

Visit **www.cherokeekids.net** to access your child care resource center on-line.

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.

Muskogee Area

Cherokee Nation Child Care Services Eligibility Staff will not be taking applications in the Muskogee Office on Monday, May 26th due to the Memorial Day Holiday. However, an Eligibility Specialist will be in the Muskogee Office on Monday, May 19th to assist clients. If you have any questions feel free to contact Child Care Services at (918) 458-4444 or toll-free at 1-888-458-6230.



CONNORS STATE COLLEGE
CHILD DEVELOPMENT PROGRAM

presents:

***Windows to Learning
in Early Childhood
(Directors Series)***

What: A one-hour credit or non-credit Seminar / CDA 2302

Date: Thursday, May 15, 2003

Time: 8:30 am to 4:30 pm

Location: CSC's Downtown Campus / 201 Court Street, Muskogee, Eighth Floor / Large Conference Room

Cost: \$55 non-credit / \$75 credit

Contact: Anne Wiley or Pat Morton for enrollment information at (918) 687-6747

Topics: This workshops provides an overview of how to maximize learning potential in young children by supporting basic needs and active learning styles.

Sessions will illustrate how directors can:

- ◆ Support basic needs through the environment
- ◆ Provide for active learning process
- ◆ Guide caregivers in curriculum decisions
- ◆ Encourage a sense of community
- ◆ Provide an environment conducive to physical and physiological safety

One Credit Hour will be earned with the completion of an assignment due June 5th.

DINIYOTHLI KANOHEDA
Child Care Programs



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CHILD SAFETY

Injury Prevention: Accidental Scald Burns in Sinks...

Scald burns are the most common cause of burns serious enough to require admission to a hospital, and the vast majority occur at home among children under age 5 years. While some burns are accidental, others can result from child abuse. In a recent report, doctors describe three toddlers who had serious scald burns to their feet or legs that looked like they might have been caused by child abuse, but were in fact the result of the toddlers accidentally burning themselves with hot water in the bathroom sink. The authors point out that these kinds of serious injuries can be prevented if caregivers are educated about the importance of two things—not letting young children play in household sinks, and making sure that the temperature setting on water heaters is below 130°F. (*Titus MO et al: Pediatrics, February, 2003 e191 [electronic edition]*)

COMMENT: It's frightening how quickly a child can get seriously burned from hot water. As this report points out, children can be injured in only a fraction of the time that it takes for an adult. For example, serious burns can result in only one second when water is 140°F, and in only one-half second when the temperature is 149°F.

While keeping a close eye on a toddler is one way to prevent such injuries, the most effective way is to turn down the temperature on the water heater. Unfortunately, not enough parents know this—as one recent survey showed, almost 2/3 of parents knew that baby walkers should be avoided, but only 14% knew the proper setting for the hot water thermostat. Getting this simple message out could make a real difference in reducing a potentially devastating form of childhood injury.

...And Suffocation From Unexpected Products

A lot of attention has been focused on toys and other small items that can lead to choking accidents in infants and very young children, but a recent report points out that children can suffocate from a number of common objects that can form an airtight seal over the child's nose and mouth. Using information reported in medical reports and in the files of U.S. Consumer Product Safety Commission, researchers identified 17 cases where an object covered a child's nose and mouth, "cupping" the child's face. The children were between the ages of 4 and 36 months; 8 of the 17 children suffocated, while the others survived. The objects involved were toys, shallow containers, or tops from spray cans. All of them were semi-rigid, with smooth edges, so when they were put over the face and nose, the child's breathing created a vacuum, and the object became tightly attached.

The authors conclude that parents and caregivers should be alerted to the "dangers of leaving such products in an infant's crib, or playpen or allowing infants to play with these objects while unattended." (*Nakamura SW et al: Pediatrics, January, 2003 e12 [electronic edition]*)

COMMENT: Fortunately, these kinds of accidents are extremely rare. Still, this report raises a concern that most parents wouldn't recognize—seemingly safe cup-like objects that are too big to choke on, may be given to an infant as toys, but they can pose a serious suffocation risk if they are of a size (such as a small bowl, mixing cup, or top of a spray can) that allows them to cover the face and nose and form a tight seal. Being alert to the hazards of these objects can prevent these rare but potentially serious accidents.

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

PROVIDER APPRECIATION DAY

May 9, 2003 is National Provider Appreciation Day. Provider Appreciation Day is a special day to recognize child care teachers, providers teachers and educators of young children everywhere.

National studies show that there are at least 2.3 million people who earn their money by caring for preschoolers. Over the past decade, the demand for child care has increased. Who's minding the children is crucial.

It is estimated that of the 21 million children under age 6 in America, 13 million are in child care at least part time. An additional 24 million school-age children are in some form of care outside school time.

Provider Appreciation Day is held so everyone can appreciate the number and importance of child care workers.

Today's child care providers are the world's unsung heroes. The child care profession is one of the most underpaid occupations in the country; yet early childhood is the most critical developmental period for all children. Parents and community leaders are encouraged to show their appreciation for child care providers through a variety of means from individual recognition to public events and local media coverage. It takes a special person to work in this field and their contribution to the quality of family life frequently goes unnoticed.

It takes a dedicated person to be successful in the demanding world of today's child care professional. Provider Appreciation Day offers a unique opportunity to recognize and commend the unselfish dedication, compassion and strong family values that child care providers demonstrate everyday.

For more information on Provider Appreciation Day visit www.providerappreciation.org



it is time to... STAND FOR CHILDREN

WHEN: Friday, June 6th
9:00 am to noon

WHERE: Historic Cherokee
Courthouse Square
Downtown Tahlequah

The Cherokee Nation Child Care Resource Center is sponsoring our annual **STAND FOR CHILDREN DAY**. This is a free outdoor event that will focus on our children and their health, safety and educational needs.

The morning will include children's activities, informational booths, and demonstrations for the children, their families, child care providers and child advocates.

We invite you to join us for this fun-filled day. Together, we can take a
STAND FOR CHILDREN!

Contact Kim Phillips at 458-7614 ext. 233 or email kiphillips@cherokee.org for more information.



MAY TRAINING

May 3 **TAHLEQUAH—CCRC** **Time: 9:00 am—3:00 pm**
Including Children with Disabilities—A seminar with Gayla Turner, Child Care Health Consultant. Receive 5 clock hours of training. There is a \$5.00 fee for this training. You must pre-register and pre-pay. Mail payment to: CCRC, attn: Edna Jones, P.O. Box 948, Tahlequah, OK 74464. All payments and registration must be received by April 25th. Limited to 25 participants. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 for more information.**

May 6 & 7 **TAHLEQUAH—CCRC** **Time: 1:00 pm—5:00 pm**
Family Child Care: Observing and Responding—Learn how to better observe children's behavior and develop appropriate responses to support learning and development. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

May 6,8,13 & 15 **STILWELL—INDIAN CAPITAL TECH. CENTER** **Time: 6:00 pm—8:30 pm**
Language—A methods class introducing and promoting language skills for infants through young children. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

May 1,6,8 & 15 **MUSKOGEE—LIFE CHRISTIAN CENTER**
Art: A Creative Expression—Designed to help caregivers develop an appreciation of children's art, learn how art contributes to all facets of curriculum and child development, and how to effectively present a variety of art experiences. **Contact Sherry Grooms, MRMC, at (918) 684-2448 to register and for dates, times and location of training.**

May 15 **MUSKOGEE—CONNORS STATE COLLEGE** **Time: 8:30 am—4:30 pm**
Windows to Learning in Early Childhood—Director Training presented by Connors State College Child Development Program. A one hour credit or non-credit seminar / 6 hours of training. Cost is \$55 non-credit or \$75 credit. **Contact Anne Wiley of Pat Morton at Connors State College at (918) 687-6747 for more information.**

May 27 & 29 and June 3,5 & 14 **SALLISAW—GOD'S LITTLE PEOPLE** **Time: 5:30 pm—9:00 pm**
Saturday: 9:00 am—6:00 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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

May 31 **MIAMI—K.I.D.S.** **Time: 8:00 am—5:00 pm**
Director Series Courses—(8 hours of training) 8-10 Policies and Procedures, 10-12 Managing Stress, 12-1 Lunch on your own, 1-3 Program for Infants and Toddlers, 3-5 Program for 3 to 6 Year-Olds. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

Location Information

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

*Connors State College—Muskogee is located at 201 Court Street.

*God's Little People is located at 302 W. Iola in Sallisaw.

*K.I.D.S. is located at 215 B.J. Tunnel Blvd. in Miami.

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

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

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

*Stilwell Indian Capital Technology Center is located across from Maryetta school.

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

JUNE TRAINING

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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

June 10

PRYOR—MAYES COUNTY HEALTH DEPARTMENT

Time: 6:30—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). **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

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. **Contact the Resource Center at (918) 458-7613 or 1-888-458-6230 to register.**

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.**



CPR AND FIRST AID TRAINING

May 6

Claremore - Kurtain Klimbers
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

War: An Emotional Battle for Children

by Gayla M. Turner BSN, RN, CCM

Child Care Health Consultant

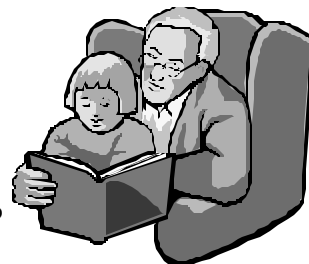
Since March 19th, our nation has been at war. Many parents and providers are being faced with lots of questions from the children in their care. There are no easy answers. We offer inclusive environments. We teach about tolerance, acceptance and celebrating our differences. As advocates of nonviolence, explaining why nations go to war may prove to be our greatest challenge yet. It is no wonder children are confused, fearful and sad, especially those who have parents and other relatives deployed or in some way involved in the war effort.

My oldest son is currently deployed to Iraq. He has been away from his family for over two months now. I frequently call my daughter-in-law in Arizona to check on her and the boys. My oldest grandson, Jonathan, who turned three in February tells me each and every time, "MeMe, my daddy's at work." It is partially because he wants to make sure I know his daddy is not there with him. It is also because he misses his daddy and he is simply not old enough to understand why his daddy is still at work. Every morning his daddy would give him a shower and would give him breakfast before leaving for work. At lunch, daddy would come home and eat with him. And everyday at 4:45 p.m., daddy always came home from work.

For many children their mommy or daddy will never come home to care for them again. Most children, even those exposed to significant loss, are quite resilient. Like the adults around them, they will get through these stressful times and go on with their lives. By listening and responding in an honest, consistent and supportive manner we create an open environment. When children feel free to express themselves or ask questions it allows us the opportunity to evaluate their coping skills. Children who have experienced previous trauma or losses are especially vulnerable to prolonged or intense reactions to current situations. These children may require extra attention and affection. Often children express anxiety through physical symptoms such as headaches or stomachaches. If you notice an increase in symptoms or frequency of occurrences without a medical reason it may be a sign that a child is feeling overwhelmed. Additional signs that a child may need professional intervention can include, but is not limited to, ongoing sleep disturbances, pre-occupying thoughts, images or worries about the war, recurring fears of death, fears of leaving parents, and fears of going to school or out to play. If a child begins to demonstrate any unusual or recurring behaviors it is highly recommended the parents/guardians seek medical advice from their family physician, pediatrician or a qualified mental health professional.

Additional ways to help reduce the fears and anxieties of children:

- allow children to be children (speak kindly, give hugs)
- maintain daily routines (when possible)
- avoid media coverage of the war (TV & Radio)
- avoid discussing the war (unless child initiates)
- if you are scared or upset explain why you feel this way (children may think they caused it)
- children will take their clues about the worlds events from you; be reassuring, but make no promises



If you would like more information on this or other related topics, call the Child Care Health Consultant, 888-458-6230 x255.

The Caring Van Program

The primary goal is to help working parents keep their children's immunizations up-to-date.

Now available in the rural areas.

The Caring Van is a self-contained, mobile health unit sponsored by Blue Cross & Blue Shield of Oklahoma that provides immunization clinics on-site at childcare centers, childcare homes & community events.

The services are **free**.

Required: a current immunization record & a parental consent form on each child.

For more information about scheduling the van or to check on immunization records, call the Child Care Health Consultant, 918-458-7614 x255.

PARENT PAGE

CATCH YOUR CHILD BEING GOOD

There is a great deal of information available about how to handle children when they are misbehaving. But parents don't hear often enough about the value of praising children when they are *behaving*.

One educator has said, "What gets rewarded gets repeated."

This means that if you want to see better behavior from your child, watch what she's doing and comment on her positive behavior.

When she carries her plate to the sink, tell her: "Good job, Sarah!"

When he is sharing his toys with a playmate, say: "Jason, I like the way you share your toys with Bryan."

When she goes to bed quietly and with no fuss, tell her: "I noticed how helpful you were about going to bed this evening. That's a good thing to do."

Listen to what you're saying to your children. If your comments are more negative than positive, it's time to make an effort to change.

Watch what kids do, catch them being good—and reward them with a smile and a "Well done!"

It only takes a minute, and it can make a difference in your child's behavior.

From GROWING TOGETHER, December 2002.



ACCENT THE POSITIVE

To see an increase in your child's positive behavior, try to notice and pay more attention to the things she does well rather than to her mistakes.

Without thinking we often take for granted those behaviors of others that please us. Then we exaggerate out of proportion the things they do wrong.

This approach can backfire with children because they tend to repeat those behaviors that get the most attention.

For example, the more you ask a child to stop an annoying habit, such as playing with her food, the more she may do it.

Try ignoring the behavior instead. Then when you notice her eating neatly, compliment her. It won't be long before you begin to see a change in her behavior.

Of course, there are some behaviors that are dangerous or destructive that must be stopped immediately. Your good sense will tell you the difference.

From GROWING TOGETHER, December 2002.



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

STATE AND NATIONAL CONFERENCES

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.

June 15-19 NAEYC Professional Development Institute. Portland, OR. Information is on the website

MAY IS...

Asthma and Allergy Awareness Month

How asthma friendly is your child care setting? You can make your child care program friendly for children with asthma by following these rules:

*No tobacco smoke, anytime, ever!

*Reduce or eliminate allergens and irritants that can make asthma worse. These include the dander from fur or feathered animals, molds, dust mites, cockroaches, and strong fumes from products such as pesticides, paint, perfumes, and cleaning chemicals.

*Maintain good indoor air quality. Make sure the heating and air conditioning units are working properly and change filters often.

*Minimize carpeted areas to reduce exposure to irritants.

The American Lung Association of Oklahoma has Preschool Training Programs dealing with little folks and asthma, "A" is for Asthma. Programs for school-age asthma awareness education are also available. In the Tulsa area: 2805 E. Skelly Dr., Suite 806, Tulsa, OK 7405 or call (918) 747-3441.

Better Hearing and Speech Month

Do the children in your care have any signs of hearing loss or speech delays? You may contact the Oklahoma State Department of Health, Family Health Services, Jim Schmaelze at (405) 271-6617, or an Audiologist, or Speech / Language Pathologist at your county health department for information regarding speech, language, hearing, and screening topics.

National Bike Month

Always wear a properly fitting bike helmet. Although most preschoolers aren't on two-wheelers yet, it is not too early to formulate good safety habits. Teaching materials are available from a variety of sources, including the following:

*The American Automobile Association, Traffic Safety Department has a preschool education packet as well as other bicycle safety materials. Contact AAA in Oklahoma at 12401 N. May Ave., Oklahoma City, OK 73120 or call (405) 753-9777.

*The Oklahoma SAFEKIDS Coalitions have wonderful resource, videos, and speakers on bike and traffic safety available. Contact Mary Beth Ogle at (918) 494-SAFE in Tulsa. Ask about how to conduct a bike rodeo with your children. Visit the SAFEKIDS website at www.safekids.org

*Contact the Oklahoma Department of Education for a copy of the "Guide to Pedestrian Safety (K-3)." Your local school district is another resource for materials and possible speakers on pedestrian/bus safety issues.

Buckle-Up America Week

*Contact the Oklahoma SAFEKIDS Coalition for BUCKLE BEAR and OTTO THE AUTO Curriculum at (918) 494-SAFE.

*Use car seats correctly—ask SAFEKIDS to hold a car seat check at or near your facility.

*The Oklahoma Highway Safety Office is a valuable resource. They can be reached at (405) 523-1570.



DINIYOTHLI KANOHEDA
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(888)458-6230

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