

# DINIYOTHLI KANOHEDA

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

Volume VII, Issue IX

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## SELECTING APPROPRIATE TOYS FOR CHILDREN

Children learn from the time they're born, and a young child's growth and development can be supported and enhanced through playing. In a review of how pediatricians can help parents select appropriate toys, experts from the American Academy of Pediatrics point out that "play material should match the developmental and individual needs of each child."

While some toy advertising efforts claim that specific toys will help a child reach certain developmental milestones, the authors point out that there is no scientific evidence to back these claims. Not only do these ads raise expectations and encourage parents to waste their money, but they also produce guilt among parents who cannot afford these toys.

In their advice for parents and caregivers, the authors make the following points:

- ✦ The most educational toy is one that encourages interaction of an adult with a child in supportive, unconditional play. Toys are never substitutes for the attention of devoted caregivers.
- ✦ Children should be provided safe and affordable toys that are developmentally appropriate. Avoid toys that discourage children from using their imaginations. A good toy doesn't have to be trendy or expensive.
- ✦ Books and magazines provide good opportunities to play and read together.
- ✦ Be skeptical of educational claims made by advertisers, especially claims that a toy will improve a child's intelligence.
- ✦ Avoid toys that promote violence or negative stereotypes.
- ✦ Limit video games and computer games, so that total "screen time" is less than 1-2 hours a day. Children under 5 should play these games only if they are developmentally appropriate and if they are accompanied by a parent or other responsible caregiver.

*(Glassy D, Romano J, and the Committee on Early Childhood Adoption, and Dependent Care of the American Academy of Pediatrics, April, 2003, pp. 911-913)*

➔ See **RESOURCES** on page 2

## RESOURCES:

This article refers to a report that lists toys that are both appropriate and safe for children:

***Which Toy for Which Child: A Consumer's Guide for Selecting Suitable Toys, Ages Birth Through Five***, by B. Goodson and MB Bronson is available through the U.S. Consumer Product Safety Commission (CPSC) at [www.cpsc.gov/cpsc/pub/pubs/285.pdf](http://www.cpsc.gov/cpsc/pub/pubs/285.pdf). Readers can print out this 31 page report directly from the website.

Other Resources include:

**American Academy of Pediatrics. *Toy Safety: Guidelines for Parents Parts I and II***. Elk Grove Village, IL: American Academy of Pediatrics, 1994.

**Bronson MB: *The Right Stuff for Children Birth to 8: Selecting Play Materials to Support Development***. Washington, D.C.; National Association for the Education of Young Children; 1995.

**Consumer Product Safety Commission: *For Kids' Sake: Think Toy Safety***. Washington, D.C., Consumer Product Safety Commission; 1995. Available at [www.cpsc.gov/cpsc/pub/pubs/281.pdf](http://www.cpsc.gov/cpsc/pub/pubs/281.pdf) in English and at [www.cpsc.gov/cpsc/pub/pubs/283.pdf](http://www.cpsc.gov/cpsc/pub/pubs/283.pdf) in Spanish.

**National Association for the Education of Young Children. *Toys: Tools for Learning***. Washington, D.C., National Association for the Education of Young Children; 1999.

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

## HOW TO CHOOSE QUALITY, AGE APPROPRIATE BOOKS

Children are excited by books that speak to them and their experiences. They love familiar sights and stories, but also love novelty and challenge. What follows are some suggestions of what to look for when you are choosing books for young children.

### INFANTS 6—12 Months Like:

- \* Board books with photos of babies
- \* Brightly colored board books to touch and taste
- \* Books with pictures of familiar objects—balls, bottles
- \* Small books sized for small hands

### YOUNG TODDLERS 12—24 Months Like:

- \* Sturdy board books they can handle and carry
- \* Books with photos and pictures of children doing familiar things—sleeping, eating, playing
- \* Goodnight books for bedtime
- \* Books about saying goodbye and hello
- \* Books with only a few words on the page
- \* Books with simple rhymes or predictable text

### OLDER TODDLERS 24—36 Months Like:

- \* Books with board pages—but also books with paper pages
- \* Silly books and funny books
- \* Rhymes, rhythms, repetitious text—books they can learn by heart
- \* Books about children and families
- \* Books about making friends
- \* Books about food
- \* Books about animals
- \* Books about trucks
- \* Word books

### PRESCHOOLERS 3—5 Years Like

- \* Books that tell stories
- \* Books about kids that look like them and live like them—but also about different places and different ways of living
- \* Books about going to school
- \* Books about making friends
- \* Books with simple text they can memorize

From the Division of Child Care Website, Literacy Section, [www.okdhs.org/childcare](http://www.okdhs.org/childcare)

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## O-SI-YO

by Tina Smith  
Resource and Referral Specialist

Hi everyone! I hope you have enjoyed your summer. Here are some ideas of things to focus on for the month of September:

**BABY SAFETY AWARENESS MONTH...**Did you know that hundreds of children under 1 year of age die every year in the United States because of injuries—most of which could be prevented. Plan activities with parents and staff to increase awareness of the special safety needs of infants. For more information visit the website for the American Academy of Pediatrics [www.aap.org](http://www.aap.org)

**BETTER BREAKFAST MONTH...**By feeding a child's body and brain in the morning, you are setting the tone for an excellent day. Breakfast is a jump start for the body that has gone without food all night.

**NATIONAL HEAD LICE PREVENTION MONTH...**Invite a public health nurse from your county health department to provide a parent/staff meeting this month.

**NATIONAL LITERACY MONTH...**Enrich a child's life and read to him everyday!

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.

DINIYOTHLI KANOHEDA  
Child Care Programs



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[www.cherokeekids.net](http://www.cherokeekids.net)

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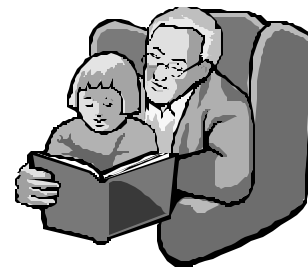
Diniyothli Kanoheda is published through funding from the U.S. Dept. of Health and Human Services, Administration for Children and Families, Child Care Bureau, the Oklahoma Department of Human Services, Division of Child Care and the Oklahoma Child Care Resource and Referral Association.

## GRANDPARENTS RAISING GRANDCHILDREN CONFERENCE

The Cherokee Nation Child Care Resource Center will be sponsoring 20 Registered (Relative) Providers at the Grandparents Raising Grandchildren Conference at Integris Baptist Medical Center in Oklahoma City on September 18 & 19, 2003.

Cherokee Nation Child Care Resource Center will provide transportation to and from the conference. The van will leave on Wednesday, September 17 at 1:00 pm and return on Friday, September 19 at approximately 7:00 pm. In addition to providing transportation, Cherokee Nation will pay for conference registration, 2 nights lodging, and for meals not provided during the conference.

Registered (Relative) Providers must currently be contracted with Cherokee Nation Licensing and provide us their full name, address, phone number, and social security number. Please call by September 8 and the first 20 providers to call will be selected. Call 1-888-458-6230 and speak with Edna Jones (ext. 241) or Marilyn Ballard (ext. 256).



## NEWSLETTER

Do you have access to a computer and e-mail? Would you like to receive our newsletter via e-mail? Our newsletter is already available online at [www.cherokeekids.net](http://www.cherokeekids.net). However, we would like to offer you the opportunity to receive the newsletter thru e-mail. During this time of budget cuts we are looking for creative ways to maximize our dollars while providing high-quality services. If you would be interested in receiving the newsletter via e-mail, instead of regular mail, please let us know. You may contact us by phone at (918) 458-7613 or toll-free 1-888-458-6230 or send an e-mail to [ccrc@cherokee.org](mailto:ccrc@cherokee.org).

## REACHING FOR THE STARS

Reaching for the Stars created four levels of child care programs:



One Star programs meet minimum licensing requirements.



**plus** One Star Plus programs meet additional quality criteria which includes: additional training, reading to children daily, parent involvement, and program assessment.



Two Star Programs meet additional quality criteria OR are nationally accredited.



Three Star Programs meet additional quality criteria AND are nationally accredited.

The goals of the Stars program are to:

- Provide a system to inform parents of quality criteria met by child care programs;
- Improve the quality of child care by increasing the competence of teachers;
- Raise the Department's subsidy reimbursement rate, resulting in more slots for children who are receiving child care assistance.

←----->

### T.E.A.C.H. Early Childhood® OKLAHOMA

(Teacher Education and Compensation Helps)

The T.E.A.C.H. Early Childhood® Project is a comprehensive scholarship program for early childhood providers. Developed and initially implemented by Child Care Services Association in North Carolina, this project encompasses several different scholarship programs that link education and compensation. In short, directors, caregivers, parents, and most importantly, Oklahoma's children benefit from this program.

#### **T.E.A.C.H. Goals:**

- \* Increase the knowledge base of child care providers
- \* Encourage child care programs to support staff continuing education
- \* Provide a sequential development path
- \* Provide compensation that is directly tied to increased education
- \* To reduce staff turnover by supporting the above goals while requiring participants to commit to their center or home after receiving a scholarship
- \* Create a model of partnership for improving the quality of care

#### **COMPONENTS**

Scholarship  
Education  
Compensation  
Commitment

#### **PRINCIPLES**

Partnership  
Diversity  
Existing Systems  
Collaboration

For more information on the T.E.A.C.H. Early Childhood® OKLAHOMA Project contact the Center for Early Childhood Professional Development (CECPD) at 1-888-446-7608 or visit their website at [www.cecpd.org](http://www.cecpd.org)

## POINTERS FOR PROVIDERS

By Leah Duncan, Manager  
Child Care Services, Subsidy Program

Child Care Providers: Keep in mind that each time an applicant completes a Child Care application they are given a Tentative Decision Form. Upon receipt of the Tentative Decision Form the applicant is then instructed, by the Child Care Certification Clerk, to give a copy of the Tentative Decision Form to their Child Care Provider. Tentative Decision Forms are only given to applicants who have completed their applications; therefore, if an applicant comes in to the Child Care Office and applies but does not complete their application they will not be given a Tentative Decision. Although an applicant may come to the Child Care Office to apply for Child Care, their application is not complete if they do not turn in all required eligibility documents. The Tentative Decision is not an approval notice, however it will be a way of allowing you to know that the family has completed a Child Care application. The Tentative Decision also gives information such as: Name of the Applicant, Selected Provider, Completion date of application, Estimated Co-Payment, Name of Child/Children, Authorized Days, and Status of Days ex. Full- Time/ Part- Time. Because Tentative Decision Forms are given to applicants upon completion of their application, and the application is considered pending upon Administrative approval there may be changes in the Tentative Decision. Changes that may occur may be, but are not limited to, number of days approved, amount of co-payment, and status of days, etc. Once you receive your Final Approval Notice, please verify if any changes have been made. It may be beneficial to you as Providers to request a copy of the Tentative Decision from the applicant upon enrollment in your facility. For those of you who are not sure what a Tentative Decision is, below is a copy for you. If we can be of further assistance to you please call us at (918) 458-4444.

**CHEROKEE NATION CHILD CARE PROGRAM  
TENTATIVE DECISION  
FOR THE CHILD CARE SERVICES**

**An application for the Cherokee Nation Child Care Program was completed on \_\_\_\_\_ .**

**With the information provided the ESTIMATED Co-payment amount will be \_\_\_\_\_ per child per month**

**The authorized schedule will be as follows:**

NAME	S	M	T	W	TH	F	S

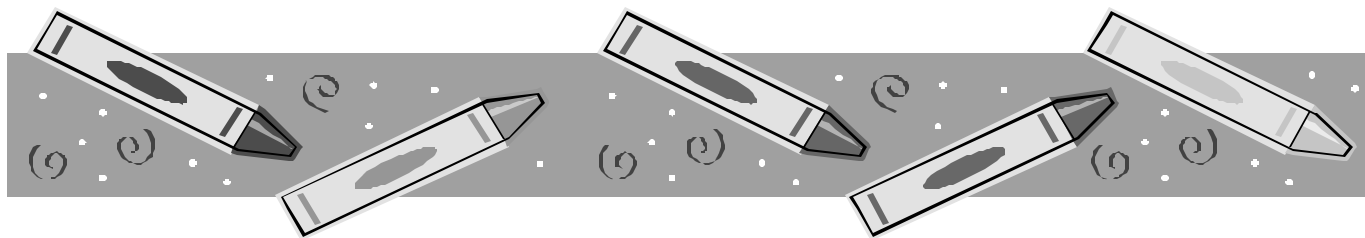
**(FT -Full Time    PT -Part Time)**

**THIS IS NOT AN APPROVAL NOTICE**

Disclaimer: In the event the applicant does not qualify or voluntarily withdraws before final approval is made, the Child Care Program is not responsible for any days of care. Upon approval, the Child Care Program will not be responsible for any unauthorized days of care. If any additional information is needed you may contact the child care office at 918-458-4444.

Child Care Worker \_\_\_\_\_

Date \_\_\_\_\_



## SEPTEMBER TRAINING

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

September 9,11,16 & 18                      CLAREMORE—HOMESPUN DAYCARE                      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 children's abilities.

September 16,18,23,25 & 30                      TAHLEQUAH—CCRC                      Time: 6:00 pm—10:00 pm  
**Family Child Care CORE Training**—Training for new family child care providers on caring for children and meeting the needs of families. Learn about relationships with families, health & safety, child development, planning and setting up the environment and professionalism.

September 16,18,23 & 25                      TAHLEQUAH—CCRC                      Time: 6:00 pm—10:00 pm  
**Preparing for CDA**—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.

September 18                      TAHLEQUAH—CCRC                      Time: 1:00 pm—5:00 pm  
**Creative Art**—Participant will gain an understanding of creative art and the stages of art development for young children. A variety of creative art ideas and methods for incorporating art into the child care program will be presented.

September 22,25,29 & Oct. 2                      VINITA—CHRISTIAN CHILD CARE 2                      Time: 6:00 pm—8:30 pm  
**Language**—A methods class introducing and promoting language skills for infants through young children.

September 23 & 30                      GROVE—JACK AND JILL'S                      Time: 6:00 pm—8:00 pm  
**Theme Based Activities**—Training designed to improve the quality of school-age programs by setting up clubs or themes. 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.

### Location Information

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

\*Christian Child Care 2 is located at 616 W. Delaware 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.

\*Muldrow Day Care is located at 401 S. Main in Muldrow.



# CPR AND FIRST AID TRAINING

September 11      **Tahlequah—EMS**  
First Aid      Time: 6:00—10:00 pm

September 23      **Pryor—Mayes County DHS**  
First Aid      Time: 6:00—10:00 pm

October 9      **Tahlequah—EMS**  
Pediatric CPR      Time: 6:00—10:00 pm

October 15      **Tahlequah—EMS**  
Pediatric CPR & First Aid      Time: 9:00 am—5:00 pm  
(Both classes offered in one day for only \$25)

**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 \_\_\_\_\_

# NURSE NOTES

## MEAL TIME

Children need breakfast to get through the busy morning. After all, it has been 10 or 12 hours since their last meal. Skipping breakfast can mean a growling tummy or a grumpy child. This can make it hard to do well in school.

Most young children need to eat about every 3 hours, so give them a small snack between meals. Nutritious snacks, such as fruit or peanut butter and crackers, are best. It is okay to occasionally give cookies or cake for snack if your child has eaten healthier foods during meals that day.

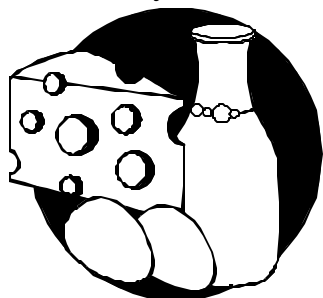
Young children need small servings of food (about 1/4 cup per serving). Don't force a child to eat everything on his plate. If a child is served large portions of food and forced to eat it all, he may become overweight or learn to hate certain foods.

Some children are picky eaters. Help avoid this by giving your toddler nutritious foods when he begins eating solid foods, rather than starting him with sweets and candy. Encourage your child to try new foods. If he says he doesn't like a food, wait a few weeks and try that food again. Your child will probably learn to like most foods. It's okay if there are some foods he won't eat.

Your child may enjoy these meals or snacks:

- ✓ Cheese pizza and juice
- ✓ Fruit yogurt with dry cereal on top
- ✓ Banana and peanut butter sandwich and juice
- ✓ Cheese toast with a raisin face on top
- ✓ Pancakes and eggs and milk

From Healthy Child Care, June-July 2003



## WALK FOR HEALTH OCTOBER 2, 2003

The *Oklahoma Turning Point Initiative* has teamed with their statewide partners to encourage all Oklahomans to start walking. The message is simple: Just walk 30 minutes a day, three times a week, reduce fat intake by 1%-3%, and enjoy a healthier life.

On October 2, 2003, Oklahomans of all ages will join in a statewide "Walk for Health!" The goal is simple: To have 100,000 people across the state walk for at least 30 minutes on that day and to begin a regular walking program for a healthier life-style.

So, join the fun! Healthy life-style choices begin at a young age. It is important that all of Oklahoma's children participate in this event and begin a regular exercise program. Schools will be able to log on to the Turning Point Web page and register as a participant. For more information, please contact Carol Bush at (918) 486-2845 or Larry Olmstead at (405) 271-9444.

From Oklahoma's School Health newsletter

## Statewide Training and Regional Support (STARS)

The Tolbert Center provides workshops and conferences, also known as STARS (Statewide Training and Regional Support) training for families and for those that provide services for children with developmental disabilities. Workshops scheduled include:

September 11, 2003 Oklahoma City—Oral Health of Children with Disabilities

September 15, 2003 Tulsa—Useful Spanish for the Working Adult

September 19, 2003 multiple locations—Assistive Technology and Funding

September 25 & 26, 2003 multiple locations—Early Childhood Transition and IEP Development

Training is free for family members. Space is limited. More information is available online at [www.ah.ouhsc.edu/tolbert/courses\\_workshops](http://www.ah.ouhsc.edu/tolbert/courses_workshops). Contact Pat Diaz at (405) 271-1836 or [stars@ouhsc.edu](mailto:stars@ouhsc.edu) to register or for more information on these or other upcoming workshops.

From FAMILY VOICES in OKLAHOMA, July—August 2003

# PARENT PAGE

## GOODBYE CRIES AT CHILD CARE

You are in a hurry to get to work on time. You need to leave your baby at child care, but your child starts crying. You feel terrible. This is separation anxiety.

Now, separation anxiety is not fear of being fired at work; it is when your baby doesn't want you to leave. In both cases, your fear of job loss and your baby wanting to be with you, the problem is sensing a loss of security. And, both are normal.

Babies usually develop separation anxiety at about six months and it lasts through the first birthday. It is normal, but it can be very frustrating for both you and your baby.

Here are 10 things you can do:

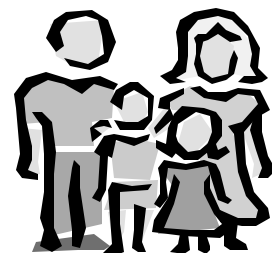
1. Talk to the child care staff. Ask for help and suggestions.
2. Try not to be in such a hurry. Rushing is hard on children and parents.
3. Some relaxed time together can reduce the stress, tears, and your guilt feelings.
4. It is a good idea to hang out for a while in the morning, on your break, at lunch time, or afternoon. Get to know the teachers, the other children, and their parents. Check out the toys and the planned activities.
5. But, when it is time to go, leave quickly.
6. Do not sneak out. Say goodbye to your baby and say you will be back.
7. Some parents leave a scarf, glove, book, or something else belonging to the parent.
8. Be sure the staff on duty know you are leaving.
9. Give your baby, or your baby's hand, to a teacher to hold while you leave.
10. Say the teacher's name and your child's name, "Miss Kathy will take care of my precious Jose while I am away."

Call your child care provider to see how your baby is doing. Some children like to listen to the parent's voice over the phone. Make sure your child care provider knows how to reach you in case your child continues to be distressed.

Eventually, your child will say goodbye happily and become involved in the activities at child care. Though this is normal development, you may feel a little bit sad that your child is becoming independent of you. That's normal too!

From Oklahoma Cooperative Extension Service, KIDS TODAY, Vol. 2, No. 3

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



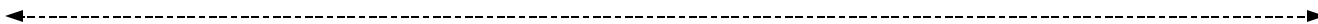
## STATE AND NATIONAL CONFERENCES

**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](http://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.

**October 15-18** 12th Generations United International Conference—"Uniting Generations to Build a Better World." For more information call (202) 638-1263.

**November 5-8** NAEYC's Annual Conference and Expo. Chicago, IL.



## OKLAHOMA CHILD CARE ASSOCIATION 2003 SCHEDULE

Do you need 40 hours of Management Training? Do you need this to apply for the STARS program? All of these classes meet the STARS requirement for Director's Training. Here are the dates and locations:

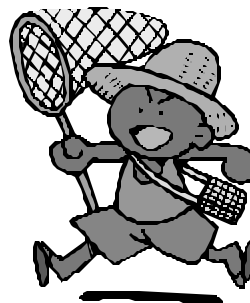
### National Administrator Credential (NAC)

September 8-12	Tulsa
October 13-17	Oklahoma City
November 3-7	Tulsa
December 1-5	Oklahoma City



### Director's Advance Training (DAT)

October 20-24	Tulsa
December 8-12	Oklahoma City



### Brainsmart Management (BSM)

September 15-19	Oklahoma City
November 17-21	Tulsa

The total cost for each class is \$475. Scholarships for \$300 are funded through the Division of Child Care, once registration form and check for \$175 are received. Space is limited. Payment must be received with registration form to guarantee registration. **Questions? Call 1-800-580-4181. APPLY EARLY!**



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