

# November/December 2008



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*Mission Statement: Improve and maintain the quality and affordability of child care in central Oklahoma through collaboration with community and state organizations, as well by assisting child care providers in locating adequate resources and referring parents to child care programs that meet their specific needs.*

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## And the Winners Are —

In the last newsletter, we announced a gift basket give-away drawing for child care providers who update their information with us by the end of September. We want to thank those of you who took advantage of this opportunity! It is a great time-saver to our staff. We also want to thank Angie Barbee for locating some awesome materials for the baskets!



This update period we held two drawings - one for Child Care Centers and another for Family Child Care Providers. The winners were:

Christine Martin of Stillwater (Family Child Care Provider)  
&  
GPS School Aged Care/Central of Guthrie (Child Care Center)

We want to congratulate our winners! Pam Davis will be calling you soon to hand-deliver your baskets of goodies. If you are a provider who has not yet completed an update recently, you can expect a call before Christmas so that we can update your information. Feel free to call us to update or go online to find the form and other information at [www.delawarechild.org](http://www.delawarechild.org) and click on *Resource & Referral, Provider Resources*.

## Child Development Tuition Scholarships Available

The Scholars for Excellence in Child Care program provides tuition scholarships to eligible child care providers for coursework at their local community college toward the CDA Credential, Certificate of Mastery, Director's Certificate of

Completion, and/or an associate degree in CD/EC; and Pathway to CDA courses taken through technology centers. A CDA Assessment scholarship for providers who have completed 9 credit hours of CD/EC or the Pathway Competency Certificate is also available. For more information call the Scholars program toll free at 866-343-3881 or visit our website at [www.okhighered.org/scholars](http://www.okhighered.org/scholars).

## OKDHS Press Release:

Oklahoma Child Care Services announced plans recently to expand the popular Mental Health Consultation service. Previously limited to child care centers that serve children from low income families, new guidelines now allow licensed family child care homes with an OKDHS contract to receive the free service.

A partnership between three state agencies (Oklahoma Department of Human Services, Department of Mental Health and Substance Abuse Services, and Oklahoma State Department of Health) provides mental health consultants to licensed child care facilities. Consultants help facilities address a variety of problems that affect the quality of care provided.

Oklahoma City resident Cassandra Twyman was one of the first family child care providers to take advantage of the opportunity. She stated, "By showing me ways to implement structure and discipline, Amy Huffer with NorthCare helped me to become a better child care provider while maintaining a positive environment for the children in my care."

Melissa Griffin is coordinator of the statewide Warmline (888-574-5437) where child care staff call to request services. She says, "Providers like the service because it is problem specific and helps them address what is happening right now in their child care environment because the mental health consultant comes to them." Consultants typically have masters degree level training in either mental health or child development, and they can help directors and teachers improve the climate in their family child care home or center classroom.

For the fiscal year that ended June 30 consultants served 116 child care centers in 23 counties. They made 575 visits to centers and racked up over 1,200 hours of service. By extending the service to family child care homes, state agency partners hope to increase the number of facilities who take advantage of the free service by at least 25% in FY09.

# Health and Nutrition

**October is Eat Better, Eat Together Month.** What lifestyle changes can you make? What lifestyle factors can you model and/or promote to the children and families that you work with?

**Eat Better.** Healthy choices that fit your lifestyle (or the lifestyle of the families in care) can help you do the things you want to do. Here are some easy steps you can take to try to change your eating choices:

- **Be Realistic:** Make small changes over time in what you eat. Small steps work better than giant leaps.
- **Be Adventurous:** Expand your tastes to enjoy a variety of foods.
- **Be Flexible:** Go ahead and balance what you eat with physical activity over several days. There's no need to worry about just one meal or one day.
- **Be Sensible:** Enjoy all foods - just don't overdo it!

**Eat Together.** Close bonds and lifelong memories are created around the family table. Meal time can teach children about healthful eating. Try these easy ways to make family meals a pleasant part of your family routine:

- **Set a regular family mealtime.** Regular meal times give everyone a better chance to eat a variety of foods.
- **Make it simple, make it quick!** Spend less time in the kitchen and more time at the family table.
- **Show that family meals are important.** Turn off the TV during meals and don't take phone calls.
- **Eat around a table and enjoy meal talk.** It's easier to talk and listen when family members face each other.



## A, B, Vitamin C

Vitamin A plays an important role in vision, bone growth, and helps regulate the immune system. It promotes healthy eyes and respiratory, urinary and intestinal tracts. Vitamin A also helps the skin and mucous membranes function as a barrier to bacteria and viruses.

There are two categories of vitamin A, depending on whether the food source is an animal or a plant:

Vitamin A found in foods that come from animals is called pre-formed Vitamin A. Sources include liver, whole milk, eggs and some fortified food products.

Vitamin A that is found in colorful fruits and vegetables is called provitamin A carotenoid. Sources include carrots, spinach, cantaloupe and apricots.

Some provitamin A carotenoids have been shown to function as antioxidants in laboratory studies. Antioxidants protect cells from free radicals, which are potentially damaging by-products in the human body.

Vitamin A in foods that come from animals is well absorbed and used efficiently by the body. Vitamin A in foods that come from plants is not as well absorbed as animal sources of vitamin A, but can still provide numerous health benefits.

## “25 Positivas Por 1 Negativa”

Las palabras son el canal más importante que tenemos para edificar o destruir a una persona. La investigación muestra que para contrarrestar el efecto de 1 palabra negativa tenemos que decir 25 palabras positivas. Las palabras negativas pueden herir a un niño tanto como pegarle. La crítica es el resultado de enojo, estrés e impaciencia. He aquí algunos ejemplos de hablar positivamente:

\* **Animo:** Un niño necesita saber que es capaz de aprender nuevas cosas. Esto fomenta su sentido de logro que en un futuro le servirá para hacerle frente a los retos y no temer a equivocarse. P.E. *“Tu eres muy inteligente, que te parece si tratamos de esta otra manera”.*

\* **Halagos:** Estos deben ser específicos y de preferencia no basarse en lo material sino en el valor de el niño como persona. Esto fomenta una autoestima positiva. P.E. *“Me da gusto que compartiste tu juguete con tu hermano, me da gusto que seas tan compartido”*

\* **Respeto:** Palabras que valoran la dignidad de cada niño y se le hace sentir que es aceptado y valorado. P.E. *“Me interesa saber tu opinión”.*

Estas son las frases que a los niños les encanta escuchar:

Gracias, Te amo, Buen trabajo, Eres muy inteligente, Estoy muy orgullosa de ti, Yo sabía que tú lo podías hacer

Para mas información acerca de este tema llame a :  
Keila García, Coordinadora de Servicios Hispánicos, (405) 942-4179

## “25 Positives For 1 Negative”

Words are the most powerful tool that we have to build or destroy another person. Latest research shows that 1 negative word needs 25 positives to balance. Negative words can harm the child. Criticism is a result of anger, stress and lack of patience.

Here are some examples of positive talk:

\* **Encouragement:** A child needs to know that he is able to learn new things. This will make the child able to deal with new challenges and not be afraid to make mistakes.

\* **Praise:** These words need to be specific and not based on material things but in the child's values and decisions. This will help the child build a healthy self-esteem.

\* **Respect:** Words that value the dignity of the child make him feel accepted and appreciated.

Here are some phrases that children love to hear:

Thank you  
I love you  
Good Job  
You are very smart  
I am very proud of you  
I knew you could do it



For more information about this topic call:  
Keila García, Hispanic Services Coordinator,  
Oklahoma Child Care Resource & Referral, (405) 942-4179

1.866.254.9864

# Frontier Country

Serving Payne, Lincoln & Logan Counties

## WE HAVE MOVED!!!

The Stillwater office is now located in Wicklow Professional Center, 2324 W. 7th Place, Ste 4. Contact numbers and e-mail will remain the same, but we are gaining more resource room space, which will enable us to provide small trainings at the new location while partnering with community organizations for providing larger trainings such as CPR/1st Aid.



COME ONE, COME ALL TO

STILLWATER OFFICE OPEN HOUSE  
Wicklow Center - 2324 W. 7th Place, Suite 4

MONDAY, DECEMBER 15TH  
5 PM—8 PM

COME CHECK OUT  
THE NEW RESOURCE ROOM

REGISTER FOR DOOR PRIZES

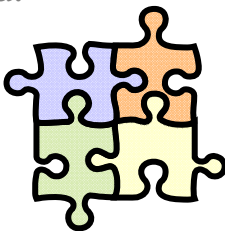
REFRESHMENTS WILL BE SERVED

**The Smart Start Payne County  
Health Committee Presents:**



**Stillwater Speaks:**

**Understanding the  
Pieces of Autism**



**Saturday, November 8, 2008  
8:30am-Noon**

**Stillwater Middle School**

**Featuring: Dr. Diana Mobley, Child Psychologist**

**This event is free but space is limited.  
Please call (405) 377-2786 to reserve your space.**

# Green Country

Serving Washington, Nowata & Osage Counties

I wanted to make you all aware of some changes in the Bartlesville office. I have recently changed my schedule and will now be off on Wednesdays. The resource room will still be open Monday-Friday 8-5pm and staff will be available to assist you even if I am not here. In addition to referral calls, I am often out of the office doing on site assistance with providers and attend multiple community meetings. I apologize for any inconvenience this may cause. If you have a question needing immediate assistance when I am not available, please feel free to call 1-866-254-9864 and another Resource and Referral Staff would be happy to assist you. Also, I am planning to be on vacation from December 22 – January 2 and will be out of the office. The main office will be closed on November 27 & 28, December 24 & 25, and January 1.

Just a reminder, if you have had items checked out for more than a month please give me a call and I would be happy to pick them up. As the winter months approach we have been getting a lot of requests for kits and would like to give everyone the opportunity to check them out. If you are still using the items, just let me know and I would be happy to recheck them out to you if there is nobody waiting for those items.



# Pioneer Country

Serving Kay, Noble & Pawnee Counties

**The Ponca City office will hold extended hours training on:**

November 3rd

“Science - Creating Lil’ Einstein’s in Your Classroom”

December 1st

“Holiday Ideas - Staying Creative During the Craziess”

**A training will be held in Perry on December 2nd:**

“Infant and Toddler Lesson Plans”

Instructor: Bobbi Krob, Oklahoma Child Care R&R

[www.delawarechild.org](http://www.delawarechild.org)

Delaware Child Development  
Resource and Referral

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Washington County Child Care Foundation  
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## Professional Resources

- **CDA Preparation Guide:** A complete manual for those seeking their Child Development Associate Credential. Includes process, review, renewal and sample forms.
- **CDA Assessment System & Competency Standards:** These booklets contain information on eligibility, documentation required and competency goals and standards for CDA credentialing.
- **All About The ITERS-R:** A detailed guide in words and pictures to assist providers preparing for their ITERS. Information on room arrangement, personal care routines, literacy, activities, interaction, programming and working with parents and staff.
- **Environmental Rating Scales:** Instructions, rating scales, samples, score sheet and profile for FDCRS (Family), ECERS (Center), SACERS (School-Aged) and ITERS (Infant/Toddler)
- **Planning Guides for Starting a Child Care Home or Center in Oklahoma:** We have a variety of materials to assist providers in preparation and start-up of their child care business. Our staff can also provide personalized assistance to potential and new providers in business planning, policies and contracts, disaster and emergency planning, room arrangement, and training needs. There are no charges for our services or resource room check-outs.

Visit Your Local  
Resource Room  
Today!



Call or visit one our resource rooms today ~ Bartlesville: 918.337.6511 Ponca City: 918.337.6520 Stillwater: 918.337.6522

## This Month's Feature: Planning Holiday Activities For Kids

Delaware Child Development Resource Rooms in Bartlesville, Ponca City & Stillwater have a variety of resources available to help providers in planning holiday activities. These include **Activity Planning Workbooks** (many with reproducible worksheets) and **Curriculum Planning Guides** (including *Pinnacle* - age appropriate curriculum based on monthly themes). You will also want to check out our **Book Bags**, full of thematic books that children love!

These and other resources are available to you by calling  
Delaware Child Development Resource & Referral at 866.254.9864.

