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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.



Debra Gibson,
Ponca City

Spring is quickly springing upon us, and with it comes change. With Earth Day in April, it is a wonderful time to take children outdoors and allow them to explore and learn about the changes in nature with this season.

Child Care is also a changing field. In the past year, we have seen changes in regulations and requirements of providers. Many communities are seeing changes in supply and demand of child care due to the effects of our changing economy.

April 19 - 25 is Week of the Young Child. Each year on this week, Resource & Referral agencies from across the state gather at the state capitol to advocate for early childhood and child care issues in Oklahoma. Parents and providers also attend and share their experiences and views with our state leaders. If you are interested in participating, please contact your local resource & referral specialist and let her know. We would love to have you join us in educating our legislators about the needs of child care in our areas.

We would like to announce some changes in our Bartlesville office. Angela Barbee, our Bartlesville office R&R Specialist, has resigned her position in order to pursue other endeavors. We hope to have a new specialist in place by the first of March and wish Angie the best in her new job.

For those in the Bartlesville area, please feel free to continue to call or come by our office. Our Stillwater and Ponca City Specialists, as well as the Delaware Child Development office staff, will be here to assist you during this transition.

We are excited to introduce Toni Davis as our new Bartlesville Child Nutrition Specialist. Toni was our kitchen manager in the Caney Center and comes to us with a wealth of knowledge about the CACFP Food Program. We are glad she is on board and wish Louise Virden, the former Child Nutrition Specialist in Bartlesville, the best of luck in the future.



A New Face for Bartlesville Child Nutrition



In order to introduce myself to you, I would like to tell you a little of my background. I started cooking in the Bartlesville School District in 1994. I worked at several of the Bartlesville Schools, during my 5 years of employment there, and I loved every minute of it. In late 1999, I went to work for a very nice nursing home here in Bartlesville. I received an Associate's Degree in Dietary Management and in Kitchen Sanitation in 2001. In 2004, I got the opportunity to become employed by the Delaware Tribe as a

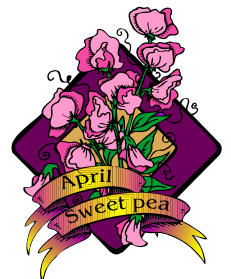
kitchen manager in their Caney Early Care and Education Center.

So, you can see, I bring with me lots of experience in the CACFP Food Program and also practical experience in the kitchen. I hope to be able to share a great deal of my experiences with each of you and that we can share a love of caring for children together. I am looking forward to meeting each and everyone of you very soon.

Toni Davis CDM/CFPP
Child Nutrition Specialist

Celebrate Earth Day April 22nd

We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect. --*Also Leopold*



10 Buenas Señales de un salón de clases

10 Signs of a Great Early Childhood

Si su hijo tiene entre 3 y 6 años y asiste a una guardería o preescolar, la Asociación Nacional para la Educación de Niños (NAEYC) sugiere que los padres observen las siguientes señales para asegurarse que su hijo está en un buen salón de clases.



1. Los niños pasan la mayoría del tiempo jugando con otros niños o trabajando con materiales. No andan vagando sin propósito, o no se les exige que se sienten por largos periodos de tiempo.
2. Los niños tienen acceso a diversas actividades durante el día. Vea si hay bloques y juguetes para construcción o drama, libros con dibujos, pinturas y otros materiales de arte y juegos de mesa como rompecabezas. Los niños no deben jugar con las mismas cosas al mismo tiempo.
3. Las maestras trabajan con los niños individualmente, en grupos pequeños y con todo el grupo durante el día. Los maestros no están con todo el grupo todo el tiempo.
4. El salón está decorado con el arte hecho por los propios niños y por las historias que les dictan a los maestros.
5. Los niños aprenden el alfabeto y los números en el contexto de las experiencias diarias. El mundo natural de las plantas y animales, y actividades como el cocinar, tomar asistencia, o servir la comida, proveen la base para actividades de aprendizaje.
6. Los niños trabajan en proyectos y tienen largos periodos de tiempo (al menos 1 hora) para jugar y explorar. Las hojas de trabajo o de colorear solo se usan en raras ocasiones o nunca.
7. Se le permite a los niños jugar afuera diariamente y este tiempo nunca se sacrifica por más tiempo de clase.
8. Los maestros leen libros a los niños individualmente o en pequeños grupos, no solamente en el tiempo de las historias.
9. El currículo está adaptado para el nivel de los niños. Los maestros reconocen que cada niño aprende de manera diferente y a su propio tiempo.
10. Tanto los niños como los padres están contentos con la escuela. Los padres se sienten confiados de enviar a sus hijos a la escuela y los niños están contentos de asistir, no lloran regularmente o se quejan de estar enfermos.

Si necesita más información sobre este tema contacte a Keila García – Coordinadora de Servicios Hispánicos al (405) 942-4179.

Artículo sacado de “Leer es Fundamental”. Visite su sitio en www.rif.org

If your child is between the ages of 3 and 6 and attends a child care center, preschool, or kindergarten program, the National Association for the Education of Young Children (NAEYC) suggests you look for these 10 signs to make sure your child is in a good classroom.

1. Children spend most of their time playing and working with materials or other children. They do not wander aimlessly, and they are not expected to sit quietly for long periods of time.
2. Children have access to various activities throughout the day. Look for assorted building blocks and other construction materials, props for pretend play, picture books, paints and other art materials, and table toys such as matching games, pegboards, and puzzles. Children should not all be doing the same thing at the same time.
3. Teachers work with individual children, small groups, and the whole group at different times during the day. They do not spend all their time with the whole group.
4. The classroom is decorated with children’s original artwork, their own writing with invented spelling, and stories dictated by children to teachers.
5. Children learn numbers and the alphabet in the context of their everyday experiences. The natural world of plants and animals, and meaningful activities like cooking, taking attendance, or serving snack provide the basis for learning activities.
6. Children work on projects and have long periods of time (at least an hour) to play and explore. Worksheets should be used rarely, if at all.
7. Children have an opportunity to play outside every day. Outdoor play is never sacrificed for more instructional time.
8. Teachers read books to children individually or in small groups throughout the day, not just at group story time.
9. Curriculum is adapted for those who are ahead as well as those who need additional help. Teachers recognize that children’s different backgrounds and experiences mean they do not learn the same things at the same time in the same way.
10. Children and their parents look forward to school. Parents feel secure about sending their child to the program. Children are happy to attend; they do not cry regularly or complain of feeling sick.

From “Reading is Fundamental”
Visit their website at www.rif.org



Health and Nutrition



Toni Davis
Bartlesville

A, B, Vitamin C (Part III)

Vitamin C is one of the most commonly known vitamins. We see it widely advertised every day on television in advertisements for fruit juices and other products. Our bodies require Vitamin C to function properly. Children especially need it in order to grow and develop.

Vitamin C is sometimes called ascorbic acid. It is water soluble, which means you must have water to absorb the vitamin. It is also one vitamin that you do not have to worry about getting too much of. If you consume or use too much of a supplement of vitamin C, your body will dispose of it with its waste water system. Our body can not make its own vitamin C, so it must arrive through our diet. Because it cannot store vitamin C, you must have a continuous supply of it in order to remain healthy.

Vitamin C is a powerful antioxidant. Like Vitamin E and beta-carotene, Vitamin C is a nutrient that blocks damage caused by free radicals that form when our bodies translate our food into energy. It helps rid our body of toxic chemicals from our environment. When we do not get an adequate supply of antioxidants, free radicals can damage our bodies, resulting in arthritis, cancer and heart disease.

Vitamin C is also required for the body to make collagen, (an important component of blood vessels, tendons, ligaments, and bone). Collagen is the protein that helps us make scar tissue and heals our wounds. Vitamin C also helps rid our body of cholesterol and boosts our iron levels. It is critical to brain function and to a healthy immune system.

The deficiency of Vitamin C can result in scurvy. Symptoms of Vitamin C deficiency include fatigue, anemia, bleeding and inflamed gums, bruising easily, nosebleeds, hair loss, joint pain or swelling, slow healing, decreased ability to fight infections and weight gain caused by a slow metabolism.

The best way to get Vitamin C is through a balanced diet including a variety of foods. Good sources of Vitamin C are oranges, lemons, grapefruits, strawberries, tomatoes, red peppers, broccoli, and potatoes. You may also find Vitamin C in fortified cereals as well as poultry and fish. Vitamin C is essential for growth and health of adults as well as children. Make certain you and the children in your care receive foods rich in Vitamin C. You may find fewer colds and a much happier environment for yourself and the children in your care.



Tara Perez
Ponca City

Tips For Taxes

Tax Deadline
April 15th

Question:

What is the Child and Dependant Care Credit?

Answer:

This is a federal tax credit worth up to 30% of a family's actual child care expenses for the year. There is also an Oklahoma state Child and Dependant Care Credit which is a percentage of the federal credit claimed. To qualify, a taxpayer must have earned income and the child care must be provided so that the parent can work or look for work. Families of all income levels can claim the credit. The tax form to claim the credit asks for the name, address and taxpayer identification number of the child care provider and the total amount paid for child care during the year.



Question:

Can a family still claim the Child and Dependent Care Credit if their provider refuses to give them a tax number?

Answer:

Yes. If the provider refuses to give the identifying information, the family should report whatever information they have (such as the name and address) on the tax form used to claim the credit. They should explain that the information was requested, but not received from the provider. If a provider is out of business, that should be explained. (See attached IRS Publication 503, page 8 & 9) You can download forms and publications from the IRS web site: www.irs.gov

The Importance of Outdoor Play

By Pam Davis

Time was when we played outside from sun-up to sun-down, only coming inside to eat or get a drink. Unfortunately, times have changed. With the increased safety risk in allowing our children to play outside, it's no wonder that childhood obesity is on the rise. Families choose video and computer games and television time, rather than allowing their children to play outside and risking an abduction or assault by an individual or moving object.

Outdoor play is extremely important for many reasons. The consumption of fresh air cuts down the growth and spread of germs and bacteria. Dry, re-circulated indoor air increases the spread of germs as the indoor temperature increases. It's our responsibility as part of the family support system to help educate parents in the importance of outdoor play for children of all ages. This educational process can sometimes best occur through modeling appropriate time and outdoor activities for children of all ages, in all kinds of weather.

Child Care Licensing requires providers to provide outdoor play opportunities to children when weather does not a significant health risk. STARS requirements are to have a balance of active and quiet activities, both indoors and outdoors. Be creative. There is nothing that children play with indoors that cannot be taken outside. Outdoor interest areas do not have to be left outside, they can be brought inside at the end of outdoor play in order to maintain the quality and integrity of play items.

Many believe that infants should not "play" outdoors. However, it is just as important for infants to experience the outdoors as it is for older children. Due to the rapid brain development of infants and children between the ages of birth and three years, this is the prime time to offer children many opportunities to experience the world around them in order to allow them to make the neurological connections that are necessary to strong brain development. Always work together with each child's

family in order to develop an outdoor play plan for young infants.

Remember to conduct playground safety checks daily before going out with children. Always use appropriate fall zones and impact material. Protect little ears and heads during cold and breezy weather. DO NOT take infants outside when it is excessively windy. Although there is no set temperatures for keeping children inside, providers should keep track of the outdoor temperature, taking into consideration the heat index or wind chill. Always maintain proper adult to child ratios during outdoor play.

Again, an important thing to remember is to be creative and think outside the box...

check out www.mrmcgroovys.com for more things to do with cardboard boxes.



April is National Child Abuse Prevention Month

TAKE ACTION IN YOUR COMMUNITY:

BUILD A BLUE RIBBON TREE FOR KIDS!

PROMOTE HEALTHY CHILDREN AND STRONG FAMILIES!

Communities everywhere will be building a blue ribbon tree in honor of National Child Abuse Prevention Month

(April). The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that all of us have a responsibility to help children safe.

- * Decorate or create a tree!
- * Make the ribbons count!
- * Deadline ~ Tues, April 14, 2009
- * Get Listed ~ Official Tree Registry

Trees and/or tree photos will be displayed during Child Abuse Prevention Day at the Capitol
Tuesday, April 14, 2009



Please call for a complete packet:



Child Abuse Prevention Month
Action Committee
(405) 271-7611
www.okcountykids.org



Children First Program
Family Support & Prevention Service
Oklahoma State Department of Health
1000 NE 10TH ST • Oklahoma City, OK 73117-1299

Frontier Country

Serving Payne, Lincoln & Logan Counties



Pam Davis
Stillwater

Spring will be bounding in soon and, with that, we can be most certain of two things in Oklahoma...wind and storms! Do you have your Disaster Plan in place? If not, join us for **Disaster Preparedness training** on March 16th and take with you new ideas to dispel children's storm anxiety.



2009 Week of the Young Child is April 19-25. In keeping with the theme: **"Bring Communities Together for Children - Children Bring Communities Together"**, extended hour training will be **"Bring Communities to Children: Beyond Petting Zoos and Pumpkin Patches"**.

I am in the process of planning training for July 2009 - June 2010, so if you have any requests and/or suggestions, please call or email me. Also be sure to watch upcoming training pages in your newsletter for mini-conferences coming to rural areas.



Janet Lewis
Ponca City

Pioneer Country

Serving Kay, Noble & Pawnee Counties

Spring is a busy time of year around the Ponca City office. We will be attending trainings, advocating at the Capitol, doing child care referrals for families, technical assistance for providers and offering trainings to help those who care for children.

For exact time and locations and of the following trainings, please refer to the training page section of this newsletter or call 918-337-6520 or 580-762-7348.

If you plan to visit our resource room (which we hope you will!), please call ahead to make certain that the office is open as there will be days when our staff is out of town for our own trainings. Remember that providers may count no more than six hour of video training to meet licensing renewal requirements.

Green Country

Serving Washington, Nowata & Osage Counties

Angie Barbee recently resigned her position as R&R Specialist in our Bartlesville office. We wish her the best of luck in her new position and are grateful for her two years of service.

We will continue to provide you with quality services during this transition period and hope that by the time you receive this newsletter our new R&R Specialist is in place in Bartlesville to help you with your needs.

Extended hours training will be held on March 2nd at our office. We will be training on **"What's Available?: Utilizing Your R&R Resource Room"**. We hope you will join us and meet your new R&R Specialist!



The 3rd week of March is NATIONAL POISON PREVENTION WEEK

Make a special note to yourself to take time to double check and make certain that ALL harmful substances are out of reach of children.



In case of ingestion, contact the Poison Help phone number on the left. It is a nationwide hotline that will connect you to a Poison Control Center in your area for help.

Upcoming Trainings in Pioneer Country:

Ponca City:

- March 2nd: **"Challenging Behaviors"**
- March 6-7 & 27-28: **"Early Learning Guidelines"**
- April 6th: **"Earth Day is Coming: Recycling/Gardening/Outdoor Play"**

Newkirk:

- March 4th: **"Infant/Toddler Curriculum Planning"**
- April 15th: **"Making Low Cost Toys: Health, Safety & Child Development"**

Pawnee:

- March 10th: **"Balancing Your Child Care Home and Your Family"**

Perry:

- April 14th: **"Nutrition"**

Delaware Child Development
Resource and Referral

A program of the
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MARCH 8th
Daylight Savings

March/April Activity Calendar

It can be challenging to find new activities to do with children. It can help to plan around events that fall on the calendar. We have many books in our resource rooms which have activities geared for holidays and special days. You can also find many things on-line simply by searching for *children's holiday activities*. Remember to make the activities a learning experience for children, such as using a recycling activity for Earth Day.

Below are some days to consider:

March: National Nutrition Month

March 8: Daylight Savings Time

March 17: St. Patrick's Day

March 20: First Day of Spring

3rd wk March: Nat'l Poison Prevention Week

April: National Child Abuse Prevention Month

April 10: Good Friday

April 12: Easter Sunday

April 15: Tax Day

April 19 - 25: Week of the Young Child

April 22: Earth Day

Resource Room Feature: Earth Day

Earth Day is April 22nd

If you have not yet visited one of our Resource Rooms at Delaware Child Development, you are missing out on some wonderful resources to assist you with your child care.



This month's feature includes an activity kit on "*Growing Things*". This kit includes all you need to assist children in learning about where food comes from, how it is grown, and gives children a hands-on opportunity to plant seeds and watch them grow. You may also want to check out one of our books appropriate for Spring and Earth Day activities. "*Hug a Tree*" is full of ideas to help enhance outdoor learning for children. "*Learn and Play the Recycle Way*" includes activities for each age group that help them develop physical, sensory perception, social/emotional, cognitive and creative skills.



Call or visit one of our resource rooms today:

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Stillwater: 918.337.6522

Ponca City: 918.337.6520
Toll Free: 1.866.254.9864