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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

May has arrived and the school year is quickly coming to a close. This means a lot of transitions for children and child care providers. Please let families know that we are here to help them find child care should they call and you are full.

Some of you may not be fully aware of the scope of work your referral specialist does. We maintain a database of providers in a nine county region, updating each providers file at least twice a year. We also receive calls via local and toll free phone lines and assist parents in obtaining a list of child care providers in their area who meet their needs. We do not give out specific recommendations, but instead give families a list of providers who meet their criteria (days and hours of care needed, age of child, special needs, etc.) and offer information on quality of care indicators to assist them in determining which provider is right for them. It is up to the family to make phone calls, interview and select a provider for their child.

Delaware Child Development Resource and Referral strives to provide quality referrals. We have spent the last year participating in a rigorous application process to become Quality Assured. Quality Assurance is a national validation by the Child Care Aware® Consumer Education Quality Assurance Program, designed to ensure that families across the nation have access to consistent, high quality services that support them in making informed child care choices.



We are proud to say that we have once again have attained our Quality Assured status.

We will continue, as always, to provide the very best in services to our families, our providers and the communities we serve.



Debbie Frasier
Bartlesville

We are happy to announce the addition of Debbie Frasier to our staff.

Debbie will serve Washington, Osage and Nowata counties through our Bartlesville office. Be sure to call or come by and pay her a visit. Check the Green Country section of the newsletter or the Washington County section of the training page for upcoming trainings in Bartlesville.



NOTE: June trainings in all areas will be on **Shaken Baby Syndrome**. Providers will learn how to identify warning factors, signs of a shaken baby and steps to follow if shaken baby syndrome is suspected.



For Baby's Sake...

by Pam Davis

Yes...Babies cry. It's a guaranteed fact of life. Babies and young children use crying to give people around them cues that there is a need that must be met. At times, a baby's crying may appear to be for no reason.

Hospitals across the nation treat numerous children each year because their caregiver became frustrated with the child's crying and, out of frustration, shook that child, resulting in a severe injury or even death.

The Center for Disease Control and Prevention (CDC) reported that in 1992, traumatic brain injuries (TBIs) accounted for 34% of all injury deaths in the United States.

According to The National Center on Shaken Baby Syndrome, understanding infant crying won't make a baby stop crying, but it can help caregivers get through those first few months. The Center has conducted research which resulted in the development of "The Period of **PURPLE** Crying" to give caregivers an easier way to re-

member the crying patterns of normal, healthy infants. The acronym is **P=Peak Pattern** - crying peaks around 2 months of age and decreases after that, **U=Unpredictable** - crying can come and go unexpectedly with no apparent reason, **R=Resistant to Soothing** - crying continues despite soothing efforts of caregivers, **P=Pain-like Face** - crying infants can look like they are in pain, though they may not be, **L=Long Bouts** - crying can go on for 30-40 minutes and longer, **E=Evening Cry** - crying occurs more in the afternoon and evening.



How can crying be understood? The first step is acknowledging that crying is normal and that some babies cry a lot more than others. Secondly, go through a mental checklist of the baby's needs: soiled/wet diaper, hungry, too hot, too cold, needs a bath, teething, tired, over stimulated, irritat-

ing clothing, etc. and check each of these things. It's also been found that a child's seemingly incessant crying may be caused by a hair or small piece of string that has gotten wrapped around a finger or toe. If you've checked all of these things and the child continues to cry, consider placing the child in a safe place such as a crib and contact the child's health practitioner. This will give you time to regroup and speak to another adult about concerns. The health practitioner may suggest bringing the child in for a check-up to make certain the crying is not the result of a health issue such as ear infection.

For more resources, go to:

www.dontshake.org
<http://wctf.state.wi.us/home/>
<http://aboutshakenbaby.com/>
<http://kidshealth.org/parent/medical/brain/shaken.html>

Local Resource and Referral offices will conduct training on Shaken Baby Syndrome during the month of June.

Summer Safety Tips

Source: <http://www.aap.org/advocacy/releases/summertips.cfm>



The Oklahoma Department of Human Services Licensing Requirements clearly state that children play outdoors daily when weather conditions do not pose a significant health risk. However, there are no

set temperature guidelines available for child care providers to go by, therefore, keeping track of the weather, outdoor temperature and heat index is of utmost importance. Providers may want to consider adjusting outdoor play times to longer play time during early morning and a shorter afternoon outdoor play time to cut down on heat and sun exposure. Make sure to apply sunscreen at least 30 minutes prior to going outside and encourage children and caregivers to wear wide-brimmed hats and sunglasses.

Staying hydrated during the hot, humid Oklahoma summer is as important as using appropriate sun protection. Keeping disposable cups available for frequent visits to the water fountain will help meet this need. Washable water bottles can be purchased, labeled with each child's name and filled with cool water to accompany a group during outdoor adventures and can be reused from season to season.

Insect safety can be observed by not using scented soaps, perfumes, hair sprays or lotions and avoiding areas where insects nest or congregate, such as stagnant pools of water and gardens where flowers are in bloom. Also, check skin, hair and clothing closely after nature walks to remove ticks and other insects that may be crawling.

"When you lick a slug, your tongue goes numb." ~ Bethany, Age 11

Source: *Wit and Wisdom from the Peanut Butter Gang*
compiled and edited by H. Jackson Brown, Jr., 1994, pg 85



1.866.254.9864

Health and Nutrition



Toni Davis
Bartlesville

WELCOME to Tiffany Donald, Gina Martin, Jennifer Rice and Elisha Koehler who recently signed up with Delaware Child Development Nutrition Program. It is audit season. If you are with Delaware Child Development Nutrition Program, please be aware that auditors may be visiting your program to go over your records.

As spring and summer progress, please keep in mind the variety of fresh fruits and vegetables that can be incorporated into your menu to offer a greater variety of colors, flavors and textures. However, please make sure these fresh selections are purchased from an approved source and prepared according to appropriate food safety and sanitation procedures.



With rising costs, providers might want to check into ordering Angel Food. Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different and consists of both fresh and frozen items with an average retail value of approximately \$60. Comparison shopping has been done across the country in various communities using a wide

range of retail grocery stores and results show the same food items costing from between \$42 and \$78. There are no qualifications, minimums, income restrictions, or applications. Orders and distribution are handled by church host sites. Orders are collected by the host sites during the first part of each month. These orders are then turned in to the Angel Food main office. A couple of weeks later, the host site receives their Angel Food delivery and distributes orders at their site. They have now added an on-line order option.



Tara Perez
Ponca City

For more information and a monthly menu, visit www.angelfoodministries.com.



Here's a fun summer lunch idea:

Chicken-Potato Skewers - using boneless, skinless chicken thighs cut in cubes, weigh out each serving and place on a bamboo skewer that has been soaked in water (to prevent burning during the grilling process); alternate the chicken with frozen, herbed potato cubes. Prepare grill with non-stick cooking spray and cook skewers until chicken is done through. Serve with **steamed, brown rice**, and **steamed or grilled vegetable medley and quartered, frozen red grapes**.

Health Minute

EARLY CHILDHOOD OBESITY

Researchers from the National Institutes of Health measured children's height and weight at ages 2, 3, 4 1/2, 9, 11, and 12 years.

They found that children who were overweight at least once from ages 2 - 4 1/2 were five times more likely to be overweight at age 12 than those who were not overweight at ages 2 - 4 1/2.

Starting good habits early in life can help prevent childhood obesity.



IT'S A BOY!



We are very pleased to announce that **Tara Perez**, our Ponca City Child Nutrition Specialist, has had her baby.

Alejandro Xavier Perez was born Monday morning, April 6th, weighing 7 lbs. 10 oz. and 21 inches long.

If you wish to get a card to Tara, just send it to our office and we will see that she receives it.



May 8, 2009: Provider Appreciation Day

By Pam Davis

Provider Appreciation Day is a special day to recognize child care providers, teachers and other educators of young children everywhere. Started in 1996 by a group of volunteers in New Jersey, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. The founding organizers saw the need to recognize the tireless efforts of providers who care for children of working parents.

Momentum and support for this event has grown each year and recognition presently includes individuals and government organizations throughout North America, Europe and Asia. The National Economic Impacts of the Child Care Sector study, sponsored by the National Child Care Association, found that there are at least 2.8 million people who earn their money by teaching and caring for young children or by working in directly related jobs. As the demand for child care continues to increase, who's minding the kids is crucial.

Today's child care professionals are the world's unsung heroes, and Delaware Child Development Resource & Referral wants each of you to know how much **YOU ARE APPRECIATED!!!!!!!**



The following Provider Appreciation events will be held by Delaware Child Development Resource & Referral:

Bartlesville: Provider Palooza - was held April 16th

Ponca City: Provider Dinner - Fri, May 8th, 7 pm
Community Christian Church, 2109 W Grand

Payne County: Monday, May 18th, 6:30 pm

Lincoln County: Saturday, June 13th, 9 am - 4 pm

Logan County: Coming in August
(Contact Pam Davis for locations & details)

**GIVE YOURSELVES A PAT ON THE BACK
AND ATTEND A PROVIDER APPRECIATION
EVENT IN YOUR AREA!**

Source: www.providerappreciationday.org

Announcing: New Ponca City Office Downtown

It is with great excitement that we announce that the Ponca City office has moved downtown!

Our new location is **121 East Grand** in Ponca City.

We are on the north side of the street, across from Home National Bank. Our new facility is a great deal larger and will accommodate the increase in training attendance that we have seen in past months. The office has a spacious resource area for our parent and provider library and training center.



We have added a provider computer station which will be used for library checkout once our new on-line system is completed. This will allow providers to search for materials online and reserve them in advance.

The library system will also make checkout much easier by replacing the sign-in book with a simple barcode scan.

In addition to our beautiful resource area, the new facility has two individual office spaces, two bathrooms, a storage room and a kitchenette.

We would love for you to stop by and see our new office. Ponca City area providers will receive an invitation to our Open House to be held mid-May.

As always, a phone call to make certain someone is in the office is helpful as we are often out seeing providers and community members. Normal hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.



Frontier Country

Serving Payne, Lincoln & Logan Counties



Pam Davis
Stillwater

THANK YOU!
THANK YOU!
THANK YOU!



Are you aware that as child care providers, you are major contributors to making the world go 'round, so in honor of YOU, we observe Provider Appreciation Day Friday, May 8, 2009. For "Frontier Country," Provider Appreciation will be observed on the following dates:

Payne County - Monday, May 18th-6:30-9pm

Come for training and door prizes with a few surprises thrown in.

Lincoln County - Saturday, June 13th-9am-4pm

Come for training and door prizes.

Logan County - coming in August

Watch the training page and your mail box for more information.

Here are some more "happenings" for families:

May 2nd-Wonder Wheel-a-Thon @ Boomer Lake
with Stillwater Children's Museum - www.wonder-wheels.com

May 2nd-Prague Kolache Festival
www.praguekolachefestival.com

May 23rd-Mulhall Day Celebration
Downtown-9am-Midnight

April 30-May 2-Quapaw Creek Rendezvous
www.sparksamerica.com

Be sure to check with your local library on their summer reading programs.



Green Country

Serving Washington, Nowata & Osage Counties



Debbie Frasier
Bartlesville

I would like to introduce myself, Debbie Frasier, as the new Resource & Referral Specialist in Bartlesville. I began this position on March 2nd, and I am loving it.

I have already been through numerous trainings and have even had the opportunity to experience "The Day on the Hill" at the State Capitol. I had the honor of meeting several Legislators and discussing quality care for our community.

I would enjoy meeting you, but will not be able to make visits to every provider as I serve three counties and over 100 providers. If you utilize our Resource Room in the near future, please be sure to stop by, say hello and introduce yourself.

The trainings I have scheduled at this point are:

Extended Hours Trainings

Monday, May 4, 2009
6:30 - 8:30 p.m.

Topic: **Summer Safety**

Monday, June 1, 2009
6:30 - 8:30 p.m.

Shaken Baby Syndrome

These trainings will be held at the Delaware Child Development Training Center, 5110 Tuxedo Blvd, Bartlesville. I hope you will join us for 2 hrs of Tier I training.

Pioneer Country

Serving Kay, Noble & Pawnee Counties



Janet Lewis
Ponca City

I AM SO EXCITED!!

Why am I so excited?! Well, let me tell you! We have moved downtown to a new office (121 East Grand) and Debra and I each have our own rooms!!

It is so much easier to hear you on the phone and we each get to DECORATE to suit our own personalities! We are going to have an OPEN HOUSE soon, so look for your invitation. In the meantime, stop in and say hello! Our resource area is beautiful and we have lots of books, activity kits, training videos, etc. to help you. Best of all, we have a lot more room for those extended hours trainings! With more than 30 providers at some trainings, we have really needed the space.

May and June are gearing up to be very busy months. Be sure to mark your calendars the following events:

Monday, May 4th - Extended Hours Training - 6:30 p.m.
"The Importance of Play" - BBQ pot luck

Friday, May 8th - Provider Appreciation Dinner - 7:00 p.m.
Community Christian Church, 2109 West Grand, Ponca City

???? - Ponca City office OPEN HOUSE
121 East Grand, Ponca City - 6:30 - 8:30 come & go

Monday, June 1st - Extended Hours Training—6:30 p.m.
"Shaken Baby Syndrome" - Mexican pot luck

Saturday, June 13th - Tier II Training - 9:30 a.m. - 4:30 p.m.
"Many Faces of Autism" - Presented by Mansur Choudry
Community Christian Church, 2109 West Grand, Ponca City

Wed - Fri, June 24th - 26th
R&R Staff from all our areas will be out of the office for retreat

Extended Hours trainings will be held at our new office:
121 East Grand (across from Home National Bank)

www.delawarechild.org

A program of the
Washington County Child Care Foundation
5110 Tuxedo Boulevard
Bartlesville, OK 74006
RETURN SERVICE
REQUESTED

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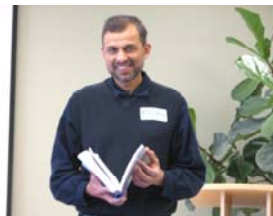


First Day of Summer—June 21, 2009

“A life without love is like a year without summer.”
~Swedish Proverb

A Very Special Event: “Many Faces of Autism”

Every day we are seeing more and more children with special needs coming to attend your child care facility. Providers are hesitant to provide care for lack of information pertaining to the need of that child. As a participant, you will learn to detect early signs of autism, be aware of different treatments and interventions prevailing and be able to help the parents in finding the best intervention for their child. These workshops are designed to provide you the information and encouragement to include all children in your facility.



Mansur Choudry is the ABEL (Autism Behavioral Education Lab.) Director at Special Care Inc., an early childhood based childcare facility for children with and without special needs. He is a Master Consultant Educator with C.E.C.P.D (Center of Early Childhood and Professional Development).

He has been working with children and adults with and without special needs for the last 13 years. He and his center act as a valuable resource for teachers, volunteers and students who want to get into the field of Special Education.

Mansur has Bachelors degree in Engineering, a Masters degree in Business Administration and a Masters in Special Education from the University of Central Oklahoma. Presently he is working towards his BCBA.

Drawing from his training and experience, he shares knowledge and experience that is real and simple.

PONCA CITY:

Date of Training: Saturday June 13th, 2009
9:30 a.m. - 4:30 p.m.
Place of Training: Community Christian Church
2109 West Grand Avenue, Ponca City

To register for the training, contact:
Debra Gibson @ 918-337-6524 or dgibson@delawarechild.org

BARTLESVILLE:

Date of Training: Saturday, July 18th, 2009
Time and Location To Be Announced

For information, contact:
Debbie Frasier @ 918-337-6511 or dfrasier@delawarechild.org

