



Delaware Child Development
Child Care Resource & Referral

November/December 2009

"Fighting the Flu"
"Partnering with Families"
Provider Resources Listing
Holiday Safe Cooking Guide
Health & Nutrition with Toni & Tara

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Staff

Bartlesville Office

5110 Tuxedo Boulevard
Bartlesville, OK 74006
918.337.6500 phone
918.337.6525 fax

Serenity Keeling
R & R Specialist
skeeling@delawarechild.org
918.337.6513 phone

Toni Davis
Child Nutrition Specialist
tdavis@delawarechild.org
918.337.6508 phone

Ponca City Office

121 East Grand
Ponca City, OK 74601
580.762.7348
918-337-6527 fax

Debra Gibson
R & R Coordinator
dgibson@delawarechild.org
918.337.6524 phone

Janet Lewis
R & R Specialist
jlewis@delawarechild.org
918.337.6520 phone

Tara Perez
Child Nutrition Specialist
tperez@delawarechild.org
918.337.6521 phone

Stillwater Office

2324 W. 7th Place, Suite 4
Stillwater, OK 74078
405.742.4617
405.707.9712 fax

Pam Davis
R & R Specialist
pdavis@delawarechild.org
918.337.6522 phone

1.866.254.9864 toll free
www.delawarechild.org

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

Dear Providers & Partners,

It is hard to believe that yet another year is quickly passing and the holidays are just around the corner. If you are not a great lover of crowds and chaos, I would encourage you to start now in preparing for the holiday season. Included in this issue you will find some information to help you in preparing you holiday meals safely as well as tips for partnering with parents to reduce the spread of seasonal and H1N1 flu in your childcare.

We have seen a recent surge in the cases of flu in Oklahoma in the past few weeks. Although seasonal flu has been a common winter visitor, H1N1 (Swine) flu can be more severe and even life-threatening in some cases.

Signs to look for in the flu include fever, cough, sore throat, runny nose, headache, body ache, chills, fatigue and even diarrhea and vomiting. Experts advise that children who get the flu should not return to school or childcare for at least 24 hours **after the fever subsides** in order to avoid spreading the virus.

Certainly the H1N1 epidemic concerns providers, but what are the warning signs that require immediate medical attention? The CDC suggests immediate attention if the following symptoms present:

In Children:

- Fast breathing or difficulty breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Irritable to the point of avoiding being held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with a rash

And the Winners of our Provider Update Literacy Bag Giveaway are...

Kids Care Learning Center of Ponca City

Lois Challis Family Child Care Home

Thanks to everyone who sent in their update forms! Special thanks to Pam Davis for designing the "Papa Please" & "Get the Moon For Me" Literacy Bags. Watch for our Spring contest!

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

The CDC recommends three actions to combat H1N1. These include 1) Vaccination, 2) everyday preventative actions and 3) Antiviral drugs when ill. You can help ward off the germs by encouraging children to wash hands often with soap and water, cover their nose and mouth when coughing or sneezing and avoid touching eyes, nose and mouth. For a good video to share with children about flu hygiene, go to:

<http://www.vdh.state.va.us/epidemiology/DiseasePrevention/H1N1/Video/PSAs/Sneezing101.htm>

Your local R&R has a wealth of information, including posters, available to you. Call your local R&R Specialist for more information.

Debra Gibson, Program Coordinator
918-337-6524

TOWER TOTS

Price Towers Arts Center in Bartlesville is sponsoring an activity program for children through December.

Tower Tots will meet for one hour twice a month on Tuesday mornings at 10:00 a.m. at the reception area of the Price Tower Arts Center.

The program will include storytime in the gallery and an art activity in the annex.

There is no charge and all art supplies are provided. All children must be accompanied by an adult. Activities include:

- Nov 10 - Pine Cone Pets**
- Nov 24 - Harvest Time Centerpiece**
- Dec 8 - Paper Chains**
- Dec 22 - Noodley Snow Flakes**

For more information, contact Cynthia Naylor, Outreach & Education Coordinator, Price Tower Arts Center, 918-336-4949, Ext. 117.

Partnering with Families

by Pam Davis



In today's diverse society, families depend on child care providers in a lot of different ways. Depending on the nature of their careers/jobs, parents may or may not have an opportunity to stay abreast of the latest of the latest on child care issues, child development findings and child health related issues. This is why Partnering **with** families is essential to quality child care.

Sometimes child care providers may feel that families depend on them to raise their children for them, but what families really need is a **partnership** with child care providers to assist them along their child-rearing journey. For some parents, it's looking to that child care provider as a model for proper child guidance techniques. For others, it may be the newest book to have come out written by their child's favorite author.

Let's take the current situation in the forefront of everyone's existence: H1N1 (Swine) Flu. As cold and flu season is actually upon us, families need constant yet gentle and subtle reminders on how to prevent colds and flu from taking up residence in their homes. For

your next Family Meeting, I encourage you to share with families the in's and out's of Cold and Flu Prevention. For example, you could provide them with titles of several children's books available about germs and hand washing. (See below for a short list.) Also, at http://www.cdc.gov/h1n1flu/pdf/2009_h1n1fluandyou.pdf, you will find an 8 1/2 X 11, double-sided pamphlet you can print off to give to families.

In addition, let families know what extra precautions you are taking to prevent the spread of germs and illness in your facility. This is prime opportunity to share a fresh copy and remind families of your exclusion policy. If you have internet access and a way for families to view, this short video on Sneezing 101 is a cute way to remind us all how to keep from spreading germs.

<http://www.vdh.state.va.us/epidemiology/DiseasePrevention/H1N1/Video/PSAs/Sneezing101.htm>

A fun activity to do with families:

- Have everyone rub petroleum jelly (Vaseline) on their hands, front and back.
- Sprinkle all hands with cinnamon and have them rub it in.
- Divide into groups evenly to wash hands
 - 1) With cold water only
 - 2) With cold water and soap
 - 3) With warm water and soap
 - 4) With hand sanitizer only
 - 5) With a baby wipe only
- Bring everyone back together to determine the most effective way.
- After discussion, have everyone wash hands with warm soap and water while singing the "A, B, C" song, making sure to scrub the backs of hands, under the nails and under jewelry.

Children's books about germs and hand washing:

Wash Your Hands! By Tony Ross

Mr. Putter and Tabby Catch the Cold

by Cynthia Rylant & Arthur Howard

Germs Are Not for Sharing by Elizabeth Verdick

PROVIDER RESOURCES:

LICENSING:

Oklahoma Dept of Human Services at www.okdhs.org.

CHILD CARE CENTERS FOOD PROGRAM:

Child and Adult Care Food Program (CACFP) at www.fns.usda.gov/end/Care/CACFP/aboutcacfp.htm.

FINANCIAL INCENTIVES:

STARS Program at www.okdhs.org/divisionsoffices/visd/dcc/stars/docs/starscontactinformation.htm.

R.E.W.A.R.D. Program at (Toll Free) **1-888-446-7608** or www.cecpd.org

INFORMATION & RESOURCES:

Oklahoma Child Care Resource & Referral (OCCRRA) : toll free at **1-888-962-2772** or at www.oklahomachildcare.org.

Delaware Child Development Resource & Referral: **1-866-254-9864** or www.delawarechild.org

WARMLINE (Prerecorded Health Care Topics): **1-888-574-5437** or www.warmline@health.ok.gov.

HEALTH CARE CONSULTATION (Parent information, technical assistance & referrals to health care): [Contact your local R&R or County Health Dept.](#)

INSURANCE ASSISTANCE:

Insure Oklahoma/OEPIC (State supported health care program for child care providers based on income) at **1-888-365-3742** or go to www.oepic.ok.gov.

MULTICULTURAL ENVIRONMENTS:

Keila Garcia, OCCRRA Hispanic Services (For Providers serving children of various ethnic groups) at **1-888-962-2772** or email kgarcia@oklahomachildcare.org.

SAFE COOKING TEMPERATURES As measured with a food thermometer	Internal Temperature
Beef, Pork, Veal, Lamb	160 F
Turkey, Chicken	165 F
Ham – Fresh (raw)	160 F
Ham – Pre-cooked (to reheat)	140 F
Eggs	Until Yolk & White are firm
Egg Dishes	160 F
Seafood – Fin Fish	145 F
Leftovers & Casseroles	165 F

1.866.254.9864

Health and Nutrition



Toni Davis
Bartlesville

Make a Pac to Fight Bac!

As the Holidays are approaching, many of you may be planning large family dinners. We would like to ensure that your holiday celebrations are food safe by reminding you of the four basic



ways to reduce the risk of food borne illnesses: Clean, Separate, Cook and Chill. The Partnership for Food Safety Education (PFSE) has created a food safety initiative called the Fight BAC! Campaign to educate consumers, teachers, dieticians, public health officials and extension agents across the United States on ways to practice these four simple steps:

CLEAN

BAC (food borne bacteria) can be hiding just about anywhere: in your kitchen, on your plate and even on your hands! To fight BAC!, always;

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot soapy water.
- Rinse fresh fruits and vegetables under running tap water.
- Visit www.scrubclub.org for Webisodes featuring “soaperheroes” fighting BAC; games to educate kids about proper hand washing; downloadable music, poster, and activities.

SEPARATE

Cross-contamination is how bacteria is spread. Always start with clean countertops, utensil, hands, and dishes. Keep raw meat and juices away from ready-to-eat foods.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat.

COOK

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness.

- Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to the correct internal temperature. (see chart on page 2)
- When cooking in a microwave oven, cover food, stir and rotate for even cooking.

CHILL

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to keep food safe. Keep a constant refrigerator temperature of 40 F or below.

- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator.
- Never defrost food at room temperature.
- Always marinate food in refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Harmful bacteria can be transferred from food to people, people onto food, or from one food to another. Bacteria grow rapidly at room temperature, but can be slowed or stopped by refrigerating or freezing. Food related illness can produce a wide array of symptoms from mild to very serious, and may cause long term illnesses, such as kidney failure. Symptoms may occur from 30 minutes to two weeks after consuming a harmful bacteria. Infants, young children, senior citizens and people with weakened immune systems are more vulnerable to food borne illness. That is why it is important for Child Care Providers to practice and teach our children to Fight BAC! Although BAC! Is everywhere, he can be stopped with a little soap and hot water, refrigerator and a food thermometer.

Visit www.fightbac.org for more information and interactive learning.

Common Myths:

Myth: People never used to get sick from their food.

FACT: Many incidents of food borne illness went undetected in the past. Symptoms of nausea, vomiting, and diarrhea were often and still are blamed on the “flu”.

Food borne Illness VS. Flu:

Common in Food Borne Illness: Gastrointestinal	Common in Flu: Respiratory
Nausea	Chest Discomfort
Vomiting	Cough
Diarrhea	Nasal Congestion
	Sore Throat
	Runny or Stuff Nose



Tara Perez
Ponca City

Early Intervention is the Key by Serenity Keeling

A child may appear to be like every other child his age. He may look like other children, have the same interests, and be physically healthy. But just because a child is physically fit does not mean that parents and providers should not watch for indicators of developmental delays.

The early intervention of developmental delays is vitally important in the profession of childcare. “The Centers for Disease Control and Prevention (CDC), reports that in the United States, 17 percent of children have a developmental or behavioral disability. The CDC indicates that less than half of children with problems are identified before starting school (Logsdon, 2009).” Children with learning disabilities are sometimes said to have invisible disabilities. An invisible disability is simply one that cannot be seen as easily as a physical impairment. According to Ann Logsdon, “there are early signs of disabilities that caretakers may notice. More importantly, there are also strategies and resources that can help.” Early intervention can be extremely important in the life of a child with learning disabilities. Developmental delays can exist in one or more of the following areas: cognitive skills; communication; social skills and emotional skills functioning; behavior; and fine and gross motor skills.



If you are a parent and you think that your child may have a developmental delay, a good first step would be to contact the child’s doctor. The doctor may conduct developmental screenings in order to determine whether or not there is a true learning disability. Parents can also contact a local early intervention agency or a public school for assistance. For more information in your area, contact the National Dissemination Center for Children with Disabilities at 1-800-695-0285 (Logsdon, 2009).

Logsdon, Ann. 2009. *Top 8 Tips to Recognize Early Signs of Learning Disabilities*. Retrieved on October 8, 2009 from <http://learningdisabilities.about.com/od/learningdisabilitybasics/tp/SignsofLD.htm>

Logsdon, Ann. 2009. *Developmental Delays - What Does Developmentally Delayed Mean?* Retrieved on October 8, 2009 from <http://learningdisabilities.about.com/od/glossar1/q/develdelay.htm>

According to Ann Logsdon, there are common behaviors that may be signs that you can watch for:

- Does the child’s speech seem very different from other children in his class? Do teachers and other children seem to have difficulty understanding the child?
- Is he easily frustrated with activities that involve talking to others, listening, or following directions?
- Does the child seem inattentive to others and not interested in classroom activities or play with other children?
- Does he appear so challenged by speaking that he becomes angry, bites, or hits other children rather than using words?
- Does he point or grab at objects or people and make noises to indicate his choices or responses rather than calling objects or people by their names?
- Does the child have difficulty following instructions or directions involving one or two steps? Does he follow activities by watching others before trying it himself?

Early intervention can help children to be more prepared for school. Child care providers have a very important role in the detection of disabilities in children. Providers can help in early intervention by discussing with parents any signs of a learning disability with children in their care. If a learning disability is present, early detection and intervention is the key. Early intervention can literally mean the child reaching his or her fullest potential.

Additional Sources:

First Signs: <http://www.firstsigns.org/>
NICHY (National Dissemination Center for Children with Disabilities): <http://www.nichcy.org/Pages/Home.aspx>
Oklahoma Family Network: <http://www.oklahomafamilynetwork.org/ofn/>
The Early Childhood Outcomes Center: <http://www.fpg.unc.edu/~ECO/>
Autism Society of America: <http://www.autism-society.org/site/PageServer>
Oklahoma Autism Network: <http://www.okautism.org/>
CDC Learn the Sign, Act Early: <http://www.cdc.gov/ncbddd/autism/actearly/default.htm>
ADA Accessibility Guidelines: <http://www.access-board.gov/adaag/html/adaag.htm>
Oklahoma State Dept of Education, Special Education: <http://www.sde.state.ok.us/home/defaultie.html>
SoonerStart: <http://www.sde.state.ok.us/home/defaultie.html>
Oklahoma Yellow Page for Kids: <http://www.yellowpagesforkids.com/help/ok.htm>
Oklahoma Deaf-Blind Technical Assistance Project: <http://www.ou.edu/okdbp/techserv.html>
The RISE School of Stillwater: <http://ches.okstate.edu/rise/>
Head Start Disabilities: http://www.eclkc.ohs.acf.hhs.gov/hslc/ecdh/Disabilities/Disabilities_intro.html
Down Syndrome Association of Central Oklahoma: <http://www.dsaco.org/>
OASIS (Oklahoma’s Statewide Information & Referral System): <http://oasis.ouhsc.edu/>
Oklahoma ABLE Tech—Oklahoma’s Assistive Technology Program: <http://okabletech.okstate.edu>
The Little Light House of Tulsa, OK <http://www.littlelighthouse.org/>
Happy Hands Education Center, Tulsa, OK <http://www.happyhands.org/>
Tulsa Autism Foundation: <http://www.autismtulsa.org/home/index.cfm>
Autism Society of America Central Oklahoma <http://www.asofok.org/>

Delaware Child Development Resource and Referral Training Page—Nov/Dec 2009

Washington County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
10/24/2009	8 am - 1 pm	Child Development I (10 hrs Tier II training)	Concern Child Learning Center	Heather Haynes	918-336-8543 or 918-273-8691
11/09/09, 11/23/09, 12/07/09, 12/21/09	6:00 - 9:00pm	Adult CPR-\$32.00	American Red Cross	American Red Cross Staff	Carolyn Glass 918-336-2216
11/19/2009	6:30 - 8:30 pm	Extended Hours Training <i>"Lessons That Will Last a Lifetime"</i> Resource Room Open 5:30pm-6:30pm	Delaware Child Dev. Training Center Bartlesville, OK.	Serenity Keeling	918-337-6513 or 918-766-2006 or skeeling@delawarechild.org
11/12, 12/10, 12/29	6:30 - 9:00pm	Child/Infant CPR-\$35.00	American Red Cross	American Red Cross Staff	Carolyn Glass 918-336-2216
11/17/09, 11/30/09, 12/15/09, 12/28/09	6:30 - 9:00pm	First Aid-\$32.00	American Red Cross	American Red Cross Staff	Carolyn Glass 918-336-2217
11/21/09, 12/5/09, 1/9/10, 1/23/10	8 am - 2 pm	<i>"Mind in the Making Institute"</i> (24 hrs Tier II training, \$20 Materials Fee)	Concern Child Learning Center	Heather Haynes & Danielle Valle	918-336-8543 or 918-273-8691
12/9/2009	8:00 - 12:00pm	Adult CPR/1st Aid-\$40.00	American Red Cross	American Red Cross Staff	Carolyn Glass 918-336-2218
12/17/2009	6:30 - 8:30 pm	Extended Hours Training <i>"Building Brain Power"</i> Resource Room Open 5:30 pm-6:30 pm	Delaware Child Dev. Training Center Bartlesville, OK	Serenity Keeling	918-337-6513 or 918-766-2006 or skeeling@delawarechild.org
Call for Information	Various	Pathway to CDA	Tri-County Technology Center	Erica Thompson	918.331.3221

Kay County Training Opportunities

Date	Time	Class Offered	Where	Contact Person	Enroll @
11/2/2009	Monday 6:30 - 8:30 pm	R&R Extended Hours Training: <i>"You Are the Apple of My Eye!" - Diversity</i>	Delaware Child Dev. 121 E. Grand Ponca City	Janet Lewis	918-337-6520
Call for Information	Wednesday 5:00 - 7:30 pm	Adult/Infant/Child CPR Certification Review - \$25 - CEU's Available	American Red Cross 216 E Grand	Ponca City Red Cross	You must register and pay in advance, either on-line @ www.oklahomaredcross.org or by mailing a check to: Ponca City Red Cross 216 E Grand Ponca City 74601
Call for Information	Saturday 8:30am-2:30pm	Adult/Infant/Child CPR & First Aid - \$50 CEU's Available	American Red Cross 216 E Grand	Ponca City Red Cross	
Call for Information	Saturday 8:30am-12:30pm	Adult/Infant/Child CPR Only - \$40 CEU's Available	American Red Cross 216 E Grand	Ponca City Red Cross	
Call for Information	Saturday 12:30-2:30pm	First Aid Only - \$26	American Red Cross 216 E Grand	Ponca City Red Cross	
12/7/2009	Monday 6:30 - 8:30 pm	R&R Extended Hours Training: <i>"Gifts From a Child's Hands and Heart"</i>	Delaware Child Dev. 121 E. Grand Ponca City	Janet Lewis	918-337-6520
Call for information	TBA	ELCCT Online - (20 Hrs)	Pioneer Technology Center-Ponca City	Pioneer Tech Adult Training & Dev. Office	580-718-4223
Call for information	TBA	Pathways to CDA	Pioneer Technology Center-Ponca City	Jan Cherry	580-718-4315

Lincoln County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
11/14/2009	Saturday 9am - 4pm	CPR/1st Aid-\$35	Lincoln County DHS	Pam Davis	918-337-6522 or pdavis@delawarechild.org

Logan County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
11/24/2009	Tuesday 6:30-8:30 pm	H1N1 FLU PREVENTION	TBA	Rida Ratliff, RN Logan Co Health Dept	Ella Bolyard-Lewis @ 405-282-7587 or ebolyard@aol.com

Noble County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
12/8/2009	6:30 - 8:30 pm	R&R Extended Hours Training: <i>"Gifts From a Child's Hands and Heart"</i>	1st Christian Church 701 Holly St, Perry	Janet Lewis	918-337-6520

Unable to find the training you need in your area? Check out the Statewide Training section on the back...

Nowata County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
TBA	TBA	Child/Infant CPR & First Aid - Training will be set once minimum enrollment met	American Red Cross	Red Cross Staff	To enroll please call 918-337-6513

Osage County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
TBA	TBA	Child/Infant CPR & First Aid - Training will be set once minimum enrollment met	American Red Cross	Red Cross Staff	To enroll please call 918-337-6513

Pawnee County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
12/8/2009	Tuesday 6:30 - 8:30 pm	R&R Extended Hours Training: <i>"Gifts From a Child's Hands and Heart"</i>	1st Christian Church 701 Holly Sreet Perry, OK	Janet Lewis	918-337-6520

Payne County Training Opportunities

Date	Time	Class Offered	Where	Educator	Enroll @
11/7/2009	Saturday 9am - 4pm	CPR/1st Aid-\$25	Stillwater Head Start	Donna Meyers	Call Pam @ 918-337-6522 or pdavis@delawarechild.org
11/16/2009	Monday 6:30 - 8:30	<i>"Partnering with Families"</i>	Call for location	Pam Davis	918-337-6522 or pdavis@delawarechild.org
12/21/2009	Monday 6:30 - 8:30	<i>"Stop to Smell the Roses": The Rewards of Successful Time Management</i>	Stillwater Head Start	Pam Davis	918-337-6522 or pdavis@delawarechild.org
Call for Schedule	TBA	Pathways to CDA	Meridian Technology Center	Ben Savory	405-377-3333, ext. 252

CPR & First Aid classes taken subsequently on the same day are \$45 total

Statewide and National Trainings Available

Date	Time	Class Offered	Where	Educator	Enroll @
Monthly	Tuesday 7pm-10pm	Accident & Disease Prevention - \$10	Rainbow Fleet Oklahoma City	Erma Jean Eufinger	Anita @ 405-521-1426 x26 www.rainbowfleet.org
Varies	Various	Mind in the Making	Tulsa	Judith Grove	405-271-1836 or tic-toc@ouhsc.edu
Varies	Call for Details	Literacy In Action	On-Line	CECPD	www.cecpd.org 888-446-7608
Varies	Call for Details	"Come Read with Me" \$10	Various - Call for details	Holly Cates	Holly Cates 405-325-1313
11/14/2009	Saturday 8:30am-4:30pm	PROJECT WET: Water Education for Teachers FREE: Register by Nov 6th	NEO A&M Blue & Gold Lounge	Karla Beatty OK Conservation Comm	algonquin@neok.com gmanders@neok.com www.neo.edu/ttt/
11/14/2009	Saturday 9am-4pm	TIC-TOC Training Autism	OUHSC - OKC	TBA	Judith Grove 405-271-1836
11/14/2009	Saturday 9am-4pm	TIC-TOC Training IDEA	OUHSC - Tulsa	TBA	Judith Grove 405-271-1836
11/18-21/0009	Various	NAEYC Annual Conference & Expo	Washington, DC	Various	http://www.naeyc.org/ conference/
12/5/2009	Saturday 8:30am-4pm	Environmental Education on the Ground FREE: Register by Nov 25th	NEO A&M Student Union	TBA	algonquin@neok.com gmanders@neok.com www.neo.edu/ttt/
12/5/2009	Saturday 9am-4pm	TIC-TOC Training Autism	OUHSC - Tulsa	TBA	Judith Grove 405-271-1836
12/12/2009	Saturday 9am-4pm	TIC-TOC Training IDEA	OUHSC - OKC	TBA	Judith Grove 405-271-1836
Call for information	Various	Northeastern Oklahoma A&M College	Miami, OK	Karen Foote, Scholars for Excellence Coordinator	918-540-6309
Call for information	Various	Northern Oklahoma College	Stillwater, OK	Quen Wilczek	405-372-2404
Call for information	Various	Tulsa Community College	Tulsa, OK	Jenger Baker or Jennifer Champion	918-595-8050 or 918-595-8280

PATHWAYS COURSES

Call for information	Various	Gordon Cooper Technology Center Central Technology Center Pioneer Technology Center Meridian Technology Center	Shawnee, OK Ponca City, OK Stillwater, OK Drumright, OK	Gina McPherson	gmcpherson@osrhe.edu or 405-225-9396
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CARE home-study courses offer 4 to 30 hours of training. Check at 1-800-685-7610 or www.carecourses.com

Bartlesville 918-337-6509	Ponca City 580-762-7348	Stillwater 405-742-4617
Extended Hours: Resource Room 5 - 6pm First Monday of Each Month	Extended Hours 5:30 PM to 8:30 PM First Monday of Each Month	Extended Hours 5:00 PM to 6:30 PM Third Monday of Each Month



Frontier Country

Serving Payne, Lincoln & Logan Counties

Pam Davis
Stillwater

Well, here we go! It's time again for feasts, family and fun! As I sit and write this, it's that first cold day in October and all I can think about is..."I wish it would snow!" I love winter, but it's not for some people. I know many of you are probably thinking I'm CRAZY, but think about everything children can experience during the fall and winter months.

This fall is promising to be full of brilliant colors due to the mild summer and above-average rainfall. Take time to get those kiddos out to circulate some fresh air through their bodies. While you're at it, why not take a nature walk and collect leaves. Children can do many things with leaves, from texture rubbings to placemats to leaf people and critters.



How many of you recall playing in the snow as a child? I'll never forget the first time I caught a snowflake on my tongue and the first time Daddy made snow ice cream (Don Woods from KTUL – Channel 8 in Tulsa had the best!) Then, there's hot cocoa with cinnamon and animal crackers. Whatever you're crazy about, be sure to take advantage of the teachable moments the upcoming seasons have to offer!

(See recipes on back page!)



Green Country

Serving Payne, Lincoln & Logan Counties

Serenity Keeling
Bartlesville

My name is Serenity Keeling and I am the new Resource and Referral Specialist for Washington, Nowata, and Osage Counties. I have an A.A. degree and I am currently working towards the completion of my Bachelor of Science degree in Business Administration. I plan to continue my education by acquiring my teacher's certification and obtaining my Master's degree in Early Childhood Education.

I have over nine years of combined experience in regard to childcare and licensing requirements. Previously, I owned and operated a family childcare facility in which I was extremely blessed by the children and families I was able to work with. I have also served as the operations manager for a large company childcare center in Texas. During that time, my work also included duties relating to sales, marketing, accounting, customer relations, and training of staff.

My husband and I are the proud parents of three wonderful boys. I firmly believe that the best way to contribute to society and the community is to invest in the lives of children.

Please call me if you need resources delivered to your home, have a question about child care, or just want to get acquainted! Be sure to mark your calendar for our extended hours training on the 3rd Thursday of each month. (Nov. 19th & Dec. 17th)



Pioneer Country

Serving Kay, Noble & Pawnee Counties

Janet Lewis
Ponca City

WOW! Where has the time gone?

Seems like just yesterday we were moving into our new office space on Grand. I want to thank each of you for your patience and understanding while we have been moving, under construction and remodeling. Hopefully things are in order and we can now look forward to a new year of fun exciting adventures in Resource and Referral. It is nice to have a new sidewalk to walk on during our lunch hour and soon a new kitchen area and plumbing to operate with.

who live in Noble and Pawnee counties, I would love to travel to your center or FCCH and bring you resources. Some of the services I offer are thematic kits, thematic book bags, curriculum books, Pinnacles, book binding, die cuts and laminating. I will also be happy to provide one-on-one technical assistance with you and your staff if there is an area that you need extra information on.

JUST A REMINDER:

On the first Monday of each month, the resource room in Ponca City is open from 5:30 – 6:30 pm before our Extended Hours Training (which will be held on November 2nd and December 7th). The resource room is also available to open any evening or weekend **by appointment**. For those of you

MARK YOUR CALENDARS:

In January, I will be starting a new series of trainings entitled *“Caring for Children in Family Child Care”*. This series will run from January through April. The training is based on the Competency Goals and Functional Areas of obtaining a CDA credential. Please be sure to set aside the first Monday of the month from January through April for this exciting and informational training. This is also applicable and open to center staff too.

Delaware Child Development
Resource and Referral

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Thanksgiving



KIT OF THE MONTH: WINTER

This month's featured activity kit is very versatile and can be used to help young children in exploring Cultural Diversity as well as Seasons and Holidays.

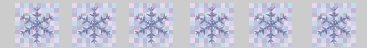
Children may use the stencils and stamps to make holiday artwork, the sleighs, snowmen and snowflakes to add dramatic play to their artwork backgrounds, and use their imagination to tell stories about the season, the holidays, and outdoor play in Winter.

The kit includes eight books, such as "Winter Story Time", "The Snowy Day", "The Cheerios Christmas Play Book", "My First Kwanzaa", "Our Eight Nights of Hanukkah" and "My Favorite Seasons".

There are numerous Activity kits available at each of our three resource rooms which can be used in conjunction with a number of curriculum books such as Pinnacle. Call your local R&R Specialist to find out what is available in your area. And, as always, we will be glad to deliver it right to your door in time for the holidays!



Snow Ice Cream



16 cups of fresh snow - 1 cup of white sugar -
1 tablespoon vanilla - 2 cups milk or cream
(you can also use condensed milk)

Place a large bowl outside when snow is in the forecast. When your bowl is filled with about 16 cups of fresh snow, mix in the rest of the ingredients, stir, and eat... It's really that easy!

Hot Chocolate with Cinnamon

This recipe serves: 4

2 ounces semisweet chocolate, or
about 1/3 cup of chocolate chips
4 cups milk
1/4 cup cocoa powder
1/4 cup sugar
4 cinnamon sticks (1 per mug)



Serving Size: 1 mug

1. Combine the chocolate, milk and cocoa powder in a saucepan and heat over medium-high heat. Whisk until the mixture comes to a boil and the chocolate is dissolved.
2. Ladle the hot chocolate into mugs and stir with cinnamon sticks to add a touch of cinnamon flavor.

