



Delaware Child Development  
Child Care Resource & Referral

# March 2010

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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.*

# 22 Real Reasons...

by Debra Gibson



Dear Providers and Partners,

Being a child care provider is one of the most important jobs that there is in the world. The influence that you have over the children in your care is enormous, shaping who they become as adults. Children learn much of who they become by watching you. Caring for children is a tremendous responsibility, one that is often not adequately acknowledged. Because the stress of being a child care provider can be great, I often try to include things in our newsletter to bring a bit of humor to your day. Unfortunately, sometimes I miss the mark, as I did in our last issue. I sincerely apologize for including the article, "22 Reasons to do Child Care". Just as you are the example for the children and families you serve, we are an example to you and must work hard to demonstrate professionalism in the field of child care. There really are 22 Reasons to do Child Care and they are NOT those listed in the article from the January/February issue. Again, I apologize and now I offer to you 22 Real Reasons to do Child Care:

1. You can teach children about car safety as you transport them. Teaching the importance of "buckling up" may someday save their life.
2. Every day is an opportunity to spend time with some of the most extraordinary people in the world.
3. You are able to make sure that children get the proper nutrition they need in order to maximize brain development and nourish every cell of their growing bodies.
4. Your lap is the school desk that children learn upon. The lessons you teach last children a lifetime.
5. Nature is your classroom. You have the privilege of witnessing exploration at its finest and may play a part in the making of a geophysicist who could discover an environmentally friendly form of fuel or a conservationist who may save a species from extinction.
6. The activities you do with children help to increase gross and fine motor skills needed to perform beautiful movements of ballet and precision details of surgery.
7. As an expert in child development, you understand the importance of water to brain development. You make a difference every day by encouraging children to drink water.
8. Maria Montessori states that "play is the work of the child". She adds that toys are the tools that children use to help them learn about how things work in their world. As a provider, you provide the playground, the foundation for the learning that takes place.
9. There is an undeniable link between human touch, words of affirmation and emotional well being. We all remember that adult in our childhood who "made a difference" just by loving us. Your hugs and positive words leave everlasting footprints in a child's heart.
10. You are there. So many parents in today's world must be away from their children several hours every day. You have the rare and precious blessing of being present, not only for your own children, but also for those whose parents must go to work outside the home. Knowing their child is in good hands is a huge blessing to parents and something you can be proud of.
11. We all remember certain songs, dances...moments from our childhood. You get to be there with children as they build memories that will last them a lifetime. You can be that someone they remember laughing with when they feel sad, today and in years to come.
12. Truth is, we can learn a great deal from children. Their world is an open book with endless possibilities. Every day is an opportunity to become enlightened.
13. There is nothing more precious than holding a sleeping child. The look of innocence on that little face... I believe there is no place closer to Heaven on earth than in a rocking chair with a child in your arms.
14. You have the ability to bring families closer together. Send notes, emails, etc to mom or dad describing the positive characteristics you see in their child. Help them to see what a good job they are doing and how great their child really is. You are a builder of relationships.
15. Children are watching you. You can teach communication and social skills simply by how you talk on the phone, answer the door, and interact with others. You can help them grow up to be more successful in their relationships at work, at home and in the community.
16. There will be times when you don't feel well or are tired. When that little one takes on your example and says, "It's okay, I love you and I will take care of you", you will know that you have taught them well.
17. Different families have different ideas of what is appropriate at home. However, manners are not only important, but vital to success at school and in the community. You can help prepare them for school by teaching them manners which may save them from being ridiculed or made fun of later.
18. Michelangelo? You never know! What we do know is that art encourages creativity and self-expression in children, helping to develop fine motor skills and increases problem-solving abilities. You may or may not help produce the next da Vinci, but the results will be unique and impressive none the less.
19. Every place you go is an opportunity to teach and to learn. You have great resources within close proximity of your child care that you can utilize to enhance the experience.
20. You get to make your own curriculum. You have many resources available in your community to help you develop an environment and activities that fit the children in your setting. You can custom design what they need to learn and grow.
21. Being a provider does not mean that you have to perfect. There will be times for teaching manners and times to spread out that sheet and dive into the birthday cake. You teach children that sometimes we can just have fun and clean up later.
22. Children come to you. They want your love, your guidance, your encouragement and your approval. You are important and what you do makes a difference for many lifetimes.

# TAX CREDITS PUT MONEY BACK IN FAMILIES' POCKETS

## Working families need all the help they can get to make ends meet

These families may be eligible for thousands of dollars in federal and state tax credits. These credits can lower the income taxes that families must pay and, in some cases, give cash refunds to families whose incomes are too low to owe taxes. **And this year, changes to federal tax laws make state and federal tax credits more valuable than ever. But...** families have to know about these credits in order to claim them on their tax returns.

### Federal Tax Credits

- The **Child and Dependent Care Tax Credit** is designed to offset some of the child and dependent care costs that families pay in order to work. This credit is worth up to **\$2,100**.

- The **Child Tax Credit** is designed to help families offset some of the costs of raising children. This credit is worth up to **\$1,000** per child. Even families who owe little or no income tax can receive at least some of this credit as a refund if they have at least \$3,000 in earnings in 2009.
- The **Earned Income Tax Credit** is designed to boost the wages of eligible families (married couples earning less than \$48,279 or singles earning less than \$43,279 in 2009). It is worth up to **\$5,657** and is available as a refund for families that owe little or no income tax.
- The new, refundable **Making Work Pay Credit** is designed to increase workers' take-home pay and is worth up to **\$800**.

## Do you have an "Asthma Friendly" Program?



The Oklahoma Asthma Initiative (OAI) is seeking to partner with child care facilities to create an environment sensitive to those who are impacted by asthma by providing an education and awareness program - **at no cost!**

In exchange for your participation, the OAI will publicize your accomplishments and provide a certificate of completion.

For more information, go to [www.asthmaok.org](http://www.asthmaok.org) and select **Schools & Child-care** to download their brochure or call 918-747-3441

## PROVIDER RESOURCES

**LICENSING:** Oklahoma Child Care Services at [www.okdhs.org/programsandservices/cc/](http://www.okdhs.org/programsandservices/cc/)

**CHILD CARE CENTERS FOOD PROGRAM:** Child and Adult Care Food Program (CACFP) at [www.fns.usda.gov/end/care/CACFP/aboutcacfp.htm](http://www.fns.usda.gov/end/care/CACFP/aboutcacfp.htm)

**FINANCIAL INCENTIVES:** STARS Program at [www.okdhs.org/divisionsoffices/visd/dcc/stars/docs/starscontactinformation.htm](http://www.okdhs.org/divisionsoffices/visd/dcc/stars/docs/starscontactinformation.htm)

**R.E.W.A.R.D. PROGRAM:** toll free at 1-888-446-7608 or [www.cecpd.org](http://www.cecpd.org)

**SCHOLARS FOR EXCELLENCE PROGRAM:** toll free at 1-866-343-3881 or [www.okhighered.org/scholars/](http://www.okhighered.org/scholars/) Awards scholarships to eligible child care professionals to complete coursework in the area of child development or early childhood education, Child Development Associate (CDA) and Certified Childcare Professionals (CCP)

**INFORMATION, RESOURCES, & TRAINING:** Oklahoma Child Care Resource & Referral (OCCRRA): toll free at 1-888-962-2772 or at [www.oklahomachildcare.org](http://www.oklahomachildcare.org)

**Delaware Child Development Resource & Referral:** toll free at 1-866-254-9864 or [www.delawarechild.org](http://www.delawarechild.org)

**Center for Early Childhood Professional Development (CECPD):** toll free at 1-888-446-7608 or [www.cecpd.org](http://www.cecpd.org)

**WARMLINE (prerecorded health care topics):** toll free at 1-888-574-5437 or [www.ok.gov/health/Child\\_and\\_Family\\_Health/Child\\_Guidance\\_Service/Child\\_Care\\_Warmline/index.html](http://www.ok.gov/health/Child_and_Family_Health/Child_Guidance_Service/Child_Care_Warmline/index.html)

**HEALTH CARE CONSULTATION (parent information, technical assistance & referrals to health care):** toll free at 1-888-574-5437

**INSURANCE ASSISTANCE:** Insure Oklahoma/OEPIC (State supported health care program for child care providers based on income) toll free at 1-888-365-3742 or [www.oepic.ok.gov](http://www.oepic.ok.gov)

**MULTICULTURAL ENVIRONMENTS:** Keila Garcia, OCCRRA Hispanic Services (for providers serving children of various ethnic groups) toll free at 1-888-962-2772 or email [kgarcia@oklahomachildcare.org](mailto:kgarcia@oklahomachildcare.org)

## DO YOU REMEMBER?

Do you remember the fun you had as a child dancing around the Maypole? Playing games in the back yard? Singing those silly songs like "John Jacob Jingleheimer Schmidt"?



Music & creative movement are great ways to help children develop strong gross motor skills, learn sharing and other social skills, increase physical activity and build memories of fun times that will last a lifetime.

In order to help encourage these activities, we are happy to announce that we are giving away two **Let's Get Moving!** activity bags. We will be holding a drawing to give away two activity bags, one to a child care home provider and one to a child care center. **To enter the drawing, complete the update form on pages 7 & 8 of this newsletter and return to us no later than March 31st.** (Update forms MUST be complete with all information in order to be included.) Winners will be announced in the May/June newsletter.

The kits will include activity materials to use in group play as well as information and ideas for group activities. Fill out and send in your update today! You may also want to call your R&R specialist and ask about activity kits available for check-out in your area.



National Women's Law Center Tax Credits Outreach Campaign, 2010 Tax Filing Season

**¡USTED HA ESTADO TRABAJANDO DURO, OBTENGA LOS CRÉDITOS FISCALES QUE MERECE!**

### Familias en Oklahoma:

**Deba usted o no impuestos sobre sus ingresos, podría obtener miles de dólares en créditos fiscales.**

### Si pudiera calificar para:

- \$** Hasta **\$2,100** del crédito fiscal federal Child and Dependent Care Tax Credit y hasta **\$420** del crédito estatal Oklahoma Child Care Tax Credit o hasta **\$50** por cada niño elegible del crédito estatal Oklahoma Child Tax Credit.
- \$** Hasta **\$5,657** del crédito fiscal federal Earned Income Tax Credit y hasta **\$283** del crédito estatal Oklahoma Earned Income Tax Credit.
- \$** Hasta **\$1,000** por cada niño del crédito fiscal federal Child Tax Credit.
- \$** Hasta **\$800** del nuevo crédito federal Making Work Pay Credit, si aún no lo ha recibido en su salario neto.

**Más familias que nunca son elegibles este año para estos créditos. Para obtener estos créditos, debe presentar una declaración de impuestos.**

Para más información y para conseguir dónde se ofrece ayuda GRATIS de la preparación de los impuestos, llame de gratis al (800) TAX-1040 ó (800) 829-1040.

O bien acceda al sitio web [www.irs.gov/individuals/topic](http://www.irs.gov/individuals/topic). También puede ponerse en contacto con la Oklahoma Tax Commission al (800) 522-8165 ó (405) 521-3160.



Pam Davis  
Stillwater

# Frontier Country

Serving Payne, Lincoln & Logan Counties

Congratulations Q.U.E.E.N. Grant recipients Edie Martzall, Melissa Breger, Tracy Nelson and Carlease Carter! I'm looking forward to spending time with each of you and sharing ideas for use of the new equipment and supplies. I'm also looking forward to hearing about your experiences with other providers at the Provider Network Meetings.

I am excited to share with you a new Project that I will be working on to develop and strengthen relationships with public schools in Frontier Country. This project will allow me to reach out to elementary schools and share resources with administrators, staff, teachers, parents and the general community to further the community's knowledge of child care resource & referral. Kicking off this project will be a Week of the Young Child culminating Community Resource Fair in Agra, Lincoln County. This will be held on Friday, April 16<sup>th</sup> from 9 a.m. to 4 p.m. in the gymnasium of Agra Elementary School. Booth fee is the donation of a door prize. In keeping with the theme of Week of the Young Child, the Resource Fair is theme is "Early Years are Learning Years." Each booth will be registered to win a "Best Booth Decoration". If you are interested in setting up a booth, please contact me ASAP. Space is limited to 18 booths.

*"Light is the task where many share the toil." ~Homer*



Serenity Keeling  
Bartlesville

# Green Country

Serving Washington, Nowata & Osage Counties

Delaware Child Development Resource & Referral offers on-site technical assistance. You may ask, "What is on-site technical assistance?" An on-site T.A. (technical assistance) is where a Resource & Referral Specialist comes out to your child care operation and offers suggestions on how you can better improve the quality of child care that you provide. As your local specialist, I can assist you with room arrangement, expansion plans, learning centers, outdoor learning environments, business plans, professional development plans, meal schedules, budgets, child care related paperwork, etc. Basically, support can be provided in most areas relating to your child care operation.

If you are having difficulty in an area, need suggestions, have any questions, or would like fresh ideas on how you can better improve the quality of care you provide, please do not hesitate to contact me to set up an appointment. There isn't a charge for technical assistance visits and appointments can be arranged to accommodate your schedule. T.A.'s are offered during or after business hours, depending on what is most convenient for you. If an on-site T.A. is not possible, I can provide assistance via phone, email, or an office visit.

Spring is just around the corner. If you would like some extra help getting things ready, remember that Delaware Child Development Resource & Referral will be glad to assist you!



Janet Lewis  
Ponca City

# Pioneer Country

Serving Kay, Noble & Payne Counties

Spring is almost here ladies! It has been a great opportunity to be in the community once a week visiting in your family child care businesses and child care centers. I have really come away with some neat and nifty ideas to pass along to other providers.

Everyone seems to enjoy the "resource room on wheels" idea. I am able to be in the community once a week and bring some of the resource room with me. Wednesday will be my community day, so keep this in mind as you are planning those spring and summer lesson plans and let me know what resources I need to bring you.

I like the feel of the one-on-one visitation with each of my providers. I have been able to help some of you discuss situations that you would normally have overlooked. If I have not been to your 'neck of the woods' yet...be patient, I am working on getting there. I plan to try and visit everyone every 4-6 weeks. Of course you know how plans change. It's much like the Oklahoma weather... if I plan something...give it 5 minutes and it will change.

## Provider Network Meetings

**Lincoln County** - March 9<sup>th</sup> @ First Baptist Church, Chandler, training offered by Vikki Dobbins, CATSS

**Payne County** - March 23<sup>rd</sup> @ Stillwater Head Start, training offered by various family child care home providers

**Logan County** - March 25<sup>th</sup> @ Logan County DHS, training offered by Bobbi Krob & May 1<sup>st</sup> @ Logan County DHS, trainer and topic to be announced



## WASHINGTON COUNTY PROVIDER ASSOCIATION

HOW DOES A BIG, JUICY, RED TOMATO SOUND?



Spring is just around the corner and the Washington County Provider Association has big plans. Child care providers and businesses from all over Washington County will be uniting to bring a community garden to the Bartlesville area. They will begin breaking ground for the garden in the next couple of weeks. Please look for the article and pictures in upcoming newsletters.



If you would like to be a part of this great endeavor, please contact :

Jessie Haase  
918.333.0306

## Online - On Your Own Time

The American Academy of Pediatrics is now offering a free course online:



## "Reducing the Risk of SIDS in Child Care"

In this 1 hour course, you will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep related deaths. With an easy to use format, this course is available 24/7 from your home or office computer. Go to [www.pedialink.org](http://www.pedialink.org), create an account, then log in to [www.pedialink.org/cme/sids](http://www.pedialink.org/cme/sids). Check with your DHS worker to see if it applies for credits. For more information on reducing the risk of SIDS, visit [www.healthychildcare.org/sids.html](http://www.healthychildcare.org/sids.html).



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A program of the  
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# Health and Nutrition with Toni & Tara



Toni Davis  
Bartlesville

## Plan a Spring Time Picnic



Tara Perez  
Ponca City

Spring is just around the corner, and with warmer weather approaching, why not take advantage of children's youthful energy and endless enthusiasm by enjoying a fun activity filled picnic. Picnics can be made simple, and still provide lots of learning, exercise, and nutrition for children of all ages. As long as picnics are held at your own home, in the backyard, and meet the requirements of all food components needed for that meal, they are reimbursable through the Child Nutrition Program.

Children will love the fresh air, games, and freedom from table manners that come with the picnic experience. It's a great escape from their normal routine, and gives the children the opportunity to spend some time exploring the great outdoors.

- Don't stress over the preparation. Use items you may already have on hand: Old blankets for sitting, plastic or paper plates and utensils for eating, and antibacterial wipes and hand sanitizer.
- Keep the food simple and easy. Get the children involved in the preparation by packing brown bag lunches. A reimbursable meal for the Child Nutrition Program could contain a ham and cheese sandwich made with whole wheat bread, lettuce, tomatoes, an apple or banana and carton of milk. To make your picnic easier, you may do a snack.
- Bring along toys and games to keep kids active. For example: butterfly nets, binoculars to observe nature, bug jars, jump ropes, bubbles, etc. The ideas are endless.
- Plan a Teddy Bear Picnic: Have children bring their favorite Teddy Bear to join them on their picnic. Read the book "Teddy Bear's Picnic" by Jimmy Kennedy.

**Do you have a CDA?**

Check the renewal date of your CDA certification so that it doesn't expire. Ensure you have plenty of time to get needed classes, etc. before the renewal deadline!



**CPR/First Aid certification**

Must be current at all times in order to maintain an active license through DHS

**Check our training page to find a CPR/First Aid class in your area!**



*The key to planning a great picnic is to keep it simple and safe*

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