



Southeastern Child Care Resource & Referral and Choctaw Nation Child Care Assistance

Child Care Newsletter

January - February 2012

Southeastern Child Care Resource & Referral



(CCR&R's Creative Corner)

Need access to die cuts, copiers, a laminator, etc. Don't forget all the wonderful resources available at Southeastern Child Care Resource & Referral in Durant. We know that many of you can not physically visit our office, but if you need resources please call us and we'll be glad to send or deliver items to you!

Our library has a wealth of children's toys, books, videos, and resource books available for check-out. Soon we will be converting to an electronic library. Each facility will be issued a library card and you will have access to the electronic database. By converting to an electronic database, the library will be much more efficient!

Office hours are Monday-Friday from 8:00 am-5:00pm. We are also available by appointment, outside of regular office hours. Call or visit us today!

Fill out and return the Provider Update Form to CCR&R by February 1st for a chance to win a book gift basket, which will contain various books to use in your facility. Two drawings will be held on February 2nd, one for Family Child Care Homes and one for Child Care Centers & Head Starts.

Need Training?

Please remember that if you are needing training hours, to sign up for trainings in advance. We are stretched for offering training in the service delivery area. So if there is a training scheduled in your area, it may be a while before another one is offered again. Also, if you have any special requests for training, please be sure to let us know!

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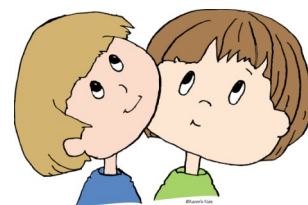
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Conjunctivitis (Pink Eye)

Conjunctivitis is a common eye condition worldwide. It causes inflammation (swelling) of the conjunctiva—the thin layer that lines the inside of the eyelid and covers the white part of the eye. Conjunctivitis is often called "pink eye" or "red eye" because it can cause the white of the eye to take on a pink or red color.

The most common causes of conjunctivitis are viruses, bacteria, and allergens. But there are other causes, including chemicals, fungi, certain diseases, and contact lens use (especially the extended-wear type). The conjunctiva can also become irritated by foreign bodies in the eye and by indoor and outdoor air pollution caused, for example, by chemical vapors, fumes, smoke, or dust. Symptoms of conjunctivitis can include:

- Pink or red color in the white of the eye(s) (often one eye for bacterial and often both eyes for viral or allergic conjunctivitis)
- Swelling of the conjunctiva (the thin layer that lines the white part of the eye and the inside of the eyelid) and/or eyelids
- Increased tearing
- Discharge of pus, especially yellow-green (more common in bacterial conjunctivitis)
- Itching, irritation, and/or burning
- Feeling like a foreign body is in the eye(s) or an urge to rub the eye(s)
- Crusting of eyelids or lashes sometimes occurs, especially in the morning
- Symptoms of a cold, flu, or other respiratory infection may also be present
- Sensitivity to bright light sometimes occurs
- Enlargement and/or tenderness, in some cases, of the lymph node in front of the ear. This enlargement may feel like a small lump when touched. (Lymph nodes act as filters in the body, collecting and destroying viruses and bacteria.)
- Symptoms of allergy, such as an itchy nose, sneezing, a scratchy throat, or asthma may be present in cases of allergic conjunctivitis



Conjunctivitis caused by allergens is not contagious; however, viral and bacterial conjunctivitis can be easily spread from person to person and can cause epidemics. You can greatly reduce the risk of getting conjunctivitis or of passing it on to someone else by following some simple good hygiene steps.

If you have infectious (viral or bacterial) conjunctivitis, you can help limit its spread to other people by following these steps:

Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.

(See [CDC's Clean Hands Save Lives!](#) Web site for tips on proper hand washing.)

Avoid touching or rubbing your eyes.

Wash any discharge from around the eyes several times a day. Hands should be washed first and then a clean washcloth or fresh cotton ball or tissue can be used to cleanse the eye area. Throw away cotton balls or tissues after use; if a washcloth is used, it should be washed with hot water and detergent. Wash your hands with soap and warm water when done.

Wash hands after applying eye drops or ointment.

Do not use the same eye drop dispenser/bottle for infected and non-infected eyes—even for the same person.

Wash pillowcases, sheets, washcloths, and towels in hot water and detergent; hands should be washed after handling such items.

Avoid sharing articles like towels, blankets, and pillowcases.

Clean eyeglasses, being careful not to contaminate items (like towels) that might be shared by other people.

Do not share eye makeup, face make-up, make-up brushes, contact lenses and containers, or eyeglasses.

Do not use swimming pools.

For more information visit www.cdc.gov.

NEWSLETTER REMINDER

The newsletter will **ONLY** be sent out by email to those who have an email listed in our database. For those who do not have email, you will continue to get a paper copy in the mail. If you would like to continue getting a paper copy, please contact our office.

Serious Head Injuries to Infants Continue Due to Falls from Bumbo Baby Seats Used on Elevated Surfaces:

Parents and child care providers urged to use caution

Due to the serious risk of injury to babies, the [U.S. Consumer Product Safety Commission \(CPSC\)](#) is urging parents and caregivers to never place Bumbo Baby Seats on tables, counter tops, chairs or other raised surfaces.

Infants aged 3-10 months old have fallen out of the Bumbo seat and suffered skull fractures and other injuries.

The CPSC and Bumbo International are aware of at least 45 incidents in which infants fell out of a Bumbo seat while it was being used on an elevated surface which occurred after an October 25, 2007, voluntary recall of the product. Since the recall, CPSC and Bumbo International have learned that 17 of those infants suffered skull fractures.

CCR&R Lesson Plans

CCR&R will no longer be sending out the monthly lesson plans. According to feedback, this was a big help to many of you and please remember that we are willing to assist in any way possible. If you have misplaced any of these, please let us know and we'll gladly email or send you another copy!

Staff Emails

Stephanie - smakke@se.edu

Janet - jscribner@se.edu

Naptime Issues

In any childcare setting naptime can be a tumultuous time. You may be dealing with a child who doesn't want to take a nap or even lay down quietly. Some of the children may be fussy because they are tired. If naptime is a struggle for you there are some things you can try. Look at the activity taking place before naptime. If the children are doing an active or high energy activity, their bodies may be energized and take longer to calm down and fall asleep. You might try something relaxing before naptime such as story time. The children might also have a hard time falling asleep because they are actually too tired. If you are seeing signs of tiredness and there is a significant amount of time before your scheduled naptime, try moving naptime up if possible. Making naptime a little earlier, even by 15 minutes, can help. Make sure the children aren't too warm or cold as this can make it difficult to fall and stay asleep. Music playing softly in the background may help the children to fall asleep. Music can be very relaxing and helps drown out noise. If you are having trouble at naptime, keep these suggestions in mind and hopefully you will be able to make the experience much more peaceful.



Resource Library Winners

Each month, anyone who checks out items from our resource library in person or by mail, will be entered into a monthly drawing.

[October Winner](#) ... Hethline Diffenderfer, McAlester

[November Winner](#) Victory Life CDC, Durant

EEO Statement Southeastern Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices, or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services.

Who You Gonna Call?

CECPD: 888-446-7608 www.cecpd.org

Reaching for the Stars: Marchell Newton

800-884-1534 Marchell.Newton@okdhs.org

Scholars for Excellence:

Gina McPherson 866-343-3881

www.okhighered.org/secc

Murray State - Heather McClean

580-371-2371 ext 234

Carl Albert State College - Verna Corley

918-647-1252 vcorley@carlalbert.edu

Warmline: 888-574-5437



Child Care Resource & Referral
1405 N. 4th Ave. PMB 4232
Durant, OK 74701-0609

Address Service Requested

We want to hear from you! If you have exciting news you'd like to share or information to submit,
please let us know.

Southeastern Child Care Resource and Referral

Call toll free 1-888-320-5205 • www.se.edu/childcare • M-F 8:00 am-5:00 pm

Mission Statement

All Oklahoma families have access to quality care and education for their children through
community based resources and referral services.

Choctaw Nation Child Care Assistance

Call toll free 1-800-522-6170 • M-F 8:00 am-4:30 pm

Southeastern CCR&R

1405 N. 4th Ave PMB 4232
Durant, OK 74701
Phone 1-580-745-3166
Fax 1-580-745-7452



The resource library at
CCRR will be open by
appointment (outside
regular office hours)
when needed.



Choctaw Nation CCA

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Durant, OK 74701
Mailing Address:
P.O. Box 1210
Durant, OK
74702-1210