



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

Child Care Newsletter

November – December 2008

Press Release

Oklahoma Child Care Services announced plans recently to expand the popular Mental Health Consultation service. Previously limited to child care centers that serve children from low income families, new guidelines now allow licensed family child care homes with an OKDHS contract to receive the free service. A partnership between three state agencies (Oklahoma Department of Human Services, Department of Mental Health and Substance Abuse Services, and Oklahoma State Department of Health) provides mental health consultants to licensed child care facilities. Consultants help facilities address a variety of problems that affect the quality of care provided. Oklahoma City resident Cassandra Twyman was one of the first family child care providers to take advantage of the opportunity. She stated, "By showing me ways to implement structure and discipline, Amy Huffer with NorthCare helped me to become a better child care provider while maintaining a positive environment for the children in my care." Melissa Griffin is coordinator of the statewide Warmline (888-574-5437) where child care staff call to request services. She says, "Providers like the service because it is problem specific and helps them address what is happening right now in their child care environment because the mental health consultant comes to them." Consultants typically have masters degree level training in either mental health or child development, and they can help directors and teachers improve the climate in their family child care home or center classroom. For the fiscal year that ended June 30 consultants served 116 child care centers in 23 counties. They made 575 visits to centers and racked up over 1,200 hours of service. By extending the service to family child care homes, state agency partners hope to increase the number of facilities who take advantage of the free service by at least 25% in FY09.

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VOTE FOR KIDS

on November 4, 2008

Please research your local and federal legislators and vote for those who make children a priority! Visit www.oica.org or www.ivote.com or www.everychildmatters.org

Please help. America's children are waiting...

CCRR Extended Office Hours

EFFECTIVE in 2009 we will change extended hours from Saturdays to Thursday evenings from 6:00—9:00 pm.

Please feel free to visit us at these times, we are open for you! Otherwise, you can schedule an appointment to use our resource library.

November

Saturday, November 15th
9:00am - 12:00pm

December

Saturday, Dec. 13th
9:00am - 12:00pm

January

Thursday, January 8th
6:00 pm - 9:00 pm

SAVE THE DATE

Resource Library

Open House

Thursday, January 8th

6:00 pm - 9:00 pm

SOSU University

Center - Durant

* Door Prizes

* Refreshments

* Much More

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Resource & Referral Association, Inc.

In collaboration with Southeastern Child Care Resource & Referral, Continuing Education, & Choctaw Nation Child Care Assistance.

Recognizing Signs of Autism

Autism is a developmental disability that typically appears in the first three years of life. And affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause of autism.

Today, Autism occurs in one out of every 150 American children and in almost 94 boys. Autism is found throughout the world—in all races, ethnicities, and social backgrounds. Autism is treatable, and although children do not "outgrow" it, studies show that early diagnosis and intervention lead to significantly improved occurrences. It is important to recognize the signs early! Here are some signs to look for in the children in your life:

- *Lack of, or delay in, spoken language
 - *Lack of interest in peer relationships
 - *Repetitive use of language and/or motor mannerisms (hand-flapping, twirling objects)
 - *Persistent fixation on parts of objects
 - *Lack of spontaneous or make believe play
 - *Little or no eye contact
- Information courtesy of Parent Pages, Inc. (Rights purchased for reprint by Choctaw Nation CCA)



"25 positivas por 1 negativa"

Las palabras son el canal más importante que tenemos para edificar o destruir a una persona. La investigación muestra que para contrarrestar el efecto de 1 palabra negativa tenemos que decir 25 palabras positivas. Las palabras negativas pueden herir a un niño tanto como pegarle. La crítica es el resultado de enojo, estrés e impaciencia. He aquí algunos ejemplos de hablar positivamente:

- * **Animo:** Un niño necesita saber que es capaz de aprender nuevas cosas. Esto fomenta su sentido de logro que en un futuro le servirá para hacerle frente a los retos y no temer a equivocarse. P.E. "Tu eres muy inteligente, que te parece si tratamos de esta otra manera".
- * **Halagos:** Estos deben ser específicos y de preferencia no basarse en lo material sino en el valor de el niño como persona. Esto fomenta una autoestima positiva. P.E. "Me di cuenta que compartiste tu juguete con tu hermano, me da gusto que seas tan compartido"
- * **Respeto:** Palabras que valoran dignidad de cada niño y se le hace sentir que es aceptado y valorado. P.E. "Me interesa saber tu opinión". Estas son las frases que a los niños les encanta escuchar:
- * **Gracias** * **Te amo** * **Buen trabajo** * **Eres muy inteligente** * **Estoy muy orgullosa de ti** * **Yo sabía que tú lo podías hacer**

Para mas información acerca de este tema llame a : Keila Garcia, Coordinadora de Servicios Hispanos (405) 942-4179

"25 positives for 1 negative"

Words are the most powerful tool that we have to build or destroy another person. Latest research shows that 1 negative word needs 25 positives to balance. Negative words can harm the child. Criticism is a result of anger, stress and lack of patience. Here are some examples of positive talk:

- * **Encouragement:** A child needs to know that he is able to learn new things. This will make the child able to deal with new challenges and not be afraid to make mistakes.
- * **Praise:** These words need to be specific and not based on material things but in the child's values and decisions. This will help the child build a healthy self-esteem.
- * **Respect:** Words that value the dignity of the child make him feel accepted and appreciated. Here are some phrases that children love to hear: *Thank you *I love you *Good Job *You are very smart *I am very proud of you *I knew you could do it



Bryan County Child Care Association

- Tuesday, November 4th 6:30—8:30 pm
SOSU University Center Room 215

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

August Winner Mimi's Daycare—Poteau

September Winner Sherrie Magby—Idabel

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.

Christmas Storytelling Cut Nativity scenes and holiday symbols, such as trees, candles, and wreaths, from old Christmas cards. Stick small pieces of self-adhesive magnetic tape to the back of the figures. Use a metal cookie sheet for the storytelling board, and watch Christmas come alive in your child's imagination!



Christmas is a religious holiday celebrating the birth of Jesus.

From tree decorating to Nativity pageants, the days are filled with joy and excitement.

Christmas is celebrated on December 25.

Christmas

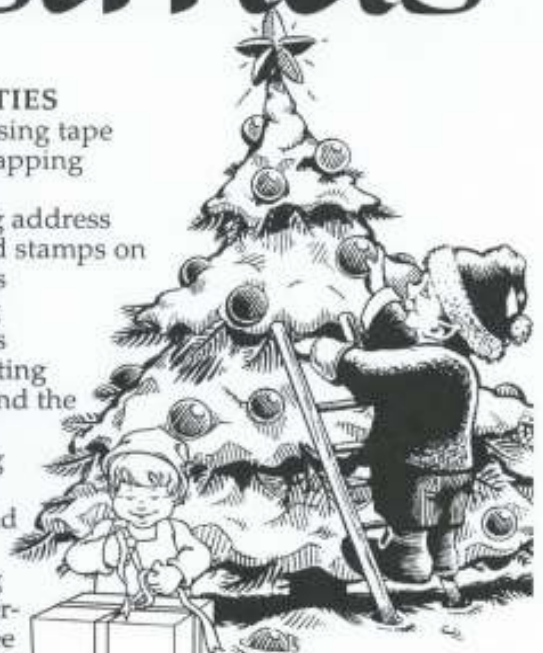
Elf Energy

Get your children in the true Christmas spirit by asking them to be helpful elves. It's a great way to spread good cheer and include even the youngest child in the festivities.



ELF DUTIES

- dispensing tape when wrapping presents
- placing address labels and stamps on envelopes
- sealing envelopes
- decorating cookies and the tree
- making cards for friends and relatives
- helping with watering the tree



Candy Cane Heart Ornament

Children love to make ornaments with their parents. Hot-glue two candy canes together to form a heart. Allow the glue to cool completely, and decorate the heart with sequins and bits of fabric. Tie a piece of ribbon from the heart and hang it on the tree.



Christmas Stockings

Recycle jeans, flannel shirts, and baby blankets into Christmas stockings with personality. Cut a simple stocking pattern from paper; place it on fabric, cut it out, and sew sides and bottom together. What will it be filled with on Christmas morning?





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

Non Profit
Organization
U.S. Postage
PAID
Permit No. 117
Durant, OK 74701

Address Service Requested

CONGRATULATIONS to See/Saw Learning Center in Durant for becoming a 3 Star Center!

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 @ SOSU, Continuing Education

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 CCRR

1405 N. 4th Ave PMB 4232
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The resource library at
CCRR will be open one
Saturday of each month
from 9 a.m. - 12 noon



Choctaw Nation CCA

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