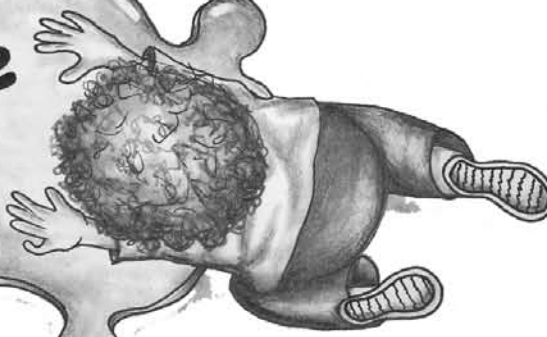


# Child Care newsletter



## Martin Luther King, Jr. 1929-1968

*"I have a dream today..."*

*That one day, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today."*

*"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."*

*August 28<sup>th</sup>, 1963*

Martin Luther King, Jr. was a great man who worked for racial equality in the United States. He was born on January 15<sup>th</sup>, 1929 in Atlanta, GA. Both his father and grandfather were ministers. His mother was a teacher who taught him how to read before he went to school. Young Martin was an excellent student in school.

After graduating college and getting married, Dr. King became a minister and moved to Alabama. During the 1950's Dr. King became active in the movement for civil rights and racial equality. He participated in the Montgomery, Alabama bus boycotts and many other peaceful demonstrations that protested the unfair treatment of African Americans. He won the Nobel Peace Prize in 1964.

Dr. King assassinated on April 4, 1968 in Memphis, Tennessee. Commemorating the life of a tremendously important leader, we celebrate Mr. Luther King, Jr. Day every year in January.



RESOURCE AND REFERRAL ASSOCIATION, INC.

In collaboration with the Oklahoma Child Care Resource and Referral Agency at SOSU, Continuing Education and Choctaw Nation Child Care Assistance

## Head Lice

By: Betty John, CCA

Head lice are very common unfortunately, so don't be embarrassed. While it is frustrating, it's nothing to be ashamed of.

To reduce the chances of re-infestation and to protect the other members of your family, you'll need to clear every item that has come in contact with the child's head and shoulders.

Checklist for a lice-free household:

Thoroughly vacuum everywhere. This includes rugs and carpets, mattresses, upholstered furniture and car seats. Dispose of the vacuum cleaner bag after use.

Personal items should be cleaned by machine – washing in hot water (above 130 °F). This includes hats, hair ribbons, scarves, coats, towels, bed linens. After cleaning, they should be dried by using the hot cycle of the dryer for at least 20 minutes.

Combs, brushes and hair clips should be cleaned by soaking them in hot water for 10 minutes.

Bedspreads, blankets, pillows, stuffed animals or clothing that cannot be washed should be dry cleaned or sealed in a plastic bag for a period of 4 weeks.

## Miss Mim's Hair Treatment

This is a safe and effective approach to head lice for children. It is aloe vera based and contains herbs used for centuries to eradicate head lice. There are no harsh chemical pesticides to worry about. It is



very easy to use, just shampoo, rinse, and repeat if you like, then towel dry. Next spray Miss Mim's Hair Treatment, leave in, and style as usual. This can be done daily! Parents: If your children are participating in the Choctaw Nation Child Care Assistance Program and you would like to try Miss Mim's Hair Care

Products call 1-800-522-6170 and ask for Choctaw Nation Child Care Assistance Program.

## Parent Central

We would like to tell you about *Parent Central*, a website dedicated to helping parents access current information on children's issues as well as the most recent parenting resources. It's easy to sign up and it's FREE! You'll also receive a monthly e-newsletter full of tips, ideas and activities. To sign up go to <http://highqualitychildcare.org/okc-crra/home.html>.

## Scholarships available

Scholarships are available through Tulsa Community College for Infant/Toddler Early Childhood Education Programs.

For information contact Jenger Baker, CHD Advisor, Tulsa Community College @ 918-595-8050 or email [jbaker@tulsacc.edu](mailto:jbaker@tulsacc.edu).

### To All Parents, Guardians, and Providers

Any changes to your household income, employment, household size, residential address, or class schedule (if you attend school) must be reported in writing to Choctaw Nation Child Care Assistance office within thirty days of that change, or your day care assistance will be terminated. Once your child's day care assistance is terminated you will be responsible for making payments to your child's day care. Your child is not approved for the child care assistance program until you receive notification from this office that your child is approved to receive CCDF assistance. If you have further questions, call 1-800-522-6170 and ask for Choctaw Nation Child Care Assistance Program. You will be put on a waiting list.

## Valentine Jokes and Riddles

Q. What did the boy bat say to the girl bat on Valentine's Day?

A. You're fun to hang around with!

Knock, knock!

Who's there?

Jimmy.

Jimmy who?

Jimmy a little kiss?

## Groundhog Day!

Groundhog Day is February 2nd. It is said that if the groundhog sees his shadow, there will be six more weeks of bad weather, and if he doesn't, that spring will be here soon.

Here are some Groundhog Day books to read!

**Geoffrey Groundhog Predicts the Weather**

by Bruce Koscielniak

**Wake Up, Groundhog!**

by Susan Korman

**It's Groundhog Day!**

by Steven Kroll

## To all providers...

Come check out our new resource room.

It's full of books, activities, learning toys, and lots more, plus brand new die cuts!

Our resources are available to all providers.

We're open 8-5, Monday-Friday



### 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.

## Recipe for St. Patrick's Day...

### Emerald Isle Punch

#### Ingredients

- 1 can (355 mL) frozen limeade concentrate, thawed
- 1 quart (1 litre) lime sherbet
- 2 litres lemon-lime carbonated beverage (like 7-Up or Sprite)
- 4 cups (1 litre) crushed ice

#### Cooking Instructions

1. In a large mixing bowl or punch bowl, stir together the limeade concentrate and the lime sherbet.
2. Add the lemon-lime beverage and the crushed ice and serve immediately.
3. If you don't want to serve the punch right away, refrigerate the mixture of limeade and sherbet until just before serving time. Add the carbonated beverage and crushed ice at the last possible moment.

## Dates to Remember

### For the month of January

January is Family Fit Lifestyle Month

Jan. 1-New Year's Day

Jan. 15-Martin Luther King Jr. Day

Jan. 21-National Hugging Day

### For the month of February

February is National Black History Month

Feb. 1-Bubble Gum Day

Feb. 2-Groundhog Day

Feb. 14-Valentine's Day

Feb. 20-President's Day

### For the month of March

March is American Red Cross Month

March 11-Daylight Saving Time Begins

March 17-St. Patrick's Day



**OKLAHOMA STATE UNIVERSITY**

Child Care Resource and Referral

1405 N. Fourth Ave., PMB 4232

Durant, OK 74701-0609

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

Address Service Requested

**Southeastern Child Care Resource and Referral @ SOSU, Continuing Education**

Vision Statement:

Oklahoma communities support the development and learning of all children.

Mission Statement:

All Oklahoma families have access to quality care and education for their children through community-based resources and referral services. Call toll free 1-888-320-5205 • [www.sosu.edu/childcare](http://www.sosu.edu/childcare) • M-F 8:00 am-5:00 pm.

All artwork is property of the artist,  
**Ruby Bolding and**  
**Choctaw Nation Child Care Assistance**

Durant Office:  
1405 N 4<sup>th</sup> Ave PMB 4232  
Durant, OK 74701  
Ph 1-580-745-3162  
Fax 1-580-745-7452



McAlester Office:  
620 S 3<sup>rd</sup>  
McAlester, OK 74501  
Ph. 1-918-423-2779  
Fax 1-918-423-2885



Choctaw Nation CCA  
P.O. Drawer 1210  
Durant, OK 74701  
1-800-522-6170

The resource library will be open the second Saturday of each month and second Thursday of each month until 8:00 p.m.

Funding provided by the Department of Human Services, Division of Child Care, Oklahoma Child Care Resource and Referral Association, and Choctaw Nation Child Care Assistance.