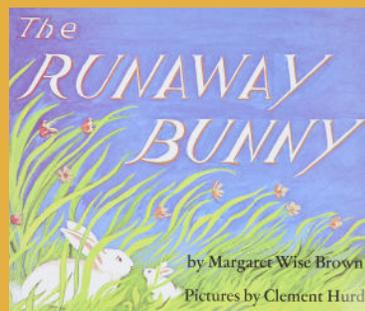
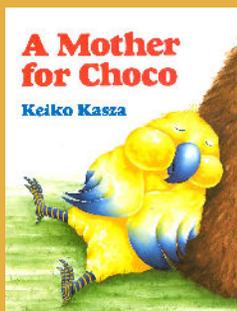


Southeastern Child Care Resource & Referral and Choctaw Nation Child Care Assistance

CHILD CARE CONNECTION FALL EDITION

"And all at once,
summer
collapsed into
fall"
~Oscar Wilde

Importance of Early Literacy Pg. 10



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Southeastern Oklahoma State University
Department of Child Care Resource and Referral
425 West University BLVD.
Durant, OK, 74701-0609



Family Engagement During Covid-19

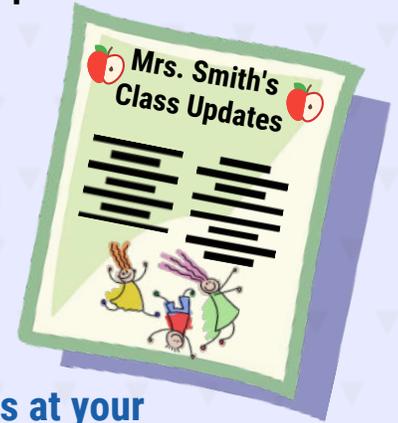
Strategies for Staying Connected While Standing Apart

1. Send daily or weekly reports to parents:

- It doesn't have to be anything fancy. Just make sure that it has important information regarding the child's behavior, activities and progress.

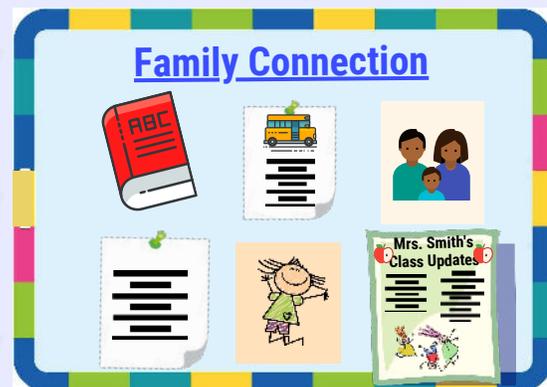
2. Send home monthly or quarterly newsletters (print or email):

- Try to keep you newsletter brief and include information that will draw attention, such as children's artwork. You can also include a section for policy reminders or important announcements and a calendar of important events, closings, or celebrations.



3. Post parent information on bulletin boards in prominent places at your center/program, including eye-catching posters and flyers. On the bulletin boards you might include:

- Information about teachers and photos of them
- Important dates and and events
- Lessons Plans/Curriculum



4. Regularly share information with parents and have discussions about their child's progress towards achieving developmental goals. Though we may not always be able to meet in person to have these discussions, there are now many different ways to connect with others electronically!

- Use apps such as Remind 101, Class Dojo, Group Me, and Brightwheel to keep parents in the loop
- Use Zoom, Skype, or Google Meet to have meetings



5. Host an online event. How can you have events online? Consider:

- Science Night or Arts and Crafts - Send home materials for families to follow along with in online session
- Storytime - Ask families to lead story time or volunteer to speak about their job.
- Music and Movement - Encourage families to find objects in their home that make music
- Scavenger Hunt - Have the families look for a specific color, shape, toy, number, cooking items, etc. around their homes.



6. Online parent education opportunities:

- Reach out to community organizations to present information to your families (ex. Financial education, Public library, etc.)

7. Have holidays on the go:

- Take-home Family Feast
- Virtual Holiday Cook-off
- Holiday Share/Take home activities:
 - ~ Pumpkins
 - ~ Turkeys
 - ~ Trees/Snowman/Snowflake
 - ~ Ornaments
 - ~ Wreaths
 - ~ Christmas Tree
 - ~ Clothing
 - ~ Photos



8. Whatever you do, make sure to be positive, creative, and understanding!

A strong home/school connection is essential when building a good environment for young children. As teachers and directors, we must initiate and develop this relationship.

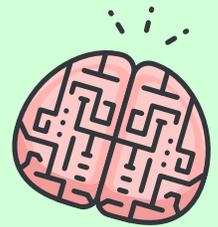
The Self-Care Manifesto

"You are a person first, a teacher second. Self-care is fundamentally about prioritizing your own health and happiness so that you flourish as a human being. The added bonus is that when you do, your students will get the best of you instead of what's left of you."

~Ellen Ronalds Keene

Self-Knowledge

Understanding yourself is the foundation stone of self-care. There is no one-size-fits-all. When you know your personality traits and tendencies, your preferences and skills, as well as your values and beliefs, you are better able to take care of yourself in a way that truly feels caring to you.



Emotions

Being in touch with and expressing your emotions in a resourceful way is a vital part of physical and mental health. Exploring emotional barriers and blocks is also important because shifting these blocks opens the path to more effective and sustainable self-care.



Let It Go

Resentment is a toxic emotion that robs you of present and future happiness. Forgiving doesn't mean that what happened is ok and it doesn't require you to forget. Forgiving means choosing not to live in resentment, letting go of the pain and striving for a better future.



Focus On the Good

Gratitude is one of the most effective happiness boosting activities you can do. Various traditions have promoted thanksgiving for millennia, and these days science is proving its impact on mental health. Take some time each day to look for the good and you will surely find it.



Commit

Like the laundry, self-care is never done. It is an ongoing commitment to your health and wellbeing. Making the decision to put yourself at the top of your priority list isn't easy but it is worth it. Commit to a practice of daily self-care for maximum benefit.



Accept

We all tolerate people, places and things in life sometimes but that usually just means we spend our time wishing things were different. They're not, so start where you are at, accept the way things are and then work to make a positive difference from there instead.



Relax

Relaxation is the opposite of stress. Humans need a balance of both to thrive but so many of us get caught in the rat-race, and end up feeling fatigued, frazzled and fed up. Make time for conscious relaxation every day and you will improve your sleep, boost your immune system and increase your wellbeing overall.



Enjoy!

While you are spending your time, energy and money on improving your health and wellbeing, remember that it's the path not the destination that counts. Enjoy the journey!



Use this link to find a video on practicing emotional first aid:

https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid

Congratulations on increasing your Star rating!

Shine ON

1 + Star

None at this time

2 Star

- **Marylynn Hatfield, Stigler**
- **McAlester Christian Academy, Inc.**
- **Lil' Britches Child Development Center, Durant**
- **Little Flower Learning Center, McAlester**
- **Ms. Choe's Learning Academy, Quinton**

3 Star

- **Choctaw Nation Day Care of Idabel**

QRIS Stars Outreach Updates



Family Partnerships



Families are the child's first teachers and are the link between the educational setting and home. A strong connection between child care personnel and families is critical for building a positive environment for young children and allowing children to feel more secure, confident, and self-assured. It is best for children when caregivers build relationships with families based on mutual trust, respect, and willingness to involve them as full partners. Everyone, but especially children, benefits when providers and families work together.

Family Partnership Ideas/Resources

- **Respect and adapt communication methods of children and family languages and cultures.**
- **Welcome families to the program and also host family events with guest speakers or special activities.**
- **Have a system for sharing information with families, hold parent meetings, welcome families to participate in policy development, conduct conferences, and have a family resource area available.**

Working with Families Inventory

<http://csefel.vanderbilt.edu/resources/trainings/1.11.pdf>

Pyramid Model Resources

<https://challengingbehavior.cbcs.usf.edu/docs/Communicating-with-Families.pdf>

https://challengingbehavior.cbcs.usf.edu/docs/Connecting-with-Families_tipsheet.pdf

https://challengingbehavior.cbcs.usf.edu/docs/LeadeshipTeam_FamilyEngagement.pdf

Involve Families

https://challengingbehavior.cbcs.usf.edu/docs/LeadeshipTeam_FamilyEngagement.pdf

Parent Conferences

<https://www.cecpcd.org/media/2017/06/29/Conducting%20a%20Successful%20Parent%20Conference.pdf>

<https://www.cecpcd.org/media/2017/06/29/How%20to%20Conduct%20Parent%20Conferences.pdf>

<https://www.cecpcd.org/media/2017/06/29/Parent%20Conference%20Form%20Example.pdf>

Family Resources

<https://csctulsa.org/211-oklahoma/>

<https://beaneighbor.ok.gov/s/>

<https://oklahoma.gov/health/family-health/child-guidance-program/child-care-warmline.html>

<https://www.cecpcd.org/media/2017/11/03/Building%20A%20Parent%20Resource%20Area.pdf>

Fall Recipes

Tangerine Pumpkins



Ingredients:

- Tangerines (mandarin oranges or clementines, seedless)
- Celery stalks and leaves

Directions:

1. Peel tangerines
2. Wash, dry and slice celery
3. Cut 1-2 inch narrow pieces from the tops of the celery and insert into the peeled tangerines
4. Cut leaves from the celery tops and arrange to look like pumpkin leaves.

Owl Rice Cake Snacks



Ingredients:

- 1 rice cake plain
- 2 tablespoons peanut butter
- 1 banana
- ¼ cup blueberries
- ½ apple sliced
- ¼ cup Cheerios
- 1 Small piece of cantaloupe

Directions:

1. Spread peanut butter on each rice cake.
2. Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.
3. Next add a small piece of cantaloupe cut into the shape of a triangle for the beak. Then, two apple slices for the wings.
4. Finally add cheerios for the body.

My Community and Me

Try the following ideas to help children become familiar with who is in their community and to learn what a community needs to work well.



Willoughby Wallaby Woo

Age Group: Infants

What You Need: You and your voice

What You Do: Sing the song Willoughby Wallaby Woo as you smile and point at each baby when you say their name. Replace the first letter of the child's name with a "W" and end by saying the child's name. "Willoughby Wallaby Wessica, an elephant sat on Jessica..." End with singing: "Willoughby Wallaby Woo, an elephant sat on you, Willoughby Wallaby we, an elephant sat on me."

What They Learn: Infants listen to different sounds and begin to identify others by name



Map My Home

Age Group: Preschool

What You Need: Masking tape, chart paper, markers, stickers, measuring tape, and a stopwatch.

What You Do: Invite children to draw a map of a room in their home. It can be any room. Encourage them to be as detailed as possible by drawing windows, doors, furniture, and any other objects. Offer to write down any words they would like to add.

What They Learn: Children develop a sense of place by recalling a familiar location and drawing it. This helps them build observation skills and knowledge of their family community. Mapping also helps develop spatial awareness and pre-math skills such as measurement and geometry



Mr. Grocer Had A Store



Age Group: Toddlers

What You Need: You and your voice.

What You Do: Invite toddlers to gesture as they sing to the tune of "Old MacDonald Had a Farm:" "Mr. Grocer had a store, yum, yum, yum, yum, yum. And in his store he had some milk, yum, yum, yum, yum, yum. With a gulp-gulp here and a gulp-gulp there, Here a gulp, there a gulp, everywhere a gulp-gulp. Mr. Grocer had a store, yum, yum, yum, yum, yum." (more verses: apples - crunch, carrots - munch)

What They Learn: Toddlers develop muscles, coordination, and learn about a familiar place in their community— the grocery store.



My Neighborhood

Age Group: School Age

What You Need: Large white paper, pencils, crayons, markers, and rulers.

What You Do: Ask children to design a neighborhood alone or as a group. They need to decide what is necessary for their community (police, school, grocery store). Request that they be as detailed as possible.

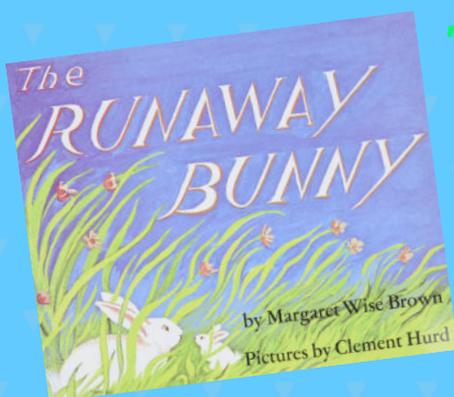
What They Learn: They learn to evaluate what a neighborhood needs to survive and decide who will live there. Ask open-ended questions that encourage them to consider what cultures will be represented, what jobs, what kind of money they will use, and what laws they will follow.



Activities and information provided by the Children's Home Society of California.

WHY IS EARLY LITERACY IMPORTANT?

- Children introduced to reading early on tend to read earlier and excel in school compared to children who are not exposed to language and books at a young age (American Academy of Pediatrics).
- Reading, rhyming, singing, and talking — beginning from birth — profoundly influence literacy and language development, the foundations for all other learning (www.healthychildren.org).
- More than 1 in 3 American children start Kindergarten without the skills they need to learn to read (American Academy of Pediatrics).
- Developing early literacy skills makes it easier for children to learn to read. Children who enter school with these skills have an advantage that carries with them throughout their school years. However, more than 1 in 3 American children enter Kindergarten without the skills they need to learn to read (American Academy of Pediatrics). Reading is an essential skill for success in school and later in life.

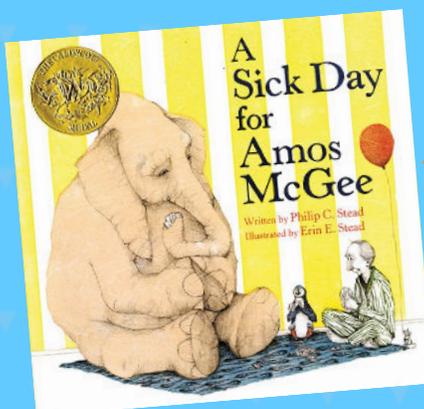
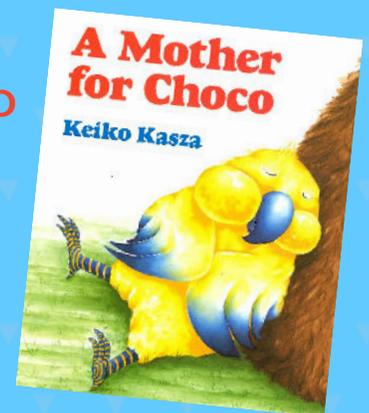


The Runaway Bunny

Published 75 years ago by the same author who brought us Goodnight Moon, *The Runaway Bunny* is a board book that talks about the fierce love that a mother has for her child — despite an expert game of hide-and-seek, in which the little bunny keeps running away from his mother. But his mother is never far behind, comfortingly reminding him: “If you run away, I will run after you. For you are my little bunny.” (For ages 1 to 3)

A Mother for Choco

This sweet story of a little yellow bird searching for his mother is sure to make you smile. Choco may not find a mother who looks like him, but he does find one to hug him, kiss him, dance with him, and — perhaps most importantly — give him the family he’s always wanted. (For ages 2 to 5)



A Sick Day for Amos McGee

Zookeeper Amos McGee is a busy guy: from playing chess with the elephants to reading stories to the owls, his schedule is simply jam-packed. But what happens when he wakes up with a cold and can’t go to work? Well, his animal friends will just have to come to him instead.

(For ages 4 to 8)



Southeastern Child Care Resource & Referral Training Schedule

Due to COVID - 19 all in-person trainings are limited. Online training is available. At this time, all training hours for providers are still required for Professional Development Ladders.

For questions or assistance with locating training near you, please call
CECPD at 1.888.446.7608 or visit www.okregistry.org



Virtual Training



FREE INFORMAL: Early Childhood Investigations Webinars is a wonderful resource to utilize in earning informal professional development hours for FREE. It is an ongoing series of conference-quality free webinars for early childhood educators. The engaging webinars are presented by many of the thought-leaders and experts in the field of early care and education. The webinars explore critical topics that offer new ideas and insights to all early childhood professionals. To learn more, visit their website at <https://www.earlychildhoodwebinars.com/presentations/>



PennState Extension

FORMAL APPROVED: The Center for Early Childhood Professional Development has partnered with **PennState Extension**, a modern organization dedicated to providing science-based information for online education. The **Better Kid Care Program** with PennState Extension, offers On Demand Web Lessons at only \$5 per course and you may receive formal credit with courses that are 2+ hours. Lesson topics range from the importance to sleep to building community support and so much more! Of the many courses that they offer, 13 are specific to Family Child Care Homes. Visit their site today to try two lessons for FREE– Resilient Caregivers: ‘Bouncing Back’ from Stress and Safe Sleep Practices for Caregivers: Reduce the Risk of SUID. To learn more go to <https://extension.psu.edu/programs/betterkidcare/on-demand>

Click Below to Visit the CECPD Statewide Training Calendar:

**Visit the CECPD Statewide Training Calendar for additional information
or to register for trainings!**



SE CCR&R Hours



Southeastern Campuses are open to the public. The CCR&R Office hours are Monday - Friday, 8:00 am - 5:00 pm. Those that visit our office **must adhere to the University's Covid-19 policies, and make an appointment with us beforehand.** All visitors are encouraged to wear a masks while in buildings and in our office, as well as clean areas of the resource room they have used. If you need assistance, please call our office or email us and we will do our best to accommodate your needs.

Thank you for understanding!

Special Holidays / Office Closures

October

5th - World Teacher's Day
 11th - Columbus Day
 13th - National Fossil Day
 23rd - Make a Difference Day
 31st - Halloween

November

4th - Kind Tut Day
 9th - Young Reader's Day
 11th - **Veteran's Day**
 16th - Have a Party With Your Bear Day
 25th - **Thanksgiving**

December

2nd - VJ Day, WWII
 14th - International Monkey Day
 21st - Crossword Puzzle Day
 25th - **Christmas Day**
 31st - **New Year's Eve**

Please remember that we are here to help! However, we are a small staff and our office hours vary depending upon staff travel. Extended hours are available upon request. Before you plan a visit, regardless of time, please call ahead to be sure our office is open. Thank you for understanding.

Get Remind Updates

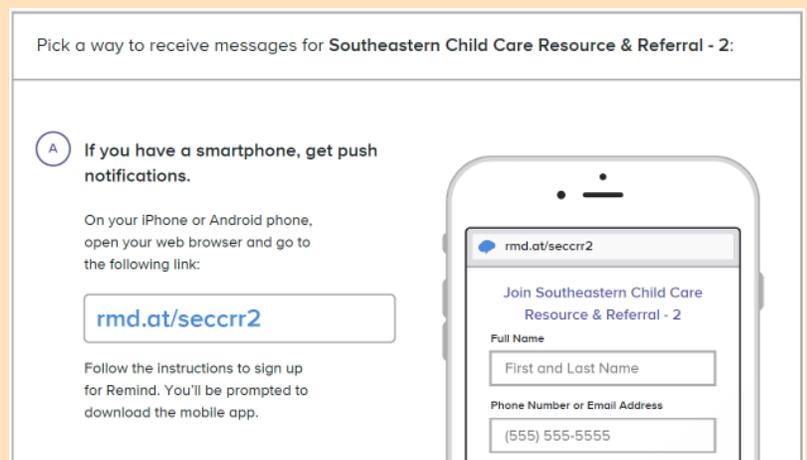


Want newsletters sent directly to your phone, information about training's and special events?

**Text @secrr2 to 81010 or
 Click here to join our Remind group!**

Remind is also a wonderful resource for keeping communication open with your families.

[Click here to find out how Remind can help you.](#)



Southeastern Child Care Resource & Referral



About Us

SECCR&R's focus is to assist child care providers in delivering quality child care to children and families.

SECCR&R does this by presenting or arranging training for those who work with children, recruiting additional child care providers, and administering one-on-one technical assistance in child care programs.

Provider Services

- technical assistance
- use of our resource room
- professional development opportunities
- use of our lending library

For more information,
call (580) 745-2105 or, check out our website:
<http://www.se.edu/dept/childcare/>



The Center for Early Childhood Professional Development

The Center for Early Childhood Professional Development (CECPD) reflects Oklahoma's commitment to quality early care and education by providing professional development that produces results! Created in 1998 using federal child development block grant funds, the Center supports the individuals who work in licensed child care facilities throughout Oklahoma. The settings include Head Start programs, family child care homes, child care centers, and pre-Kindergarten.



For more information, go online at cecpd.org

To find a training in your area, go to the Oklahoma Statewide Training Calendar at www.okregistry.org



Child Care WARMLINE



The Warmline for Oklahoma Child Care Providers offers free telephone consultations on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities. A consultant can help clarify a problem, provide information, help generate ideas and solutions, offer guidance on developmentally appropriate practices, provide referrals to meet individual needs and requests, direct providers to relevant resources to assist with a concern, and provide follow-up when needed.

Call: 1-888-574-5437

Email your questions: warmline@health.ok.gov

Go online:

https://www.ok.gov/health/Family_Health/Child_Guidance_Program/Child_Care_Warmline/



Scholars for Excellence in Child Care Stipends



The Scholars program awards stipends for the completion of a Child Development Associate (CDA), Certificate of Mastery, Directors Certificate of Completion, Associates Degree, and Bachelors Degree.

- CDA stipends start at \$600
- Certificate of Mastery stipend starts at \$800
- Directors Certificate of Completion \$1,000
- Associate Degree stipend starts at \$1,500
- Bachelors Degree stipend starts at \$2,000

For more information about the Scholars Program in the Southeastern Region please contact Verna Corley at Carl Albert State College at 918.647.1252 or The State Scholarship Office at 405.225.9397



Go to <https://www.okhighered.org/scholars/> for more information



Coronavirus News & Resources for Child Care Professionals, Families and Policymakers

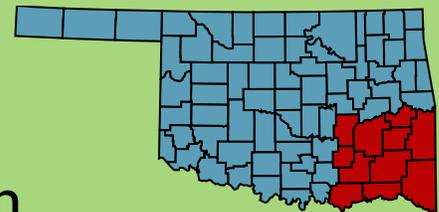
Child Care Aware® of America (CCAOA) is committed to providing news and the latest information to help prepare families, child care providers and policymakers as we closely monitor the situation around the Coronavirus(COVID-19) outbreak. To equip communities, CCAOA gathered resources to ensure the safety of all individuals. We are also interested in learning how Coronavirus has impacted your community. Your comments will help inform CCAOA and policymaker

Click below for resources:

<https://info.childcareaware.org/coronavirus-updates#providersdit>



DHS County Offices for Southeast Region



Atoka County DHS
801 S. Greathouse Dr.
Atoka, OK 74525-3436
(580) 889-3394
1-800-225-0051

Choctaw County DHS
1603 E. Kirk
Hugo, OK 74743
(580) 317-2900
1-800-225-0076

McCurtain County DHS
1300 S.E. Adams
Idabel, OK 74745
(580) 208-3400
1-800-815-7562

Pushmataha County DHS
104 S.E. "B" St.
Antlers, OK 74523
(580) 298-3361
1-800-270-0803

Bryan County DHS
4302 Hwy. 70 West
Durant, OK 74701
(580) 931-2500
1-800-225-0062

Leflore County DHS
511 S. Harper
Poteau, OK 74953
(918) 649-2300
1-800-493-7960

Pittsburg County DHS
1900 South Main
McAlester, OK 74501
(918) 421-6100
1-800-270-0792



Due to DHS office closures, office hours and locations are subject to change.





Helpful Contacts and Resources

Reaching for the Stars

Misti Denton - Serving all counties East of I-35
800.225.9868 or 918.207.4581
Misti.Denton@okdhs.org

Tiffany McPherson - Serving all counties West of I-35
800.884.1582 or 918.752.2077
Tiffany.Mcpherson@okdhs.org

Services

Child Care Warmline
888.574.5437
warmline@health.ok.gov

Center for Early Childhood Professional Development
888.446.7608
www.cecpd.org

Office of Background Investigations
800.347.2276

OK DHS Child Care Services
844.834.8314

Scholars for Excellence in Child Care
866.343.3881
www.okhighered.org/scholars

Resources

Locate Quality Child Care
800.438.0008

211 Oklahoma
<https://www.211ok.org/>

Zero to Three
202.638.1144
www.zerotothree.org

Child Care Aware
800.424.2246
www.childcareaware.org

NAEYC
800.424.2460
www.naeyc.org

Online Provider Training
www.SmartHorizons.org

CCR&R Staff

Lyndi Scarberry
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580.745.3166
lscarberry@se.edu

Nicole Helmer
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580.745.3176
nhelmer@se.edu

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Infant/Toddler Specialist
580.745.3108
jmorgan@se.edu

Marsha McClour
Administrative Assistant
580.745.2105
Mmcclour@se.edu

<http://www.se.edu/dept/childcare/>

Choctaw Nation CCA Staff

800.522.6170

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ethompson@choctawnation.com

Rhonda Vaught
Early Steps To Literacy Coordinator
rvaught@choctawnation.com

Find SE CCR&R
online at:

