



CHILD CARE
CONNECTION
 WINTER EDITION



Happy Holidays From
 Southeastern Child Care
 Resource & Referral
 and
 Choctaw Nation Child
 Care Assistance

”Kindness is like
 snow - it
 beautifies
 everything it
 covers.”
 -Kahlil Gibran



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



TALKING IS TEACHING

LEARNING
BEGINS
AT BIRTH



When you talk, read, and sing with children—even before they can use words—you're building their brain and helping to prepare them for success in school and in life.

These resources provide you with ways you can talk, read, sing, and play your way through the day—just with things you might already have. Research shows that talking, reading and singing with children regularly from birth helps build their brain as well as important language, math, reading, and social-emotional skills to help prepare them for school and beyond.

Click these links to find resources:

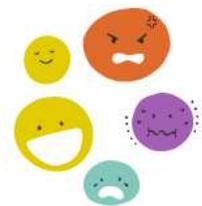
- [Talking is Teaching](#)
- [Talking is Teaching Resource Page](#)
- [Tips for Infants and Toddlers](#)



Early Literacy



Early Math



Social and Emotional Development



COVID19 Stress: How Uncertainty Affects our Brain with Dr. Becky Bailey

Enjoy a little humor with Dr. Becky Bailey, the originator of Conscious Discipline, and then learn about how your brain is responding to the unique stressors of COVID-19 by shifting from a predictability model to a fluid change model. Understand the possible benefits of the jittery or anxious feelings you may be experiencing. Discover how you can use this global experience to improve resilience, expand your mind into new ways to thinking and increase your long-term sense of wellbeing. Then learn specific strategies to help yourself and your children during this era of COVID-19 stress. Click this link to watch the webinar:

- <https://consciousdiscipline.com/e-learning/webinars/covid-19-stress-how-uncertainty-affects-our-brains/>



This website also includes free COVID resources and trainings. Click the link below for additional resources:

- <https://consciousdiscipline.com/free-resources/>



District 9

Child Guidance Program

The Child Guidance Program is able to provide many different options to support the children and families of our community.



Services & Support Offered

Receptive and Expressive Language Assessments

Autism Spectrum Disorder Screenings and Referrals

Executive Functioning Assessments

Articulation and Fluency Assessments

Hearing Screenings

Family Centered Speech Services

Family Education & Support

Speech & Language Assessments

ADHD & Other Assessments

Developmental Screenings

Family & Child Therapy

Individual, Family, and Group Therapy

Parent-Child Interactive Therapy

Consultation and Parent Education on Child Behavior and Common Concerns

Parenting Education

Family Centered Speech and Language Services

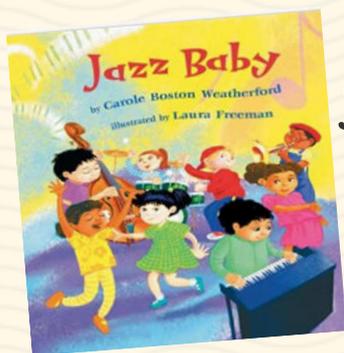
For Additional Information

Contact A Program Near You:

- Bryan County - (580) 924-4285
- Leflore County - (918) 647-8601
- Pittsburg County (918) 423-1267

Rhythm & Rhyme Support Early Literacy

Reading picture books that thrum with rhythm and rhyme is a really important part of developing kids' language and pre-reading ability. Recent research into the development and acquisition of early literacy skills has conclusively shown that rhythm and rhyme play a hugely important role. This is because children's early literacy skills are about listening and speaking rather than reading and writing. These first two skills are the bedrock foundation for the latter, and create much stronger ability in the latter if ingrained deeply and early on. It's simply not possible to be a good writer if you don't first of all have a good vocabulary. Similarly, it's very hard to learn phonics and sight words if you can't discriminate sounds and rhyming patterns in an audible way. Below are a few book to add to your library to support early literacy skills.

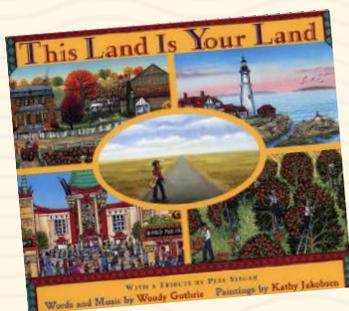
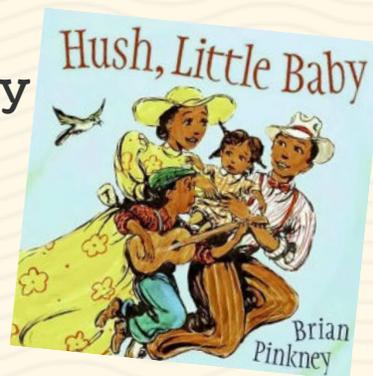


Jazz Baby

Simple rhymes and vibrant illustrations make this book a lovely intro to jazz for little ones.

Hush, Little Baby

The illustrations in this book are full of movement and life, and they feature a young African-American family dancing, playing music, and enjoying each other's company.



This Land is Your Land

This book is full of incredibly intricate hand-drawn maps of the US and lovingly drawn illustrations of historical events

Thunder Cake

The sounds of the rain, wind and claps of thunder are powerful in this book. They really create the feel of a strong summer thunderstorm. The words used to describe the sounds of a thunderstorm are great for teaching children about onomatopoeias.



Healthy Schools, Healthy People

Keeping your child care facility clean is vital for the health, safety and well-being of children and you. One of the most important steps you can take to reduce the spread of germs (i.e. bacteria, viruses and fungi) is keeping your environment clean throughout the day.

How do I choose the right products to help prevent illness?

Always look for the EPA registration number on the product label to verify you are using a product that sanitizes or disinfects. You can find the EPA List N: Disinfectants here: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>



What are the differences between cleaning, disinfecting, and sanitizing?

- **Clean:** Physically remove dirt, germs and debris from a surface by scrubbing, washing and rinsing. It is done using soap or detergent and water.



- **Sanitize:** Apply a product that kills 99.9% of the germs identified on its label.
- **Disinfect:** Apply a disinfectant or disinfecting cleaner that kills nearly 100% of the germs identified on its label.



Where Can I Find Additional Resources?



You can go to these websites:

- <https://www.cleaninginstitute.org/industry-priorities/outreach/healthy-schools-healthy-people/commit-clean-additional-resources>
- <https://www.cleaninginstitute.org/healthy-schools-healthy-people>
- <https://www.cleaninginstitute.org/cleaning-tips/parents-and-caregivers/cleaning-child-care-facilities>

Or you can go to the American Cleaning Institute Webpage (<https://www.cleaninginstitute.org/>) and search for the "Healthy Schools, Healthy People" program.



UPDATED QUARANTINE GUIDELINES FROM CDC



Quarantine can end after **day 10** without testing if no symptoms have been reported during daily monitoring*



Quarantine can end after **day 7** if the individual tests negative and if no symptoms have been reported during daily monitoring*

**Symptom monitoring and masking must be continued through day 14*



OKLAHOMA

INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 2-1-1

**Congratulations On
Increasing Your
Star Rating!**

*Shine
ON*

2 Star

**Bryan County Cool Kid's
Crossing, Durant OK**

Southeastern CCR&R offers FREE technical assistance to help guide you through the Star Application Process.
Call us today to schedule a visit and you too could be headed towards a new Star Rating!

Greetings & Happy Holidays From Your QRIS Stars Outreach Specialists!

We would like to introduce ourselves and let you know we are always available to answer any questions regarding Stars criteria or assist you in applying for Stars or increasing your Star level.

Reaching for the Stars is the name of Oklahoma's Quality Rating and Improvement System (QRIS). Oklahoma was the first state in the nation to implement a QRIS. Our goals are for every provider to Reach for the Stars, grow professionally and be recognized for their accomplishments, for parents and the public to recognize and value quality practices, and for all of Oklahoma's children to benefit from the highest quality early childhood experiences.



Misti Denton, Stars Outreach Specialist - East



Phone: 918-344-4368 8

E-Mail: Misti.Denton@okdhs.org

Fax: 918-207-4632

Counties Served: Adair, Atoka, Bryan, Cherokee, Choctaw, Coal, Craig, Creek, Delaware, Haskell, Hughes, Johnston, Kay, Latimer, Leflore, Lincoln, Logan, Marshall, Mayes, McCurtain, McIntosh, Muskogee, Noble, Nowata, Okfuskee, Okmulgee, Osage, Ottawa, Pawnee, Payne, Pittsburg, Pontotoc, Pottawatomie, Pushmataha, Rogers, Seminole, Sequoyah, Tulsa, Wagoner, Washington.



Tiffany McPherson, Stars Outreach Specialist - West



Phone: (918) 348-8515

E-Mail: Tiffany.McPherson@okdhs.org

Fax: (918) 752-2090

Counties Served: Alfalfa, Beaver, Beckham, Blaine, Caddo, Canadian, Carter, Cimarron, Cleveland, Comanche, Cotton, Custer, Dewey, Ellis, Garfield, Garvin, Grady, Grant, Greer, Harmon, Harper, Jackson, Jefferson, Kingfisher, Kiowa, Love, Major, McClain, Murray, Oklahoma, Roger Mills, Stephens, Texas, Tillman, Washita. Woods, Woodward.

Don't forget we are always available and committed to help you achieve the highest quality care for Oklahoma's children.

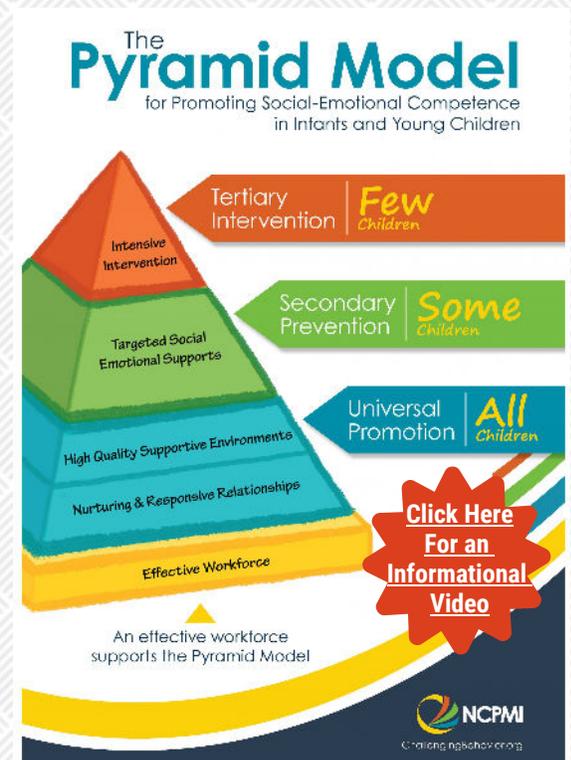
Thank you for all of your hard work and dedication.
Misti Denton and Tiffany McPherson

What Is The Pyramid Model and How Can It Help Me?

The Pyramid Model evidence based practices are designed to address the needs of programs serving infants, toddlers, and preschoolers to promote young children's social emotional skills and address challenging behaviors.

The Pyramid Model helps you identify what you already know, to discover what you don't know.

Once you have identified your strengths and weaknesses you build on them to become more intentional, purposeful, and effective in teaching children social and emotional skills.



The Foundation of Pyramid Model Is An Effective Workforce, Teaching Social and Emotional Skills, Through:

- High quality environments
- Strategies to promote engagement
- Nurturing & responsive care-giving
- Teaching play skills
- Promoting friendship skills
- Identifying, expressing, and understating emotions
- Teaching what to do instead of what not to do
- Pro-active actions not reactive reactions
- Learning through play
- Teaching children desired behaviors

Pyramid Model Training:

- Offers practical strategies and support for teaching social emotional skills to promote self-regulation, expression and understanding of emotions, problem solving, and developing social relationships
- Provides information about consistent routines, including schedules and activities to assist in minimizing challenging behaviors
- Gives participants confidence to offer targeted support to children with challenging behaviors

After You Complete the Training:

Southeastern Child Care Resource and Referral is available to coach you through implementing Pyramid Model Practices into your classroom and daily routines. You may contact SE CCR&R by phone at 580-745-2105 or by email at ccrr@se.edu

To access the trainings click the link below and type "Pyramid" in the course title section and then click search: <https://okregistry.org/v7/trainings/search>

Ways to Wonder

Wonder and curiosity inspire children to learn. Reflect on how activities will motivate children to ask, "What will happen next?" This sparks their curiosity and makes their learning experiences meaningful. The following activities will encourage children to question, explore, and learn.



Blow the Wind

Age Group: Infants

What You Need: Your voice, a straw, and cotton balls.

What You Do: Show infants the cotton balls. Supervise them closely! Place a cotton ball on your hand and blow it towards them. Use the straw to blow on the infants' legs and move the cotton balls. Sing this song to the tune of "Row, Row, Row Your Boat." *Blow, blow, blow, the wind; gently through the trees. Blow, and blow, and blow, and blow; how I like a breeze! Blow, blow, blow the clouds; blow them through the sky. Blow, and blow, and blow, and blow; watch the clouds roll by!*

What They Learn: Infants observe how air moves things, and experience how wind feels. Extend the activity by showing them clouds outside and hanging wind chimes where infants can observe them.



Noticing Nature



Age Group: Toddlers

What You Need: Palm sized clear plastic containers with lids, scissors, a variety of nature items with a strong scent (flowers, pine needles, pine cones, soil, herbs), and a plastic dish tub.

What You Do: Place a nature item in each container, put the lids on, and use scissors to poke holes in each lid. Arrange the containers on a low table or basket on the floor. Invite toddlers to smell them. After a few days, sit down on the floor and invite toddlers to join you as you pass around a container, open it, and dump it in a tub. Once all the containers have been emptied into the tub, ask toddlers to observe the color, shape, and texture of each item.

What They Learn: Toddlers study nature with all their senses. As the teacher describes the materials, children can connect new vocabulary words to real objects. Using containers for smelling nature helps toddlers focus on the scent of each item without accidentally inhaling or swallowing it. Extend the activity by using the nature materials in art projects, or adding them to clay or play dough.



Endless Nature Art



Age Group: Preschool

What You Need: A plastic divided vegetable tray, wooden frames (different sizes with the glass and cardboard backing removed), felt (cut to match the same sizes as the frames), a camera, and various natural materials (sticks, sea shells, small stones, flowers, feathers, and leaves).

What You Do: Lay out the nature materials and ask children to help sort everything into the vegetable tray. Next, lay out a piece of felt, place a frame on top, and ask each child to place a nature item inside the frame to make a picture. Afterwards, use the camera to take a picture. Explain to the children that once there is a picture of their art, it can be taken apart to create something new. Set up the materials at a table. Display pictures of their art near the table.

What They Learn: Children build their knowledge of nature, experiment with three-dimensional art, practice sorting and patterning, learn to document their work, and repurpose materials.



Bee Hummer



Age Group: School Age

What You Need: One Popsicle stick, two eraser caps, one index card, scissors, a strong stapler, string, and a wide rubber band (about 1/4 inch wide) for each child.

What You Do: Put the erasers on each end of the Popsicle stick. Place the index card between the two erasers on the stick (trim if necessary). Staple the card to the stick (it should stick out about two inches). Cut about 2 feet of string. Tie the string next to one eraser and make several knots so that it is secure. Stretch the rubber band around the stick from the tip of one eraser to the tip of the other. Use the string to swing the bee hummer in a circle. It should sound like bees humming. Children can decorate their index cards if they wish.

What They Learn: Children practice engineering skills, mimic a sound from nature, and explore ways to alter sound by changing the size of the rubber band, index card, or adjusting the rate of speed when they swing it.



Healthy Recipes for Kids

PB&J Tacos



Ingredients:

- 4 slices white or wheat bread
- 1/3 c. peanut butter
- 1/3 c. jelly
- 1/2 c. chopped strawberries
- 1/2 c. blueberries
- 1/4 c. crushed graham crackers
- Honey, for drizzling

Directions:

1. Using a large glass or biscuit cutter, cut bread into rounds and discard crust.
2. Spread peanut butter to the edges of each bread round. Repeat with jelly, then sprinkle with strawberries, blueberries, and graham crackers.
3. Drizzle with honey, fold like a taco, and serve.

Healthy Snowman Snack



Ingredients:

- A rice cake, a large plain round cracker, or a tortilla
- Cream cheese
- Raisins
- Red & orange pepper (or use a piece of carrot, some apple or other fruit and vegetable)

Directions:

1. Spread your cream cheese and add your snowman features!



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



Online Training



FORMAL APPROVED: The Southeast Region CCR&R is now hosting live training webinars taught by Tracy Hinton. Information about upcoming webinars will be sent out via Remind and email as they become available.



Early Childhood
Investigations
Webinars

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. However, due to Covid-19, children are not allowed on campus. The CCR&R Office hours are Monday - Friday, 8:00 am - 5:00 pm. Those that visit our office will **must adhere to the University's Covid -19 policies, and make an appointment with us beforehand.** All visitors will be required to wear a mask while on campus and in our office, follow social distancing protocols, and 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

January

- 1st - New Year's Day (SOSU Closed)
- 15th - National Hat Day
- 18th - Martin Luther King Jr Birthday
- 24th - Compliment Day
- 29th - National Puzzle Day

February

- 2nd - Groundhog Day
- 5th - Bubble Gum Day
- 14th - Valentines Day
- 17th - Random Act of Kindness Day
- 26th - National Pistachio Day

March

- 1st - National Pig Day
- 3rd - Caregiver Appreciation Day
- 11th - Popcorn Lover's Day
- 15th-19th - **Spring Break (SOSU Closed)**
- 23rd National Puppy Day

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

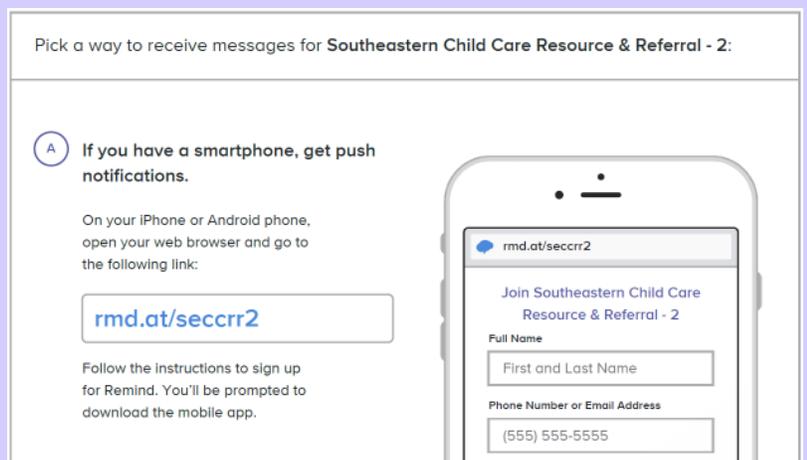


Want newsletters sent directly to your phone, information about training's and special events?

**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

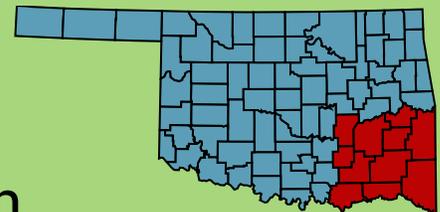
Child Care Aware® of America (CCAOA) is committed to providing news and the latest information to help prepare families, child care providers and policymakers as we closely monitor the situation around the Coronavirus(COVID-19) outbreak. To equip communities, CCAOA gathered resources to ensure the safety 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

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Leslie Moore
Student Employee

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

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Rhonda Vaught
Early Steps To Literacy Coordinator
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Find SE CCR&R
online at:

