

Child Care Connection

Fall 2023 Edition

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



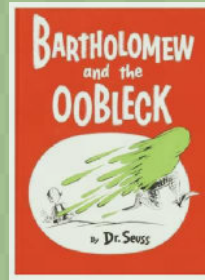
2- Ingredient Sensory recipes

Click on Each Title For Full Instructions

Add Food Coloring or Your Natural Dye of Choice

Cloud Dough

1/3 cup baby lotion
2/3 cup cornstarch

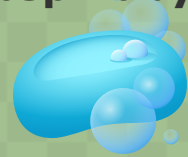


Oobleck

1 cup water
2 cups cornstarch

Soap Foam

1/2 cup water
1-2 tbsp Baby Soap



Yogurt Slime

3/4 cup yogurt
1 cup cornstarch



Foam Dough

3/4 cup yogurt
1 cup cornstarch



Fake Snow

2 1/4 cups Baking Soda
5 tbsp Water



Pudding Dough

2 1/4 cups Baking Soda
5 tbsp Water



Chia Goop

1/4 cup chia seeds
1 3/4 cups water

Moon Sand

2 cups Flour
1/4 cup oil



Dish Soap Slime

1/4 cup Cornstarch
2 tbsp dish soap



Psyllium Slime

2 tsp psyllium powder
2 cups water

Edible Foam

Aquafaba
Cream of Tartar



Congratulations on increasing your Star rating!

QRIS Stars

From a 1 to a 2

- Kozy Kidz Cove- Quinton
- Mookie's Play Space- Hugo
- Terri Stroud- Leflore County

From a 1 to a 5

- Klever Kidz Academy - Wilburton
- Alicia McKee Haworth- McCurtain County

From a 4 to a 5

- Three Oaks Pre-School & Childcare- Idabel



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Higher Education

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Become a Master Teacher for Free!

The Scholars for Excellence in Child Care Scholarship Program is covering 100% of tuition and fees for students seeking either a CDA or Certificate of Mastery (CoM). The CDA can be earned by completing all 10 units of the "Pathway to your National Credential" curriculum. This can be done 100% online! **Contact Bailey Maxey, at 405-225-9133 or bmaxey@osrhe.edu** if interested in earning a CDA.

The Certificate of Mastery (CoM) is a credential earned through Community College coursework and never needs to be renewed! If you're interested in earning a CoM, please contact qwilczek@osrhe.edu if interested in a Community College Scholarship.

Both credentials translate to Master Teacher status and increase levels of providers on the Oklahoma Professional Development Ladder. Stipends are also available upon completion of the credentials.

Fall Favorites

Cinnamon Apple Chips

Ingredients:

- 4 mcintosh apples (cored and sliced 1/8 to 1/4 inch thick)
- 2 teaspoons ground cinnamon
- 1 teaspoon granulated sugar (can be omitted)
- cooking spray



Directions:

1. Preheat oven to 200 degrees Fahrenheit.
2. Add the sliced apples to a large bowl; then coat the apples with the cinnamon and/or sugar.
3. Spray a baking sheet with cooking spray or line one with parchment paper; then line the apples flat on the pan. (You may need to use two pans so that they are not overlapping).
4. Bake 2-3 hours until the chips are dry yet still a bit soft. Allow to cool completely before placing them in an air tight container for up to 4 days (if they last that long!).

Toddler Muffins



Ingredients:

- 1/4 cup butter, softened
- 1/4 cup applesauce
- 1/2 cup brown sugar, or to taste
- 2 large bananas, mashed
- 3/4 cup pumpkin puree
- 2 carrots, grated (about 10-12 baby carrots)
- 2 eggs, beaten
- 1 cup white wheat flour (all-purpose works well, too)
- 1/2 cup instant oats
- 1 teaspoon baking soda
- 1 teaspoon cinnamon (or pumpkin pie spice)
- 1/2 teaspoon salt

Directions:

1. Preheat an oven to 375 degrees Fahrenheit Grease 24 mini muffin cups or 12 standard muffin cups.
2. In a mixing bowl, cream together the butter, applesauce, and brown sugar until smooth.
3. Mix in the mashed bananas, pumpkin, carrots, and eggs.
4. Stir in the flour, oats, baking soda, cinnamon, and salt until just combined.
5. Spoon the batter equally into the prepared muffin cups.
6. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes.
7. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Fire Prevention Week

October 8-14th, 2018

This year's FPW campaign, "Cooking Safety starts with you," works to educate people about three basic but essential steps to take to reduce the likelihood of having a fire.



Look. Listen. Learn. Be aware. Fire can happen anywhere.



"LOOK" for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

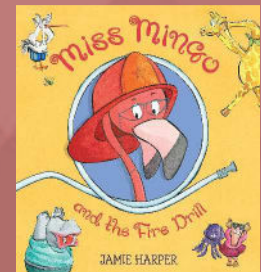
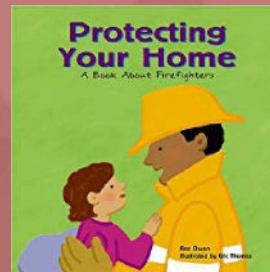
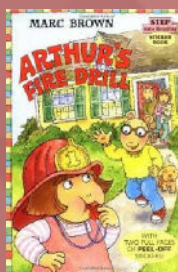
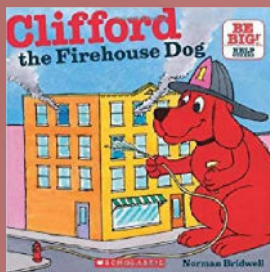
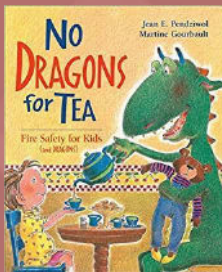


"LISTEN" for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home.



"LEARN" two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.

FPW Book Suggestions



Fire Prevention Lessons

English
Spanish



**FIRE
PREVENTION
WEEK™**

Safety Tips

Escape Planning
Cooking Safety
Disability Safety
Smoke Alarms

Find additional info at <https://www.nfpa.org/>



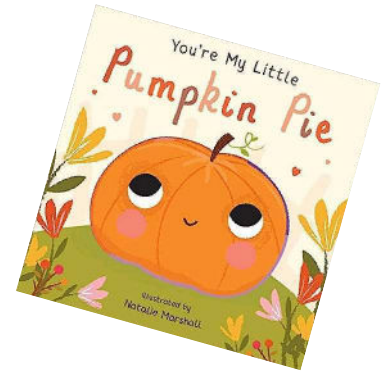
FALL STORIES



You're My Little Pumpkin Pie

You're My Little Pumpkin Pie is an adorable board book to share with your little one. With chunky pages for little hands and die-cut shapes to add depth and interest, children will love the interactive features alongside the story. This endearing board book is a wonderful read for Halloween or any time.

Ages Infant - 2



Hoot Howl Halloween

On Halloween, the moon shines bright, and **SPOOKY** noises fill the night...**Hoot Howl Halloween** is a fun sound book with 10 scary sounds! Explore the haunted house and press the buttons to hear ghosts wailing, witches cackling, bats flapping, and bones jangling. This spooky book is written by Becky Wilson and illustrated by Samantha Meredith...Enter if you dare!

Ages 1-3



Goodbye Summer, Hello Autumn

As trees sway in the cool breeze, blue jays head south, and leaves change their colors, everyone knows--autumn is on its way! Join a young girl as she takes a walk through the forest and town, greeting all the signs of the coming season. In a series of conversations with every flower and creature and a gust of wind, she says goodbye to summer and welcomes autumn.

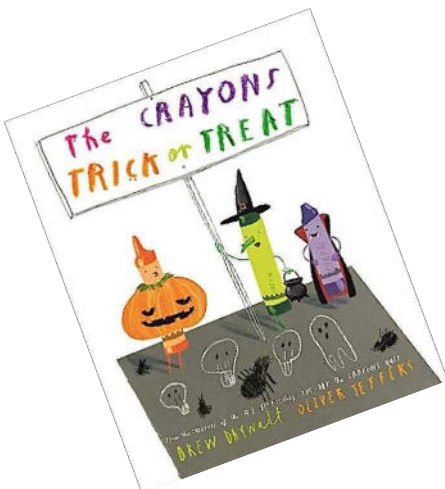
Ages 2-5



The Crayons Trick or Treat

The Crayons want to go trick-or-treating, but they're not sure what to say! In this humorous, small hardcover Halloween story, Purple Crayon teaches the rest of the crayon box the magic words to say when they ring their neighbors' doorbells. (Hint: It's NOT "Boo!")

Ages 3-7



Boosting Children's Emotional Intelligence Through Play

Did you know that having a high emotional intelligence (EQ) is a greater predictor of career success than having a high IQ?

Boosting children's emotional intelligence, also known as EQ, through play is a fun and effective way to nurture their social and emotional growth. Play allows kids to explore their emotions, build empathy, and improve communication. It encourages teamwork, patience, and resilience, all essential life skills. By integrating emotional learning into play, children develop stronger relationships and better cope with life's challenges, making play a crucial tool in their emotional development.

Whether your child is 3 or 13, the new “Emotional Wellness Playbook”, from The Genius of Play Website, features screen-free activities that teach EQ. Try one of the suggestions below or download the entire [Playbook here!](#)



[Emotional Animals](#)

Offers younger children a simple and fun way to explore various emotions, actions, and animals.



[Make a Vision Board](#)

Is a great activity for tweens and teens that builds motivation and teaches them to set goals.



[Simon Says Do a Yoga Pose](#)

Gets kids of all ages moving and is a fun way to introduce a healthy exercise routine.



Are your kids feeling stressed or anxious? The [DIY Calming Bottle](#) activity offers a proven recipe for relaxation and improved self-regulation.



For more ideas like the ones above, you can visit <https://www.thegeniusofplay.org>

Vroom

Brain building moments

www.vroom.org



What is Vroom?

Vroom is a free suite of tools that encourages parents and caregivers to play an active role in a young child's brain development. Vroom does this by sharing the science of early learning with engaging and easy-to-use tips.

The free, science-based tips and tools help parents and caregivers give children a great start in life today—and an even better future by providing activities to nurture children's growing minds. Vroom Tips™ helps you do more with your shared moments. Add learning to mealtime, bathtime, bedtime, or any time. With each short activity, you teach your child the life skills that help them thrive.

Find more free Vroom Tips by downloading the **Vroom app, texting **VROOM** to **48258**, or visiting vroom.org.**



Bring Vroom tips into your community or organization and get families excited about brain-building

1000+ activities designed to help young brains grow strong. Our early learning experts created Vroom tips to complement existing efforts within communities.

Every day, we send a fun, easy-to-use, customized early learning activity right to your phone by text. Not just limited to the daily Vroom tip: pick the "mealtime, bathtime, bedtime, anytime" tips you prefer. Each Vroom tip distills early learning research into bite-size activities that support children's brain growth from birth through age 5.

For more information, please visit:
<https://www.vroom.org/for-professionals>

Fall Into Learning

Learning about the seasons provides unique experiences because those particular sights, sounds, colors, smells, textures, and tastes only happen once a year. Below are ideas for taking advantage of seasonal fall materials to extend children's learning.



Autumn Sensory Experience



Age Group: Infants

What you need: A large blanket, pumpkins, yellow and green squash, gourds, and a variety of leaves

What you do: Place nature items on the blanket. Sit next to the infant, or support the infant in your lap, and explore the nature materials. Allow infants to touch and smell the items as you describe their color, texture, weight, purpose, etc. Once infants have explored fallen leaves you may want to laminate them or encase them in clear contact paper, so that infants can look closely at the veins of the leaves without crumbling them.

What they learn: The finger-play can capture the infant's attention or call mobile infants to you. Wondering what might be inside your hands will inspire their natural curiosity, and children will be introduced to math skills such as counting, sequencing, and patterning.

Age Group: Toddlers

Squash Shop



What you need: A low table, a large piece of white paper, crayons, a toy cash register, reusable (cloth) shopping bags, scales, small pumpkins, and different colored squash.

What you do: Use the paper to make a sign that says "Squash Shop" and allow children to decorate it. Place the sign on the wall behind the table. Arrange the squash and cash register on the table and invite toddlers to play and shop in the store. Position yourself near the Squash Shop to help extend learning by interacting with the children and initiating conversations about the colors, textures, sizes, shapes, and names of the squash.

What they learn: Toddlers explore different textures, colors, sizes, shapes, weights, and vocabulary. They also practice basic math skills as they count, compare, weigh, organize, or line up squash.



Tweezing Corn

Age Group: Preschool

What you need: Dried corn on the cob (decorative and usually with gourds at the grocery store), cooked corn on the cob, and tweezers (You can use kid-safe plastic tweezers or tweezers with rounded tips). You may wish to use trays to help keep corn on the table.

What you do: Place tweezers, one ear of dried corn, and one cooked on each tray. Invite children to remove the corn kernels with tweezers. Ask them which kernels they think will come off easiest. Record children's predictions and experiment outcomes on a chart. Ask questions that help children explore their predictions and discoveries. Children can also count, sort, and compare which ear of corn had more or less kernels. Be sure to save the left-over dried corn for planting or fall art projects.

What they learn: This science experiment allows children to strengthen fine motor muscles, and practice basic math and science skills such as counting, comparing, contrasting, predicting, drawing conclusions, and problem solving.



Nature Weaving Loom



Age Group: School Age

What you need: An eighteen-inch diameter circle from a piece of poster board, scrap pieces of poster board to make arrows, permanent markers, brad fasteners, pictures from die cuts or magazines, glue sticks, and a ruler.

What you do: Take children on a nature walk to hunt for fallen sticks, leaves, and other nature items. Look for sticks that are thick and sturdy. Help children make a four-sided frame with their sticks. They can tie the corners together with yarn to hold them in place. Children can measure the distance from one side of the frame to the other and cut equal lengths of yarn. They should add an extra inch to the yarn so that it is easier to tie. They can then tie the yarn on one side of the frame, leaving a width of one finger space between each knot. Then they can stretch the yarn straight across and tie it to the other side. The finished product will look like a square loom (kind of like harp strings). Children can now weave leaves and nature items over and under across the strings. This is the same weaving technique used for making paper placemats

What they learn: This art project gives children the opportunity to practice fine motor skills, measuring, patterning, and creative expression. This is also an opportunity for children to master tying knots. Many children have woven place mats, but weaving nature items is more challenging because the items are different shapes and lengths.

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 coaching and technical assistance in child care programs.

Provider Services

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

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



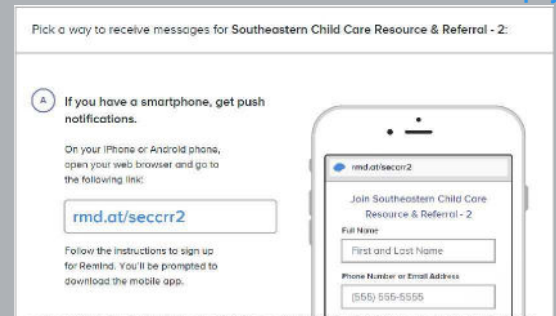
Get Remind Updates

Want newsletters sent directly to your phone, information about trainings and special events?

**Text @seccr2 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.](#)



Oklahoma WARMLINE



For Parents & Providers

...because kids don't come with instructions.

**Free telephone consultation for parents, caregivers, and providers
8 am to 6 pm, Monday thru Friday**

Consultants can help with:



Clarify a problem and help generate ideas related to behavior, development, health, and safety



Offer guidance on developmentally appropriate practices



Provide community referrals, resources and follow-up, when needed

For more information or to explore our Health Topic Library visit
okwarmline.org
or call

(888) 574-KIDS (5437)

Email questions:
warmline@health.ok.gov

Scholars for Excellence in Child Care, Stipends



The Scholars program awards stipends for the completion of a Certificate of Mastery, Directors Certificate of Completion, Associates Degree, and Bachelors Degree.

- 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



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.

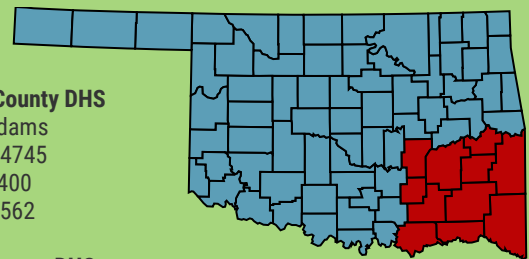


For more information, go online at cecpd.org

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



DHS County Offices for Southeast Region



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

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

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

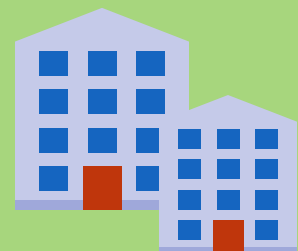
Bryan County DHS
4302 Hwy. 70 West
Durant, OK 74701
(580) 931-2500
1-800-225-0062

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

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

Amanda Hatcher

405.567.5462

Amanda.Hatcher@okdhs.org

Serving the following SE OK counties:

Atoka, Bryan, Choctaw, Coal, Haskell, Hughes, Latimer, LeFlore, McCurtain, Pittsburg, and Pushmataha.

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

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online at:

