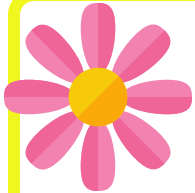


Southeastern Child Care Resource & Referral and Choctaw Nation Child Care Assistance

CHILD CARE **CONNECTION** SPRING 2023 EDITION



"Some old-fashioned things like fresh air and sunshine are hard to beat."
— Laura Ingalls Wilder



Having Trouble With Biting?

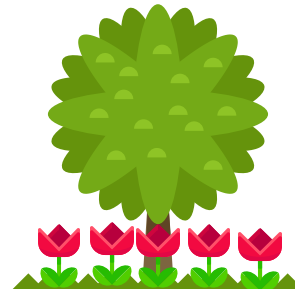


If you need assistance with biting, call our office and schedule a coaching session today. We here to assist you.

Call our office at:
(580)745-2105

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





Baby Got Bite



The biting challenge: All child care professionals have experienced biting in the classroom. This behavior can create anxiety for childcare professionals and parents alike. Although there is no “magic solution” to stop biting from occurring, there are many reasons for biting at different stages of development and strategies that child care professionals and parents can use to help prevent biting.

Why do children bite? According to Conscience Discipline, different stages of development mean different reasons for behaviors. Babies may bite simply to explore or to relieve teething pain. It may also just be an instinct they have due to the lack of self-control. Toddlers may bite because they are not getting enough gross motor activity; “biting or ‘chomping’ is a form of deep muscle stimulation.” Children beyond their toddler stage may bite because they lack language skills. When a child cannot communicate their needs and emotions, this can cause frustration, which can lead to biting.

What should I do? For babies, provide items for them to bite; teething rings can be very beneficial when they are trying to relieve pain from teething. For toddlers, because biting often happens during free-time, creating more structure could improve biting. Dr. Barbara Sorrels suggests that providing things to climb on, using instruments, and doing more outdoor activities, can offer a much-needed distraction for biting. For preschoolers, activities such as listening to soft music, playing with play dough, practicing deep breathing, and yoga may relieve stress that causes biting. If a child is older than 4 and biting, this may be a sign that they have trouble expressing feelings or self-control and it may be a good idea to see a doctor.

What should I avoid doing? Avoid labeling the child as a “biter.” This may affect the child’s feelings towards themselves and in no way helps with the behavior. Avoid yelling or shaming the child, as well as giving too much attention to the child after they bite. While this is negative attention, it can still reinforce the behavior. While it may seem like the only option, avoid punishing children who bite. Punishment does not teach children the discipline or self-control that causes biting in most cases. Punishment can instead make a child defiant or embarrassed.

For additional information on this topic and other topics, visit:

[Conscience Discipline](#)

[NAEYC](#)

[Penn State Extension](#)

[Dr. Barbara Sorrels](#)

QRIS

Stars

Shine ON

5 STAR Programs

Above and Beyond Childcare and Learning Center, LLC

Alisa Carter

Amazing Kids Day Care

Anita McGowen

Believers Child Development Center

Broken Bow Choctaw Nation Head Start

Bryan County Cool Kid's Crossing

Cabbage Patch Day Care

Children R US Learning Center, LLC

Choctaw Nation Child Development Center - Bennington

Choctaw Nation Child Development Center - Coalgate

Choctaw Nation Child Development Center - Durant

Choctaw Nation Child Development Center - Durant II

Choctaw Nation Child Development Center - Idabel

Choctaw Nation Child Development Center - Poteau

Choctaw Nation Child Development Center - Stigler

Choctaw Nation Child Development Center - Talihina

Choctaw Nation Head Start - Antlers

Choctaw Nation Head Start - Atoka

Choctaw Nation Head Start - Bennington

Choctaw Nation Head Start - Coalgate

Choctaw Nation Head Start - Durant

Choctaw Nation Head Start - Hugo

Choctaw Nation Head Start - Idabel

Choctaw Nation Head Start - McAlester

Choctaw Nation Head Start - Poteau

Choctaw Nation Head Start - Stigler

Choctaw Nation Head Start - Wilburton

Choctaw Nation Head Start - Wright City

Christina Bush

Cinderella Play and Learn

Courtney Taylor

Creative Learning Center

Grant Daycare Center

Gretta Evans

Izabella's Learning Center, LLC

Kiddie Korral

Kiddin' Around Academy

Kidlinx Child Care Academy

Kids Corner Learning Center

Kids' Ranch Childcare

KidZone Academy, LLC

Kidzone Home Daycare

Klever Kidz Academy

Kristy McFarland

Lakeside Learning Center

LIFT CAA Antlers Early Head Start

LIFT CAA Antlers Early Learning Center

LIFT CAA Broken Bow Early Learning Center

LIFT CAA Hugo Early Head Start

LIFT CAA Hugo Early Learning Center

LIFT CAA Idabel Early Head Start

Lil Dawgs Child Care Center

Lil Miner Learning Center

Lil' Munchkins Learning Center, LLC

Lil Sprouts Learning Center

Lil' Tykes Child Care Center

Little Arrows Child Development Center, LLC

Little Blossom Preschool

Little Flower Learning Center

Little's Treehouse Learning Center

Luellen McCleskey

Marylynn Hatfield

McAlester Christian Academy, Inc.

Melissa Marino

Mighty Munchkins Child Care Center

Mrs. Chloe's Learning Academy

Paula Hyden Daycare

Raising Arrows Learning Center, LLC

Retha Gail's Daycare

Rhyme Time Campus - Atoka

Rhyme Time Campus - Coalgate

SCUS Head Start - Arkoma

SCUS Head Start - Carl Albert State College

SCUS Head Start - Fort Coffee

SCUS Head Start - Heavener

SCUS Head Start - Pocola

SCUS Head Start - Poteau

SCUS Head Start - Spiro

SCUS Head Start - Talihina

See/Saw Learning Center

Seedlings Learning Center

Silo Tot Spot, LLC

Stephanie Howe

Stigler Health & Wellness Center Adventure Head Start-McCurtain

Stigler Health & Wellness Center Adventure Head Start-Quinton

Stigler Health & Wellness Center, Adventure Head Start-McAlester-Washington

Stigler Health & Wellness Center, Adventure Head Start-Stigler

Stigler Health & Wellness Center, Adventure Head Start-Wilburton

Stigler Health & Wellness Center, Adventure Head Start - Hartshorne

Tammy Fines

Terry Peevy

The Learning Tree Daycare

Three Oaks Pre-School and Child Care

Veronica Wynn

Youthtown 1 & 2

QRIS Stars

Shine ON

4 STAR Programs

Katrina Pickett
Kiddie Korral Child Care Center
LIFT CAA Idabel Early Learning Center
Lil' Britches Child Development Center
Li'l Explorers Child Care & Learning Center

Little Tigers Daycare, LLC
Alysia Followill
Big Five Head Start Bill Haddock #1 & 2
Footsteps of Grace Day Care
Jackie Watson Child Development Center
Jen's Kid Korral

Lil Tykes Learning Center
Lion Cubs Early Learning Center
Ma'Kinlei's Playhouse, LLC
Mycah Sandlin
Where the Wild Things Grow Daycare Center, LLC

3 STAR Programs

Our Kids First Learning Center, LLC
Achille Head Start
Angela Few
Annetta Demoss
Atoka Headstart
Big Five Head Start - Calvin Public Schools
Big Five Head Start - Holdenville Center
Big Five Head Start - Robert E. Lee Center
Calera Head Start
Caney Head Start
Cheryl Hughes
Cindy Clingan
Coalgate Headstart
Colbert Head Start - Westward
Cottonwood Head Start
Country Kids Child Care
Dakota Watkins
First Christian Church Child Care Center
Hadley Cole
Jessica Cripps

Country Flair Home Daycare
LaToya Bills
Laura's Teddy Bear Day Care
LIFT CAA Antlers Head Start
LIFT CAA Battiest Head Start
Lift CAA Boswell Head Start
LIFT CAA Broken Bow I Head Start
LIFT CAA Broken Bow III Head Start
LIFT CAA Clayton Head Start
LIFT CAA Forest Grove Head Start
LIFT CAA Fort Towson Head Start
LIFT CAA Haworth Head Start
LIFT CAA Horace Mann Head Start
LIFT CAA Hugo II Head Start
LIFT CAA Hugo IV Head Start
LIFT CAA Idabel Head Start
LIFT CAA Rattan I Head Start
LIFT CAA Rattan II & III Head Start
LIFT CAA Soper Head Start
LIFT CAA Valliant Head Start

Lighthouse Day Care Center
Linda Newman
Marjorie Holland
Muscookee Creek Nation CDC II
Muscookee Creek Nation Wetumka CDC
Penny Donoley
Right Beginnings Day Care
Sherry Real
Silo #2 Big Five Head Start 4 Years
Silo Head Start
SOSU Head Start
Teddy Bear Daycare
Teresa Smith
Teresa Stilwell
The Clubhouse
Tupelo Head Start
Turner Learning Center
Virginia Rose
Widening Horizons Day Care, LLC

QRIS Stars Shine On

2 STAR Programs

Kim Johnson
Angela Buckner
Dineen Riemenschneider
Faith Godwin
Kellye Holt

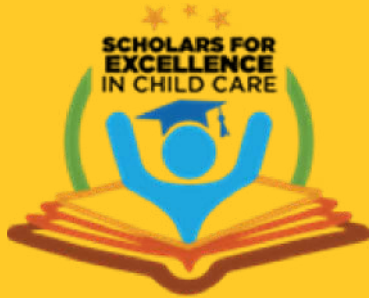
Loving Hands FCCH
Melissa Davenport
Okie Kids Daycare, LLC
Pearlie Stone
Rebecca Brown
Sandy Blackwell

Shawna Rosenow
Shelby Dawn Knight
Stacy Burchfield
Tammy Darneal
Tina Stowe

1 STAR Programs

Mustard Seed Daycare LLC
Lil Miner Learning Center 2 LLC
Mary Young
Rowena McElroy

Sharada Bacon
Sharon Bryant
Sherrie Bray
Tammy May



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Higher Education

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580-319-0304 (Office)
580-371-6679 (Cell)
hmclean@mscok.edu

Verna Corley

Carl Albert State College
918-647-1252 (Office)
918-385-1341 (Cell)
vcorley@carlalbert.edu

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.

Mother Goose Recipes

Little Boy Blueberry Corn Salad

Ingredients:

For the Salad:

- 8 medium ears sweet corn
- 1 to 2 cups fresh blueberries
- 1/2 cup feta cheese

Directions:

1. Pull off corn husks and remove silks.
2. Cut corn from cob.
3. Toast kernels in a dry skillet on medium heat until tender and a little charred, about 20 minutes. (**Tip:** Turn corn often, while some charring is nice, you don't want it to burn.)
4. Set corn aside to cool.
5. In a small bowl, whisk together oil, vinegar, chives, salt and pepper. Taste. Add lemon juice if too sweet or a pinch of sugar if too acidic.
6. Set out a large bowl and fill with cool, toasted corn.
7. Pour dressing on corn and stir.
8. Wash blueberries and pat dry, then stir them into the salad.
9. Crumble in the feta cheese and stir to incorporate.

For the Dressing:

- 3 Tablespoons Meyer lemon infused olive oil or extra virgin olive oil
- 3 Tablespoons white balsamic vinegar
- 1 handful fresh chives, cut into tiny pieces
- 3/4 teaspoon salt
- Generous shake of ground pepper



Muffin Man Zucchini Muffins

Ingredients:

- 2 1/4 cups white whole wheat flour
- 3/4 cup dark brown sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 cup buttermilk
- 1/4 cup unsweetened applesauce
- 1 tablespoon oil melted coconut oil, canola oil, or vegetable oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup grated apple
- 1/2 cup grated zucchini moisture slightly squeezed out
- 1 cup chopped peeled apple
- 2 tablespoons turbinado sugar
- 1/4 teaspoon cinnamon

Directions:

1. Preheat oven to 375 degrees F. Line a muffin pan with paper liners or spray with cooking spray. Set aside.
2. In a large bowl, whisk together flour, brown sugar, baking soda, baking powder, salt, cinnamon, and allspice. In a small bowl, whisk together buttermilk, applesauce, oil, egg, and vanilla extract. Pour the wet ingredients over the dry ingredients and mix with a wooden spoon or spatula until just combined. Do not over mix. Gently stir in the grated apple, zucchini, and chopped apples.
3. To make the topping, combine turbinado sugar and cinnamon in a small bowl. Stir well.
4. Fill the prepared muffin pan with muffin batter, filling each cup about 3/4 the way full. Sprinkle each muffin with cinnamon sugar topping. Bake for 20 minutes, or until muffins are golden and a toothpick inserted in the center of a muffin comes out clean. Let muffins cool to room temperature and serve.

Sing a Song of Spring

Songs you can sing or chant introduce children to vocabulary, build language comprehension, support math learning, promote self-regulation, and inspire creativity. Songs give children the opportunity to repeat and reinforce concepts in a playful and joyous way.



THE SPIDER SPINS A WEB



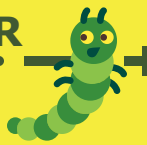
Age Group: Infants

What You Need: Your voice

What You Do: Lay the infant on her back in front of you and sing this song to the tune of The Farmer in the Dell. As you sing, hold your hands in front of you with your palms facing down, and place one wrist on top of the other. Wiggle your fingers like a spider. For the words "round and round" move in a circular motion, and for the words "up and down" move your arms up and down. End by tickling the baby's tummy. The spider spins a web. The spider spins a web; round and round and up and down, the spider spins a web.

What They Learn: Play that involves eye contact, touch, and singing strengthens the relationship between infant and caregiver. Infants are introduced to new vocabulary through movement. Point out spiders in children's books or when you discover them outdoors to extend learning.

LITTLE CATERPILLAR



Age Group: Toddlers

What You Need: Your voice

What You Do: Sing to the tune of the Itsy-Bitsy Spider. Suggested gestures are in parentheses. The little caterpillar crawled upon a leaf (crawl the fingers of one hand on the open palm of the other); spun a little chrysalis (move your arms in a rolling motion in front of you), then he fell asleep (tilt your head to the side and rest it on your hands). While he was sleeping he dreamed that he could fly (move your arms as if flying), and when he woke up he was a beautiful butterfly (hold your hands in front of you with your palms facing out and interlock your thumbs. Keeping your fingers tight together, move them like wings).

What They Learn: This song is an introduction to the process of metamorphosis and introduces the scientific word "chrysalis." Children also cross the midline (an invisible line that divides our bodies in half) when they follow the gestures, which helps them build connections between the two hemispheres of the brain.

Source: Adapted from <https://www.bussongs.com/songs/the-fuzzy-caterpillar> in December 2020.



FIVE BUSY BEES CHANT



Age Group: Preschool

What You Need: Chant the following rhyme using your fingers as indicated in parentheses. Five busy bees on a day so sunny (hold up all the fingers on one hand). Number one said, "I'd like to make some honey." (Bend down the first finger.) Number two said, "Tell me, where shall it be?" (Bend down the second finger.) Number three said, "In the old honey tree." (Bend down the third finger.) Number four said, "Let's gather pollen sweet." (Bend down the fourth finger.) Number five said, "Let's take it on our feet." (Bend down the thumb.)

What You Do: Children practice counting, hear new vocabulary, and learn about bees. Expand children's understanding of bees by going on a bee walk to observe bees outside (without disturbing them) and reading books about bees.

Source: Adapted from <https://www.angelfire.com/la/kinderthemes/iffingerplays.html> in December 2020

BLACKBIRD OPPOSITES CHANT



Age Group: School Age

What You Need: Your voice

What You Do: This is a variation of the traditional Two Little Blackbirds chant. Use two fingers on each hand to be "blackbirds." Act out the following rhymes about opposites. The rhyming words are underlined> and the opposite words are in bold>. Two little blackbirds flying in the sky; one flies low while the other flies **high**. Two little blackbirds sitting on a cloud; one is quiet and the other is **loud**. Two little blackbirds sitting on a crown; one with a smile and one with a **frown**. Two little blackbirds in mid-flight; one goes left while the other goes **right**. Ask children to help you think of more rhyming words that have an opposite.

What They Learn: Children use critical thinking skills and acquired vocabulary knowledge to come up with words that rhyme and have an opposite word. Extend this activity by making a chart together of opposite words and rhyming words.

Source: Adapted from <https://youtu.be/zETBHaYNCrM> in December 2020.



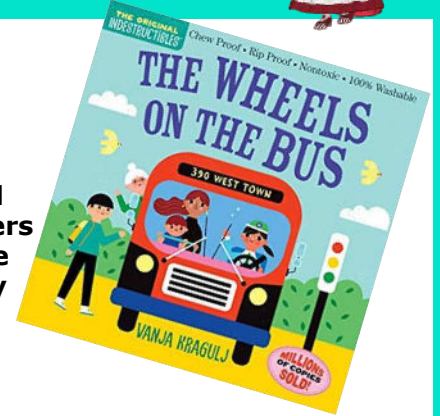
NURSERY RHYMES FOR ALL



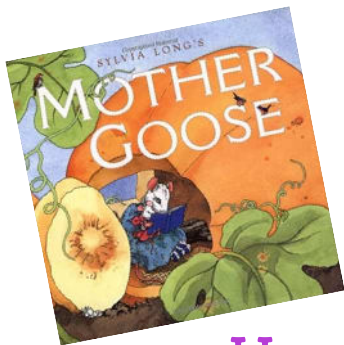
Indestructibles: The Wheels on the Bus: Chew Proof · Rip Proof

Moving from country to town, *The Wheels on the Bus* sends parents and their kids on an adventure that everyone loves to act out, from the wipers that go swish swish swish and the horn that goes beep beep beep to the people that go shh shh shh to the babies who cry wah wah wah. As they say, it's all about the journey, not the destination.

Ages Infant - 3



Sylvia Long's Mother Goose: (Nursery Rhymes for Toddlers, Nursery Rhyme Books, Rhymes for Kids)



From bestselling artist, Sylvia Long comes an enchanting collection of over seventy-five classic Mother Goose rhymes. Imbued with the artist's love of nature and overflowing with charming details, this spectacular compilation includes such timeless favorites as Old Mother Hubbard, Mary had a little lamb, and Rock-a-bye baby. Sylvia Long's *Mother Goose* is a perfect gift that, like the rhymes themselves, will be passed from one generation to the next.

Ages 1-6

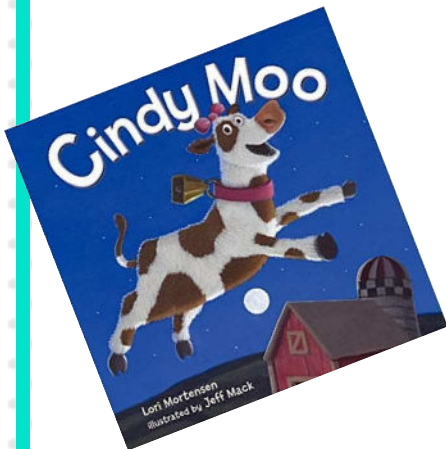
Humpty Dumpty Climbs Again

Humpty Dumpty is humiliated. All the King's Horses and All the King's Men make fun of him and his embarrassing fall every chance they get. So Humpty Dumpty holes up in his home, determined to never climb another wall. Until a friend needs his help. In this silly play on traditional nursery rhymes, Humpty is given the chance to show that the best thing to do after you fall off the horse (or wall, in this case) is to get right back on.

Ages 3-5



Cindy Moo



One night on the farm, the cows overhear a fantastic tale. "Hey Diddle Diddle, the cat, and the fiddle, the cow jumped over the moon!"

Inspired by this classic rhyme, a plucky cow named Cindy Moo sets out to prove that cows really can leap over the moon.

The other cows laugh at her, but that doesn't stop Cindy from trying—and failing—night after night . . . until a trick of nature shows Cindy a way to triumph.

As delightfully silly as the original nursery rhyme, this hilarious picture book will have readers of all stripes (and spots) cheering for its determined heroine.

Ages 4-8

Conferencia Hispana 2023

“Genios en Acción”



SEPARA TU LUGAR !

Mayo 20, 2023

Renaissance Waterford OKC Hotel

RSVP – 405-942-4179

kgarcia@okschoollreadiness.org

CECPD Now Offers NINE Certificate of Achievement and Stipend Programs

CECPD is currently offering SEVEN different Areas of Concentration for the Certificate of Achievement and Stipend Program!



Click on the area of concentration for more information about the training courses required.



Infant/Toddler

Preschool

School Age

Quality Child Care

Healthy Children in Child Care

Childhood Resiliency

Growth and Wellbeing

Better Business in Family Child Care

Creating Effective Literacy Environment

For more information, click the link below:

<https://www.cecpcd.org/en/provider-programs/oklahoma-registry-certificate-of-achievement-and-stipend-program/>

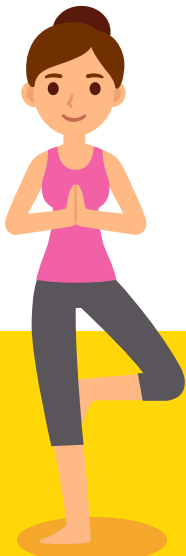
It's time for some... "ME" time!



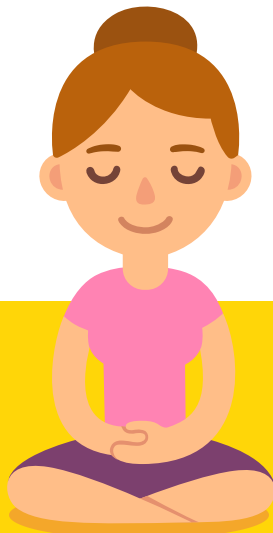
TAKE CARE OF YOURSELF

3 Ways to Reduce Stress

Exercise



Meditation



A Support Network



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/>



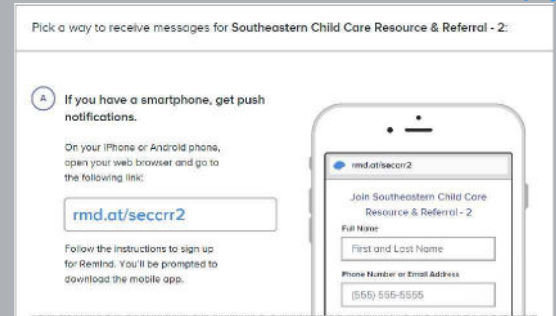
Get Remind Updates

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 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



The Center for Early Childhood Professional Development

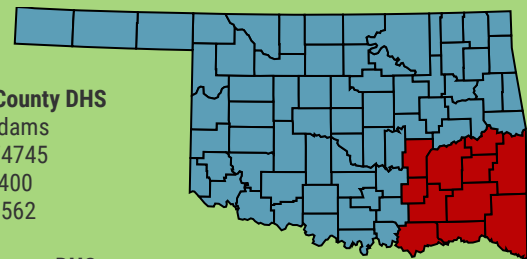
Month	Tentative Free Training Schedule
December	Guidance Matters
January	Meeting The Challenge
February	Creating a Positive Social-Emotional Climate
March	Invitations to Play - Loose Parts
April	Invitations to Play - Nature and Adventures
May	Continuous Quality Improvement
June	Continuity of Care

For more information, contact (405)799-6383

To find free training, go to the CECPDOnline.org website and click on the Monthly free training link <https://cecpdonline.org/free-training-july-2021/>



DHS County Offices for Southeast Region



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

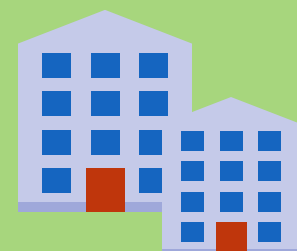
Leflore County DHS
511 S. Harper
Poteau, OK 74953
(918) 649-2300
1-800-493-7960

McCurain 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

Tiffany McPherson

918.348.8518

Tiffany.Mcpherson@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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Nicole Helmer

CCR&R Specialist

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Judy Morgan

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Open Position

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Marsha McClour

Administrative Assistant

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mmccclour@se.edu

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Elizabeth Thompson

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Eligibility Caseworker

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Mary Robinson

Eligibility Caseworker

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