

connections for caregivers



A NEWSLETTER & TRAINING CALENDAR ESPECIALLY FOR CHILD CARE PROVIDERS

JANUARY TO MARCH 2010

Child Care RESOURCE CENTER

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Stephanie Howard
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Child Care Health Consultant

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LINK Project Coordinator

Amy Peters
Literacy Specialist & Bookstore

2nd Annual Top of the Town

Be there or be square! CCRC's Annual Fundraiser will be Thursday, June 17th, 2010. Mark your calendars and bring your family & friends to this fun and memorable event! For volunteer opportunities or information, please contact Melinda Belcher at mbelcher@ccrctulsa.org. You can also visit our web-site at www.ccrctulsa.org or join us on Facebook.

2009 Day Of Caring... Another United Way Success!

This year, September 11 marked United Way's Annual Day of Caring event. 123 volunteers, 11 projects & 10 Tulsa businesses were represented. The following are projects they participated in giving back to the children and families of Tulsa. United Parcel Service volunteers built sandboxes at Kids World, Bank of Oklahoma volunteers built sandboxes for five family child care home providers, IKON volunteers painted the fence and toys at Buttons and Bows, Questar volunteers painted playground equipment & fixed toys at Day Schools Memorial, MetLife volunteers built a puppet theater at Day Schools Sheridan, Tulsa Cares volunteers cooked lunch for volunteers at Crosstown Learning Center, Union Public Schools volunteers stuffed R & R packets at Child Care Resource Center, Williams Company volunteers upgraded the playground at Joyland & read to children at Crosstown Learning Center, Tulsa Public Schools volunteers upgraded the playground at Grandma's Child Care and University of Tulsa volunteers upgraded the playground at Crosstown Learning Center. Thank you to all the businesses who volunteered their time to make this event a success!

Please welcome our newest staff to CCRC

Jessica Ruggles, *Infant Toddler Specialist* ~ Jessica is a graduate of Oklahoma State University with a Bachelor of Arts degree in Psychology and a CDA credential from Tulsa Tech. Jessica has twenty years of experience working with children as a teacher and also as a director of child care programs. Jessica has been at CCRC since September.

Aubrey Fick, *Resource and Referral Specialist* ~ Aubrey is a graduate of Wayne State College, in Wayne Nebraska. Aubrey holds a Bachelor of Science degree in Human Services. Aubrey has several years experience in the social service sector. Aubrey will be working with families and agencies that CCRC collaborates along with covering Wagoner County. Aubrey has been with CCRC since September. You will also see our University of Central Oklahoma Intern, Ashley Cox, who is working on her Family and Child Studies Graduate degree along with our work study students from Spartan Aeronautical School: Keri Ginn, Chris Akins, Charity Ford, Eric Cruz, Brooke Myers & Cindy Zapien.

We say a sad goodbye to Marilyn Cundiff, CCRC's longtime *Toy Lending & Resource Library Coordinator* (14 years) and Star Lindley, CCRC's Bookstore Associate. We wish them well with their new endeavors.

Chhhhhanges...

As our location and needs have changed here at CCRC, we continue to make improvements in many of our programs. The Bookstore will have a small "in store" display, and will be available for book fairs, conferences, and other off-site sales. The Bookstore will also be available to make large orders at discounts for individuals or programs. The Library will be working on updating learning luggage along with other elements of the program. To make these needed changes, **the bookstore/library will be closed December 14th through January 12th.** We will accommodate those who need to work in the Cut and Create area but will not be checking out any items. Starting January 23rd, 2010 the Library will offer a new "off-site" Saturday location at Tulsa Technology Center's Lemley Campus. Look for more updates in the Library in January! Please check our website at www.ccrctulsa.org or our Facebook page for information or contact Dee Ann Brown at dbrown@ccrctulsa.org or 831-7222.

facebook

**Become a fan of the Child
Care Resource Center (CCRC)
on Facebook!**

Check out the most current updates and events happening at CCRC and in the early care and learning community, connect with your colleagues and other friends of CCRC!

NEWS YOU CAN USE...

Free Advertising!

Yes, that is only one service provided to you by Child Care Resource Center. We gladly give your business number to families at every opportunity. All we need is *YOUR CURRENT INFORMATION*. To remain in good standing on our database, we must update your program at least twice per year. Without current, accurate information, we are less able to help you and the families find one another. Please email or call us to assure yourself that you are getting all the referrals possible.

Indoor Active Play Ideas

When the weather is too cold or rainy to go outside, try these simple, fun and active indoor games. They give the children a chance to move about while increasing their listening skills.

Freeze Dance: Have the children spread out. Play some lively music and encourage the children to move to the music. Stop the music and tell the children to, "freeze" (stop in place). For added fun, vary the length of time you play the music or the type of music.

Musical Carpet Squares: Provide a carpet square for each child and place them in a circle. Play some lively music and have the children march around the outside of the squares. When the music stops have each child stop and sit on a chair/square. No need to eliminate anyone! Continue as long as the children are having fun.



QEI Newsletter Article

WOW what a year 2009 has been! Programs participating in the Quality Enhancement Initiative in 2009 have had so many unique opportunities this year. From extensive training on the Program Administration Scale in March, opportunities to participate in the Early Care and Learning Summit and International Infant Toddler Conference in April, monthly Preventing Child Abuse and Neglect trainings and program director's meetings that varied in topic from Creativity in the Classroom to Environmental Health.

We anticipate 2010 to be equally as exciting and informative! To start the year off we will offer a 2 day Director's Institute in February that will provide training on the Basics of Assessing Children as well as a refresher on the Program Administration Scale.

NAEYC recently reported that 3,567 early care and education programs received their NAEYC Accreditation since the 2006 launch of the new standards and criteria for NAEYC Accreditation. We are proud to announce that in Oklahoma 127 early care and learning programs are in one of the four phases of the accreditation process. We currently have 74 programs that are NAEYC Accredited (data current as of July 2009). As of August 2009 through November 2009, the following programs were accredited in Oklahoma: Big Five Head Start - Jackie Watson Child Development Center (November) Little Dixie Community Action Agency, Inc. - Hugo Head Start (October), Little Dixie Community Action Agency, Inc. & Tulsa Educare (September), Altus Air Force Base Child Development Center,

did you know...?

Large (gross) motor development & infants

By Jessica Ruggles, Infant Toddler Specialist

Large motor development is the most visible aspect of development. How exciting to watch a child roll over, crawl, pull-up or walk for the first time. The drive to master these skills in a typically developing child is strong. We do not need to "motivate" them to do these things that come so naturally to them. So when we as caregivers want to "help", how can we? First, be aware of the developmental sequence of motor skills. Next give the child plenty of opportunity to practice each skill once they start doing it on their own. If you know the developmental sequence you can make sure that the environment is set up appropriately so the child can practice her new skills. Try not to use restrictive equipment (swings, bouncy seats, etc.) too often. For non-mobile infants provide a clean, safe place on the floor maybe covered by a blanket where they can lie. Put interesting objects around them for them to look at and not too close so that the baby is encouraged to turn and look and reach for them. For mobile infants provide things that move in an interesting manner such as different sized balls, plastic bowling pins or plastic bottles. Create safe ramps or inclines and small platforms, cushions and fabric tunnels. You can even use cardboard boxes. Learning to use their bodies is one of the greatest joys for an infant. (Resource: Simple Steps by Karen Miller)

FUN WITH FOOD

Valentine's Day Heart Ornaments

Ingredients:

1 ½ cups ground cinnamon

1 cup applesauce

¼ cup white school glue

Mix the cinnamon, applesauce, and glue together in a bowl. The consistency should be similar to cookie dough. Knead the dough. Put it back in the bowl and cover it. Allow the dough to rest for at least one half of an hour. Remove the dough. Knead it again. Roll the dough flat between wax paper until it is between ¼" thick and 1/8" thick. Form it into the shape of a heart. Use a straw to punch a hole for the ribbon to hang. Place the shapes on a piece of clean waxed paper. These will take 3-4 days to dry and you must turn the ornaments over once a day while they are drying so that they will not curl. Once they have dried, you can thread a piece of ribbon or yarn through the hole to hang them.

Children's Chateau Early Head Start, Secondine Child Development Center, St John Medical Center Chapman Child Learning Center* & Stillwater Early Head Start (August). A huge congratulations goes out to the programs that achieved NAEYC Accreditation this year, we are so proud of all that you have accomplished! (* QEI project programs) Thank you to all of our projects for your participation this year, we look forward to a wonderful year ahead!

We are currently seeking participation in the QEI project for child care programs that meet certain qualifications and have a desire to work toward becoming a NAEYC Accredited program. Please contact Paige Whalen at pwhalen@ccrctulsa.org or 918-831-7237.

NEWS YOU CAN USE...

¡Publicidad Gratis!

¡Publicidad Gratis!

Sí, ése es solamente un servicio proporcionado a usted por el centro del recurso del cuidado de niño. Damos alegre su número del negocio a las familias en cada oportunidad. Todo lo que necesitamos hacer esto es . Para permanecer en la buena situación en nuestra base de datos, debemos poner al día su programa por lo menos dos veces por año. Sin la información actual, exacta, podemos menos ayudar le y a las familias a encontrar uno otro. Por favor dénos una llamada o un email y asegúrese que usted está consiguiendo todas las remisiones posibles.

Ideas Del adentro

Cuando el tiempo es demasiado frío o lluvioso ir afuera, intente este simple, diversión y juegos de interior activos. Dan a niños una ocasión de moverse alrededor mientras que aumentan habilidades que escuchan.

Estatua Helada: Dirige que los niños se separen hacia fuera. Juegue una cierta música animada y anime a niños que se muevan a la música. Pare la música y diga a niños a, “¡No bailen!” (Parada en lugar). Para la diversión agregada, varíe la longitud del tiempo que usted juega la música.

Cuadrados musicales de la alfombra: Proporcione un cuadrado de la alfombra para cada niño y colóquelos en un círculo. Juegue una cierta música animada y tenga el marzo de los niños alrededor del exterior de los cuadrados. Cuando las paradas de la música tienen cada parada del niño y se sientan en una silla/un cuadrado. ¡Ninguna necesidad de eliminar cualquier persona! Continúe mientras los niños estén teniendo diversión.

oid YOU KNOW...?

Desarrollo grande del motor

By Jessica Ruggles, Infant Toddler Specialist

El desarrollo grande del motor es el aspecto más visible del desarrollo. Cómo excita para mirar un niño mover al revés, arrastre, tire-para arriba, o camine por la primera vez. La impulsión para dominar estas cosas, en un niño típico, es fuerte. No necesitamos “los motivamos” para hacer estas cosas que vengan tan naturalmente a ellas. ¿Tan cuando como las proveedoras desean “ayudar” cómo podemos nosotros? Primero, esté enterado de la secuencia de desarrollo de las habilidades de motor. Elasticidad siguiente el un montón del niño de oportunidad de practicar cada habilidad una vez que ella comience a hacerla en sus el propios. Si usted sabe que cuáles es la secuencia usted puede hacer seguro que el ambiente está instalado correctamente así que el niño puede practicar sus nuevas habilidades. Intente no utilizar el equipo restrictivo (oscilaciones, asientos bouncy, etc.) demasiado a menudo. Para los infantes no-móviles proporcione un lugar limpio, seguro en el piso cubierto quizá por una manta donde pueden mentir. Ponga los objetos interesantes alrededor de ellos para que miren. No los coloque demasiado cerca tan que se anima al bebé que dé vuelta y mire y alcance para ellos. Para los infantes móviles proporcione las cosas que se mueven de una manera interesante tal como diversas bolas clasificadas, pernos de bolos plásticos o botellas plásticas. Cree las rampas o las pendientes seguras y las plataformas, los amortiguadores y los túneles pequeños de la tela. Usted podría incluso utilizar las cajas de cartón. El aprender utilizar sus cuerpos es una de las alegrías más grandes para un infante. (Recurso: Pasos simples de Karen Molinero)

Fun with Food

Ornamentos del corazón del día de Valentine

Ingredients:

1 ½ tazas del canela polveado

1 taza de Salsa de manzanas

¼ taza de pegamento blanco de la escuela

Mezcle el canela, la salsa de manzanas, y el pegamento junto en un bol. La consistencia debe ser similar a la pasta de la galleta. Sobe la pasta. Póngalo en el bol y cúbralo. Permita que la pasta recline por lo menos una mitad de una hora. Tome la pasta. Sóbelo otra vez. Ruede la pasta completamente entre el papel de cera hasta que está entre el ¼” densamente y 1/8” densamente. Fórmelo en la forma de un corazón. Utilice una paja para perforar un agujero para una cinta. Ponga las formas en un pedazo de papel limpio. Éstos tomarán 3-4 días para secarse. Usted debe dar vuelta al excedente de los ornamentos una vez al día mientras que se están secando de modo que no se encrespen. Una vez que se hayan secado, usted puede roscar un pedazo de cinta o de hilo a través del agujero para colgarlos.

Five Family Child Care Home Providers Become Accredited!

Congratulations to the Success by Six Family Child Care Home Accreditation Group's latest members to become Nationally Accredited through the National Association for Family Child Care! They are (from left to right) Jackie Evans, Shelly Leigh, Ebony Walker, Devonne Willis and Sharon Wynn.

If you are a Two Star Family Child Care Home interested in becoming accredited, you may want to join our FCCH Accreditation Group which meets for two hours, one Saturday morning a month for training, discussion and support as you work toward accreditation. For more information contact Marlene Smith at 831-7247 or msmith@ccrctulsa.org



Jackie Evans

Shelly Leigh

Ebony Walker

Devonne Willis

Sharon Wynn

Join the Infant and Toddler BLOG
www.iitctulsa.blogspot.com

Child Care RESOURCE CENTER

Quality Care For Every Child

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918.834.2273 (834-CARE)

On-line: www.ccrctulsa.org



The purpose of CCRC is to promote quality, affordable child care in the Tulsa area.

CCRC is a program of the Community Service Council of Greater Tulsa, a United Way Member Agency.



Funding is also provided by the Oklahoma Child Care Resource and Referral Association.

Tulsa Area United Way

“Connections for Caregivers”
Quarterly Newsletter, Vol. 19, Issue 1

INSIDE: CHILD CARE TRAINING CALENDAR
January – March 2010

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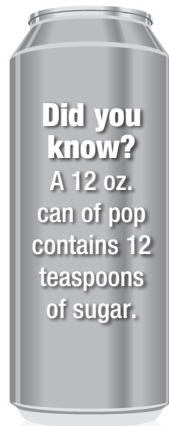
from the nurse

Rethink Your Drink

Joyce Reynolds, R.N.
Child Care Consultant

Soda pop is the #1 source of sugar in our diets. This year the average person in the United States will consume 54 gallons of soda pop. Children often choose pop and other sugary drinks instead of milk so they may not be getting the calcium they need for strong bones and teeth. Children who drink a lot of pop are at risk of becoming overweight and developing “weak bones”. The acid in pop also wears down the enamel on teeth, causing decay.

Make a healthier choice. Since your body is composed of 60% water, your body needs to be hydrated with water rather than pop and sugary drinks, so offer children water when they are thirsty. Add a splash of 100% fruit juice to flavor the water if your child protests drinking plain water. You get more fiber and vitamins when you eat the actual fruit rather than filling up on fruit drinks. Make milk the drink of choice at mealtimes so that children will get the calcium they need for strong bones and teeth. There are no vitamins or minerals in soda pop, only “empty” calories. Therefore, pop and sugary drinks have no place in a growing child’s diet. **Rethink your drink!**



who to call

Listed below are helpful contact names and information for professional development opportunities or consultation in early childhood.

Child Care Health Consultant

Joyce Reynolds, RN, 918-831-7245, jreynolds@ccrctulsa.org
Janna Cooney, RN, 918-831-7229, jcooney@ccrctulsa.org

Child Care Consultant

Ellie Newby, 918-831-7234, enewby@ccrctulsa.org

Quality Enhancement Initiative (Success by 6)

Paige Whalen, Coordinator, 918-831-7237, pwhalen@ccrctulsa.org

Reaching for the Stars

Linda Bradford, Tulsa, Creek, Rogers and Wagoner Counties,
1-800-734-7520 linda.bradford@okdhs.org

REWARD

Kristina Allen, 888-446-7608, ext. 241, kdallen@ou.edu

Scholars for Excellence in Child Care (Scholars)

Kim Darris, Scholar Coordinator, Tulsa Community College,
918-595-8280, kdarris@tulsacc.edu

Warmline - 1-888-574-5437

CECPD - Center for Early Childhood Professional Development
1-888-446-7608 or www.cecpd.org