

Meaningful Mealtimes

Jessica Ruggles, Quality Enhancement Specialist



As an infant and toddler caregiver there are many routines that are done during the average day. One of these is mealtimes. Janet Gonzalez-Mena says that this routine “enhances attachment, increases feelings of security, and provides warmth, acceptance, and overall sense of well-being.” To foster these things, we need to get in tune with the child’s needs. We need to watch for verbal, as well as, non-verbal signals. Holding an infant during bottle feeding and allowing toddlers to help prepare food, serve meals, and clean up can help with growth in autonomy and emotional well-being.

We need to recognize children’s typical developmental behaviors and promote responsiveness to individual cues. Things, such as, decreased appetite, picky eating, and food refusals are typical behaviors that can often become power struggles and can lead children to develop more significant eating and emotional problems. We need to offer a variety of healthy foods and allow children to choose what they eat and how much to avoid some of these issues. Mealtimes can be a stressful time in group care but with attention to cues and letting the child take the lead it can be a pleasant and enjoyable experience.

For more information or assistance with infant and toddler care in your program, contact Jessica Ruggles at ruggles@ccrctulsa.org or 918-935-6369.



9th Annual Top of the Town

Karen Smith, Director

Top of the Town 2017 was again a huge success! Over 1000 people visited 25 different venues, each offering food, beverages, music, and views. Ten different raffle baskets, restaurant pull certificates, sales at the art gallery in the Reunion Center, and sales of the book *4th and Boston: Heart of the Magic Empire* were additional activities during the event to raise money for the Child Care Resource Center. All types of music provided by artists affiliated with The MusicLynx Network played throughout the evening. Thank you to all our sponsors, vendors, volunteers, and participants for supporting the Child Care Resource Center. We can’t wait for our 10th annual Top of the Town in 2018!



CCRC Update

a newsletter for child care providers

Getting Outside in the Summer Months

Jessica Smith, Child Care Consultant

NOAA's National Weather Service

Heat Index
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	138
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

Being active with children is difficult in the hot summer months! But being active with the children in your care is important for their health and growth.

To have fun while staying physically active and healthy, check out one of the local splash parks or swimming pools. All locations are currently open and according to cityoftulsa.org, “there are 66 miles of walking trails, two skate parks, two dog parks, and five swimming pools. In addition, there are 186 sports fields, 93 playgrounds, 111 tennis courts, 12 water playgrounds, 21 splash pads, 61 picnic shelters, four golf courses and five disc golf courses” in Tulsa County.

Anytime you take children outside, check the temperature and heat index. The chart above shows how high temperatures combined with

high humidity can create a high heat index or “feels like” temperature. Be sure to provide shady areas for children and limit the amount of time spent outside.

Get out there to experience a new location and have a fun adventure, and don’t forget to bring plenty of water to stay hydrated. It is essential to avoid dehydration by drinking at least 8 glasses of water daily and more if you’re playing outside in the heat. Furthermore, don’t forget to apply sunscreen before sun exposure and reapply at least every two hours of continued sun exposure.

Following these tips will help ensure a safe, fun, and active summer for the children in your care!

What's inside...

- Getting Outside in the Summer Months
 - Safe Sleep
 - Dress Up Your Dramatic Play: Camping Theme
 - Meaningful Mealtimes
- Upcoming Events & Trainings
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- Top of the Town

Don't forget...

Our office will be closed July 4th in observance of Independence Day and September 4th in observance of Labor Day.



From the Consultants

Safe Sleep

Jessica Smith, Child Care Consultant

As of November 1, 2016, Oklahoma State has changed the rules and regulations for Safe Sleep. Now every director, teacher, and/or staff who work with infants (0-12 months of age) must take a state-approved two-hour Safe Sleep training. The Child Care Resource Center has been hosting as much training as possible since November 2016 to get everyone trained. Safe Sleep practices are essential when caring for children and could potentially save an infant's life. Please remember to ALWAYS place infants on their back to sleep, check the infant for breathing while sleeping, and use a flat-firm mattress with nothing else in the crib or pack-n-play.

Upcoming Safe Sleep: SIDS Training: August 22, 2017 6:30-8:30 pm
First Christian Church
913 S. Boulder Ave, Tulsa, OK 74119
Cost: \$10



Upcoming Events & Trainings

July

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- 8 – **Preparación para Emergencias en el Cuidado Infantil**, 9:30am-11:30am, Free.
- 18 – **QEI Directors Training: Conflict Resolution**, 12:00pm-2:00pm, Free.
- 27 – **Playground Safety**, 6:00pm-8:00pm, \$10.

- 15 – **QEI Directors Training: Screening for All Children**, 12:00pm-2:00pm, Free.
- 22 – **Safe Sleep: SIDS**, 6:30pm-8:30pm, \$10
- 26 – **Super Saturday Training**, 8:00am-3:00pm, Free.
- 26 – **FCCH Training: Cultivating Creativity in the FCCH**, 9:30am-11:30am, Free.

August

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 2 – **Dinero y Cuidado de Niños**, 9:30am-11:30pm, Free.
- 6, 7, 11, 12, 13, & 14 – **Bright Start Right Start**, 9:00am-1:00pm, Free.
- 8, 9, 22, & 23 – **Quest for Quality: ELG for Ages 3-5**, time varies, \$20.
- 18 & 19 – **Emergency Preparedness**, 6:30pm-8:30pm, Free
- 19 – **QEI Directors Training: Quality Practice through NAEYC**, 12:00pm-2:00, Free.
- 23 – **FCCH Training: Story Stretchers**, 9:30am-11:30am, Free.

Visit our training calendar online at ccrctulsa.org/index.php/events for more detailed information including location, description, registration link, and more.

Dress Up Your Dramatic Play: Camping Theme

Jessica Smith, Child Care Consultant

Imagination play for young children has many great benefits for a child's learning, development, and problem solving skills. Children thrive when playing in environments that help support their real life experiences or allow them to experience adventures they may not be able to do with their families.

During the summer months a fun theme to improve your dramatic play center is camping. A camping theme is easy, cheap, and provides incredible learning. It can be done both in the classroom and outside on the playground, as pictured right. Child Care Resource Center suggests that these camping materials be added to the dramatic play center: a

small tent, pretend paper camp fire, chairs, plastic lanterns, pretend BBQ station, small plastic pool for play fishing, fake bug spray, flashlights, plastic bugs, and fake S'mores.

Please don't forget to discuss fire safety, camping rules, and being aware of wild animals when in the wilderness as these discussions are all a part of enhancing the learning process while children engage in imaginative play in the dramatic play center.

For more ideas and a list of ways to make several of these items, please check out our Pinterest page at www.pinterest.com/ccrctulsa.



Please contact Jessica Smith at jsmith@ccrctulsa.org or 918-935-6933 if you would like additional ideas or assistance with enhancing your dramatic play center.

Resource Library News

Sam Stephenson, Resource & Referral Specialist

Summer is in full swing! All the wonderful fruits, migrating birds, flowers, and sun abound. The library is no exception. We have many outdoor things for children to enjoy as well such as the Sensory Walk textured pathways, the Stepping Stones tiles, trucks, musical instruments, and more. If it is too hot to play outside, we have many lovely inside toys that delight and amuse also. Check out our online catalog to reserve your favorites!

We are open Tuesdays & Thursdays from 9:00am to 4:30pm, and until 7:00pm on the third Thursday of the month. We are also available other times by appointment. If you have any questions, please feel free to contact Sam Stephenson at sstephenson@ccrctulsa.org or 918-831-7299.

