



Caring and Sharing
A publication of the Child Care Resource & Referral Agency
East Central University – Ada, Oklahoma
Fall 2020 Edition

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Be sure to like us on Facebook
and follow us at **ECU Child Care
Resource and
Referral.**



Oklahoma Child Care
RESOURCE & REFERRAL ASSOCIATION, INC.



OKLAHOMA
Human Services

Helping Children Deal with Feelings and Emotions

Six months ago no-one could have predicted the roller-coaster year we have had. Not only have rules, laws, the economy and life as we knew it changed but the emotional impact has been rough on all of us, including children. Little ones take their cues from adults and if we are upset or anxious, most likely they will be also. Sadly, children have a harder time expressing their feelings than adults, yet stress can take its toll on them, just as it does us.

According to experts from the CDC, we may observe behavioral changes among those in our care when they become anxious.

Common changes to watch for may include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worries or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out”
- Difficulties with attention or concentrating
- Unexplained body pain

How do we respond to these changes? By reassuring children that they are safe, maintaining regular routines, and being a role model. In other words, manage our own stress and take care of ourselves emotionally and physically. In a Child Mind Institute article, Jerry Bubrick, PhD, a clinical psychologist there, reminds us that children need their feelings validated. To do so means helping them recognize and express their emotions so that they can address them.

The Center on the Social and Emotional Foundations for Early Learning says that the first step is teaching children what emotions are. Initial emotions begin with happy, sad, angry and scared. As they master these, more words can be introduced such as brave, silly, frustrated and proud. Even the youngest child can begin learning as they observe facial expressions then demonstrate them (using a mirror is a fun way to do this). As children age, they should be asked open ended questions which allow them to express themselves rather than respond with a Yes or No answer. An example of this would be “Tell me how you feel. “ or What makes you feel that way?” rather than “Are you mad?”

Continued on page 8

Contacts and Resources

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

Oklahoma Professional Development Registry
www.okregistry.org

Warmline — 1-888-574-5437
Free telephone consultation for child care providers — covers behavioral and health related topics. <http://warmline.health.ok.gov/>

Scholars for Excellence in Child Care
Statewide — Brittany Pagel
1-866-343-3881 or 405-225-9395 www.okhighered.org/scholars
Pathway to CDA — Gina McPherson
1-866-343-3881
www.okhighered.org/scholars

Child Care Services County Offices

Carter Co. (580) 490-3600
Cleveland (405) 573-8300
Garvin Co. (405) 238-6461
Johnston Co. (580) 618-6256
Love Co. (580) 490-3600

Marshall Co. (580) 618-6256
McClain Co. (405) 238-6461
Murray Co. (580) 618-6256
Pontotoc Co. (580) 310-7050
Pottawatomie Co. (405) 912-2068

Locating Quality Child Care
1-800-438-0008

Office of Background Investigations
1-800-347-2276

OK DHS Child Care Services
1-844-834-8314

Reaching for the Stars
Misti Denton-Serving counties East of I-35
1-800-225-9868 Misti.Denton@okdhs.org
Tiffany McPherson-Serving counties West of I-35
1-800-884-1582 Tiffany.Mcpherson@okdhs.org

Okfuskee Co. (918) 752-2078
Seminole Co. (405) 214-4147

RESOURCE ROOM/LENDING LIBRARY

September begins the fall/holiday season and with it are lots of opportunities to make a fun and colorful classroom. We have several new holiday bulletin boards including **This Halloween is Spook-tacular**, **This Patch is Creepin' It Real****, **Give Thanks With A Grateful Heart**, **Merry Christmas**** **We're A Batch of Smart Cookies**** and **Oh Deer, Christmas is Almost Here**. Other seasonal boards are **Fall in Love With Learning**, **This Fall will be Apple-solutely Fun**** and **Happy Fall, Y'all**. Those with ** can be customized with names so let us know how many children you have so we can send enough.



Die cuts are also popular, being used in room displays and art projects. We have over 200 shapes available, in 4 inch, 10 inch and minis. We have the letters of the alphabet in both capital and lower case, numbers and have now added a few words to the list. (Happy Birthday, Merry Christmas and Welcome) Our holiday die cuts are popular items so tell us what you need, how many and what colors and we will cut them for you. Best of all, we will deliver all bulletin boards and Lending Library materials to you free of charge!

Call us at [1 800-862-5593](tel:18008625593), ext 873 or [580-559-5768](tel:5805595768) or email parmstrong@ecok.edu to place an order for any of the services above. If you need an updated list of offerings, we can email the lists to you. Our office hours are 8-5, M-F, however, we are sometimes all involved in off-site travel. Please call ahead to be sure we are open. If no answer, leave a message and we will return your call upon our return.



**On-Site Assistance Available for Your
Family Child Care Home or Child Care Center Classroom**

Please call 580-559-5768 or email us for the following services:
Georgiana Sullivan geolsul@ecok.edu

On-site Assistance includes:

- ◆ Observation, suggestions and demonstrations for new teachers or those needing new ideas or lesson plans.
- ◆ Room arrangement, transitions, equipment inventory, nutrition, outdoor learning, physical activity, and behavior and guidance.
- ◆ Understanding of basic child development and building relationships with families.
- ◆ Information on the Reaching for Stars Quality Improvement program.
- ◆ Assisting directors, owners and teachers with professional development plans and policies, contracts, handbooks, signing up on the Registry (okregistry.org) and registering for membership with OK Shared Services.



At last count Oklahoma had nearly 900 registrants for membership with OK Shared Services! What is Shared Services? This program provides assistance to all Oklahoma child care providers in a variety of ways. Not only does it provide lesson plans and other valuable teaching aides but your membership can benefit with cost savings, medical and insurance benefits, tele-med access, classroom assessment tools, form templates, help with job descriptions and training, communication skill development tools, employee benefits and more. (The ECU CCRR staff regularly uses OK Shared Services when ordering materials through Lakeshore and Discount School Supplies. The savings allow us to purchase even more items for our Lending Library and Resource Room.)

A monthly newsletter provides up-to-date information on a large variety of topics relevant to child care. These topics may include safety, dealing with trauma (very relevant during these times), interaction with parents, and much more.

The OK Shared Services program began in January, 2019, to give child care providers, in both centers and homes, increased access to a variety of services and opportunities while saving time and money. One free year of membership is granted to all Oklahoma providers. Membership fees for subsequent years are minimal and the service is second to none. If you as a center, or individual teacher, haven't signed up, do so now. (Directors, please share this program with all of your teachers and workers. They are all eligible for membership.)

OK Shared Services is funded in part by OKDHS Child Care Services, Potts Family Foundation, Tulsa Educare, the Ottawa Tribe of Oklahoma and the Shawnee Tribe. If you haven't had the opportunity to check out this amazing program, you may do so at www.oksharedservices.org.

Information provided by Oklahoma Child Care Resource & Referral Association, Inc.



Check out these posts and more added daily on the **ECU Child Care Resource and Referral Facebook Page**

SNACK TIME OWLS



<https://www.superhealthykids.com/recipes/fun-food-kids-owl-rice-cakes>
By **SUPER HEALTHY KIDS**



In honor of grandparents everywhere, check out these recipes kids will love.

<https://www.tasteofhome.com/collection/heirloom-recipes-from-grandparents>



Crafting For Fall the Non Messy Way



<https://www.facebook.com/thebestideasforkids/photos/a.242756749467402/1099371403805928>

By **The Best Ideas for Kids**

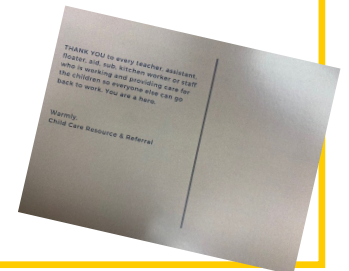


Are you looking for new ideas? Do you need activities for older kids? Georgiana has been busy posting these and lots more on **Pinterest**. They are easy to look up and saves you time to plan without having to do the search. Click on this link to follow our **ECU Child Care Resource and Referral Pinterest page** <https://www.pinterest.com/cresource/>. New pins added daily. And remember, we have **MANY** of the items needed, including die cuts, in our Lending Library and Resource Room.



The Oklahoma Child Care Resource and Referral Association recently provided hand sanitizer and gloves to any provider wishing to receive them. This is our way of saying thank you to all who are working so hard to provide normalcy during a time when much uncertainty exists. Our hat goes off to you for your dedication to providing for the precious little ones in your care.

Once again, **Mr. Dan Smith of Home Maid Better, Oklahoma City**, has supplied providers with free disinfectant solution to be used in any homes and centers that wished to receive it. He realizes how critical it is to meet all safety guidelines and knows that having the disinfectant is one less thing you, as providers, need to worry about securing to operate on a daily basis. Thank you again Mr. Smith!



OCTOBER –DECEMBER TRAINING OPPORTUNITIES

Most are FREE or have only a small registration fee.

DUE TO COVID-19, NEW ON-SITE TRAININGS HAVE NOT BEEN SCHEDULED IN THE SOUTH CENTRAL REGION. CEDPD CONTINUES TO DEVELOP TRAININGS TO BE READY WHEN THESE CAN BE SAFELY DELIVERED. WATCH YOUR EMAIL, OUR FACEBOOK PAGE OR THE CECPD REGISTRY FOR INFORMATION AS IT IS RELEASED.

You must pre-register for all training at www.okregistry.org. **Please register early to prevent the class from being cancelled for low registration numbers.** We have had to cancel several trainings because of lack of participation. Participants will be notified if the class is cancelled for any reason.

Safe Sleep Training

Several Self-Paced Web Based courses are available to meet the Oklahoma Child Care Services-Licensing requirement for safe sleep training. See CECPD website for a full list of options and descriptions. The link to register may be found at www.okregistry.org

ELG Training

None scheduled at this time.

Other Formal Training

None scheduled at this time.

Watch your email, our Facebook page or the CECPD Registry for new additions.

Self-Paced Web Based Training courses may be found at www.okregistry.org

Informal training may be obtained through webinars. www.earlychildhoodwebinars.com

Care Courses has online courses that meet Oklahoma's training requirements.
www.carecourses.com

FINGERPRINTING AVAILABLE in ADA

Rolling Hills Hospital has now opened a full-time fingerprinting site in Ada. The Office for Background Investigations has recognized Rolling Hills as an approved site. To schedule an appointment at Rolling Hills, the applicant must register on-line at www.identoGo.com. Prepayment is preferred. No cash accepted.

For instructions on how to get an applicant enrolled in the mobile unit, send an email to OBICC@okdhs.org asking for instructions on how to do so.

Oklahoma Right Start Infant/Toddler Project

The Oklahoma Child Care Resource and Referral Agency, in cooperation with the Oklahoma Department of Human Services, has begun making modifications to the Oklahoma Right Start Infant/Toddler Project. All Infant/Toddler Specialists are currently receiving extensive training on new program methods.

Lindsay Christian, our Infant/Toddler Specialist, will provide updated information concerning the program as soon as she is trained. Regardless of the platform used, we remain committed to helping improve your infant toddler care at no cost. Stay tuned for more details.

Do you have staff interested in taking college classes and earning money while doing so? Check out the Scholars for Excellence in Child Care program offered by the Oklahoma State Regents for Higher Education

What Is the Scholars Program?

The Scholars Program awards scholarships to eligible child care professionals to complete coursework in the area of child development or early childhood education, as well as the Child Development Associate (CDA) and Certified Child-care Professional (CCP) Credential Assessment. These scholarships enable child care providers in Oklahoma to improve their skills through education, receive an educational stipend, and continue the availability of quality child care in local communities.

Mission Statement

The Scholars for Excellence in Child Care Program ensures that eligible child care professionals in the state of Oklahoma have an opportunity to attend a technology center or community college to further their education while earning a Child Development Associate (CDA) Credential, Certificate of Mastery, Director's Certificate of Completion, and/or an associate degree in child development or early childhood education.

Stipends Available

Stipends are available through the Scholars for Excellence in Child Care Program, valued from \$800-\$122, for eligible scholars as they earn one or more credentials. Credentials can be earned toward CDA, CCP, CoM, SACoC, DCoC, DCoM, an Associate Degree or a Bachelor's Degree.

For more information about career tech, other community colleges and assessment scholarships, visit our website at [www/okhighered.org/scholars](http://www.okhighered.org/scholars) or call your local Campus Connection listed below or contact

[Brittany Pagel, OSRHE Scholars Program Coordinator, at 866-343-3881 or 405-225-9395 bpagel@osrhe.edu](mailto:bpagel@osrhe.edu)

Murray State College—Child Development Courses

[Contact: Gabby Cook, Scholar Coordinator, at 580-387-7412 gacook@mscok.edu or](mailto:gacook@mscok.edu)

Seminole State College — Child Development Courses

[Contact: Lauren Anderson, Scholar Coordinator, at 405-382-9751 l.anderson@sscok.edu](mailto:l.anderson@sscok.edu)

Programs available at Carl Albert State College, Connors State College, Eastern Oklahoma State College, Murray State College, Northeastern Oklahoma A&M College, Northern Oklahoma College, Oklahoma City Community College, Oklahoma State University-OKC, Redlands Community College, Rose State College, Seminole State College, Tulsa Community College, and Western Oklahoma State College

Welcome to our new providers!

[Busy Bees Nursery and Preschool, Purcell](#)
[Cougar Care North Rock Creek Schools, Shawnee](#)

[Amanda Raper, Wewoka](#)
[Racer Kid Zone #1, Newcastle](#)
[Meagan Sales, Ardmore](#)
[Anna Sawyer, Wilson](#)



Reaching for the Stars

Are you ready to advance your STARs rating? Star ratings do make an impact. If you would like assistance in obtaining or increasing your star level, we are here to help. Often it is only a matter of the completion of paperwork. Just give Georgiana a call at (580) 559-5304 or email her at geolsul@ecok.edu.

OKLAHOMA REGISTRY
Certificate of Achievement Stipend Program

AN UPDATE FROM THE DIRECTOR AT CEDPD:



Greetings Friends,

Beginning August 1, 2020, there will be significant changes to the Certificate of Achievement and Stipend Program. Please read the following information carefully.

1. Training hours will remain at 30 hours (rather than 40 hours) indefinitely.
2. You can now receive two (2) stipends in a one-year period (not calendar year).
3. Participants no longer need to have their director complete the employment verification form.
4. In lieu of the employment verification form, participants must send a copy of a current pay-stub.
5. There is no longer a child care subsidy requirement to participate in the program.
6. Participants will print their own Certificates of Achievement. You will receive an email when your certificate is awarded. The email will inform you of the area of concentration that was awarded and give you instructions on how to print the certificate.

Should you have any questions, please contact CECPD.

Warmest regards,
Susan J. Kimmel, Ph.D.

The University of Oklahoma
Executive Director
Center for Early Childhood Professional Development

Follow this link to find out what the stipend program is if you have not participated in it before.

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

This link is an FAQ which addresses the program and the new changes.

<https://www.cecpd.org/media/2020/06/30/Stipend%20Change%20FAQs%20Effective%208-1-2020.pdf>

CHILD CARE WARMLINE

THE WARMLINE FOR OKLAHOMA CHILD CARE PROVIDERS OFFERS FREE TELEPHONE CONSULTATION TO CHILD CARE PROVIDERS 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: HTTP://WARMLINE.HEALTH.OK.GOV/

Praise children when they express themselves. Explain gently why some actions are not acceptable. (It is ok to be angry but it is not ok to hurt someone.) Take every opportunity to talk with children about various circumstances. Assure them that they can be comfortable talking about any situation, including how they feel. Dr. Bubrick states that children do not need specific answers but instead need to know they are loved and should not be afraid to express any emotion they may be feeling.

The Making Common Caring Project at Yale University summarizes how to help children develop self-control and manage feelings effectively. Children need to know that all feelings are ok. How do we teach this?

- Identify feelings, including difficult ones like frustration, sadness and anger
- Teach children how to manage self-control. Stop, take a deep breath through the nose and out the mouth, count to five. Practice this when a child is calm.
- Practice role play. Consider a conflict, role play various solutions then talk about feelings of all persons involved. (How did that make you feel? How did the other child feel?)
- Identify clear boundaries. Identify limits based on reasonable and loving concern for the child's welfare.

As 2020 begins the final count-down we should all recognize that we will experience situations where we must evaluate our emotions and decide how to process them. As care-givers, it is our privilege to teach the little ones to recognize theirs and how to deal with them in this ever-changing world.

Fun Days Ahead in 2020

October

2-World Smile Day
4-World Animal Day
8-World Octopus Day
15-Global Handwashing Day
16-World Food Day
18-Chocolate Cupcake Day
20-International Sloth Day
21-Apple Day
26-Pumpkin Day
29-Cat Day
30-Bandana Day

November

3-Sandwich Day
10-Sesame Street Day
11-Veterans Day
11-Sundae Day
13-World Kindness Day
18-Mickey Mouse Day
20-Universal Children's Day
26-Thanksgiving Day
27-Native American Heritage Day

December

1-Eat a Red Apple Day
4-Cookie Day
7-Walt Disney Day
8-Brownie Day
14-Monkey Day
18-Ugly Christmas Sweater Day
18-Bake Cookies Day
20-Go Caroling Day
25-Christmas Day
31-New Years Eve Day

Source: <https://www.daysoftheyear.com/days/2020>



Do good;
Wash your hands!

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

11/09/08



Everyone **loves** to have
clean hands!

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

© 2007

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



2



Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



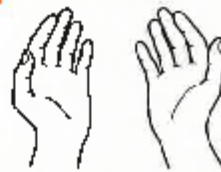
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.



World Health Organization

Patient Safety

A World Alliance for Patient Safety

SAVE LIVES

Clean Your Hands

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Wash Your Hands!



Dirty!



Wet



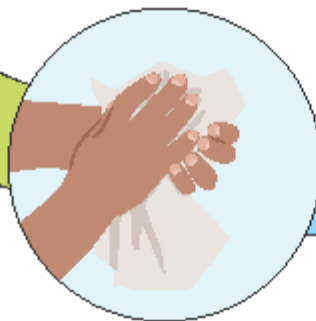
Get Soap



Scrub



Rinse



Dry



Clean!



Centers for Disease
Control and Prevention
National Center for Emerging
and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

CS267057-A

Safe and Healthy Diapering to reduce the spread of germs

Keep a hand on the child for safety at all times!



1. PREPARE

- Cover the diaper changing surface with disposable liner.
- If you will use diaper cream, dispense it onto a tissue now.
- Bring your supplies (e.g., clean diaper, wipes, diaper cream, gloves, plastic or waterproof bag for soiled clothing, extra clothes) to the diapering area.



2. CLEAN CHILD

- Place the child on diapering surface and unfasten diaper.
- Clean the child's diaper area with disposable wipes. Always wipe front to back!
- Keep soiled diaper/clothing away from any surfaces that cannot be easily cleaned. Securely bag soiled clothing.



3. REMOVE TRASH

- Place used wipes in the soiled diaper.
- Discard the soiled diaper and wipes in the trash can.
- Remove and discard gloves, if used.



4. REPLACE DIAPER

- Slide a fresh diaper under the child.
- Apply diaper cream, if needed, with a tissue or a freshly gloved finger.
- Fasten the diaper and dress the child.



5. WASH CHILD'S HANDS

- Use soap and water to wash the child's hands thoroughly.
- Return the child to a supervised area.



6. CLEAN UP

- Remove liner from the changing surface and discard in the trash can.
- Wipe up any visible soil with damp paper towels or a baby wipe.
- Wet the **entire surface** with disinfectant; make sure you read and follow the directions on the disinfecting spray, fluid or wipe. Choose disinfectant appropriate for the surface material.



7. WASH YOUR HANDS

- Wash your hands thoroughly with soap and water.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Diaper Changing Procedure Never leave a child unattended



1

Organize supplies in diaper changing area
 a. In reach of personnel but out of reach of all children
 b. When using disposable covers, place on non-porous surface
 c. When using disposable non-latex gloves, put them on



2

Place child on a non-porous surface
 Remove any wet or soiled clothing and place them out of the reach of all children



3

Clean the child
 a. Unfasten diaper but leave it under child
 b. When using pins, remove and clean each pin. (Place them out of the reach of all children)
 c. Gently clean child's genitalia and buttocks from front to back using disposable diaper wipes



4

Remove wet or soiled items from non-porous surface
 a. Avoid contaminating additional items
 b. Discard* disposable items
 c. Put wet or soiled cloth diapers and clothes in sealed, labeled, moisture-proof bag for parents, without rinsing
 d. When using gloves, remove and discard*



5

Wipe your hands
 Use a disposable diaper wipe to clean personnel's hands and discard*, except when gloves were used



6

Put on clean diaper
 When using diaper cream, apply now. When using pins, place your hand around the child and diaper when fastening



7

Wash child's hands and return child to supervised area
 (For infants, a moist, disposable towelette may be used but is not preferred)



8

Clean and disinfect diaper changing-area and supplies
 a. Clean off visible soiling using diaper wipes and discard*
 b. Disinfect using approved disinfectant according to manufacturer's instructions



9

Wash your hands



10

Document diaper change

*Discard disposable items in trash container with tight fitting lid.

11 x 17
 LAMINATED
 POSTERS
 AVAILABLE

Hand Washing Procedure with Paper Towels



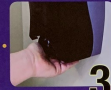
1

Ensure a clean paper towel is readily available.
 Avoid cross-contamination.



2

Wet hands.



3

Apply soap.



4a

Scrub to soapy lather for at least 15 seconds.



b

Wrist



c

Between fingers

Hands (front and back)



d

Around and under fingernails



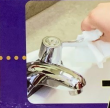
5

Rinse hands thoroughly with warm, running water.



6

Dry hands with clean paper towel.
 Avoid clean hands touching paper towel dispenser.



7

Turn off faucet with paper towel, when applicable.
 Avoid clean hands touching faucet handles.



8

Open restroom door with paper towel, when applicable.
 Avoid clean hands touching restroom door and door handle.



9

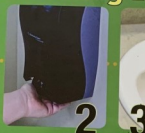
Discard Paper Towel
 Avoid clean hands touching trash container.

Hand Washing Procedure with Mechanical Hand Dryer



1

Wet hands.



2

Apply soap.



3a

Scrub to soapy lather for at least 15 seconds.
 Hands (front and back)



b

Wrist



c

Between fingers



d

Around and under fingernails



4

Rinse hands thoroughly with warm, running water.



5

Turn off faucet, when applicable.
 Avoid clean hands touching faucet handles, when possible.



6

Avoid clean hands touching mechanical hand dryer.



7

Dry hands under mechanical hand dryer.



8

Open restroom door, when applicable.
 Avoid clean hands touching restroom door and door handle.