



# Caring and Sharing

A publication of the Child Care Resource & Referral Agency  
East Central University — Ada, Oklahoma

Winter 2019 Edition

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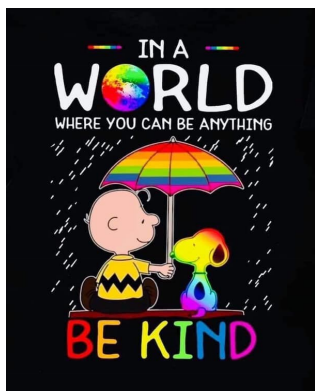
[www.ecok.edu/ccrra/](http://www.ecok.edu/ccrra/)

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Care Resource and Referral.



## 'Tis the Season to be KIND....

As the holiday season approaches and the year comes to an end, we often stop to reflect on how we have positively touched and been touched by those around us. Even the youngest child understands what it means to be treated with kindness. As caregivers, we play an important role in teaching our little ones about empathy and compassion for others.



According to the Making Caring Common Project of the Harvard Graduate School of Education (2018), children are naturally caring, however, the seeds of kindness planted in their young lives must be cultivated as they grow in order for them to mature into happy, successful members of society. As caregivers, we have the ability and responsibility to give them tools to do just that.



Teaching by example is one of the most important and easiest methods we can use. Children watch those they respect and work hard to emulate their actions. Katherine Lee, of verywell family (June 18, 2019) stresses using the age-old adages we learned as children to teach kindness. Do Unto Others..., If You Cannot Say Something Nice..., say Please and Thank You..., and Kindness is Contagious are just a few examples.

In the Word of Mom Blogger article of July 16, 2015, Tabitha Studer believes that happiness can be boiled down to two simple ingredients: gratitude and kindness. Encouraging children to practice manners and friendliness and to be mindful of others, teaches a behavior which achieves positive results. Even the simple acts of smiling or using a pleasant voice changes those with which we come in contact for the better.



Providing children an opportunity to practice allows them to learn positive reinforcement of helping others. From small tasks such as complimenting others or helping pick up toys, to interacting with others outside of their daily circle, each play a role in promoting kindness. Our positive feedback reinforces respectful behavior.

There are many well-known books which teach even the smallest child about kindness and what it means to others, as well as themselves. Board books, such as *Planting Seeds of Kindness* and *Planting Seeds of Kindness (Love you Always)*, both by Rose Bunting or *Be Kind* by Pat Zietlow Miller speak to the very young child, while other books speak to the toddler and pre-school aged children. The Berenstain Bears series, including, *Patience, Please, Kindness Counts* and *Berenstain Bears and the Golden Rule* and the *Train Your Dragon*



series which contains books, such as, *Train Your Dragon To Be Kind* are fun examples of how to treat others. The popular role-model known by several generations, Mister Rogers, is the epitome of kindness. In the book *You Are My Friend-The Story of Mister Rogers and His Neighborhood*, we all learn how important kindness is to all of us.

Teaching our children kindness at an early age will help assure that this young generation will help build a happy and successful future for all of us. The CCRR staff wishes you the best in 2020 and stands ready to help you in anyway we can.



Oklahoma Child Care  
RESOURCE & REFERRAL ASSOCIATION, INC.



## Contacts and Resources

**Center for Early Childhood Professional Development (CECPD)**  
1-888-446-7608 [www.cecpd.org](http://www.cecpd.org)

**Locating Quality Child Care**  
1-800-438-0008

**Oklahoma Professional Development Registry**  
[www.okregistry.org](http://www.okregistry.org)

**Office of Background Investigations**  
1-800-347-2276

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

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

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

**Reaching for the Stars**  
Misti Denton—Serving counties East of I-35  
1-800-225-9868 [Misti.Denton@okdhs.org](mailto:Misti.Denton@okdhs.org)  
Tiffany McPherson—Serving counties West of I-35  
1-800-884-1582 [Tiffany.Mcpherson@okdhs.org](mailto:Tiffany.Mcpherson@okdhs.org)

### **Child Care Services County Offices**

Carter Co. (580) 490-3659	Marshall Co. (580) 622-2186
Garvin Co. (405) 238-6461	McClain Co. (405) 238-6461
Johnston Co. (580) 622-2186	Murray Co. (580) 622-2186
Love Co. (580) 490-3659	Pontotoc Co. (580) 310-7071

Pottawatomie Co. (405) 912-2068
Okfuskee Co. (918) 752-2078
Seminole Co. (405) 214-4147

## RESOURCE ROOM/LENDING LIBRARY

The cold weather is upon us and our bulletin boards prove it. *It's Snow Secret, We're a Smart Class* and *Oh the Weather Outside is Frightful* have both been popular requests lately. In less than two months, Valentines Day will also be here. *Love is in the Air* lets you personalize your bulletin board with all the kids names. Our newest kit, *Reach for the Stars in 2020*, is also now available and can be personalized. If you are interested in receiving any of these or other kits that we have available, let us know and we will prepare them for you. (If you order *Love is in the Air* or *Reach for the Stars in 2020* please let us know the number of hearts or hands you need for your class.) Do you have a theme in mind that we don't have? Tell us and we will do our best to create the kit. Remember these are all ***FREE !!!!***

Need something laminated? The cost for this service is \$.50 per foot. Our laminating film is high quality and ensures your items are well protected.

We have over 200 die cut patterns available and plan to order more to add to the inventory soon. We will cut them and mail or hand deliver to you free of charge. Tell us what you need, how many you want, and what colors and we will get them to you.

Don't forget our Lending Library. We have children's books, training DVDs, CDs for children, theme boxes, games and other activity items the kids will love. These can be borrowed free of charge at any time.

Call us at 1 800-862-5593, ext 873 or 580-559-5768 or email [parmstrong@ecok.edu](mailto:parmstrong@ecok.edu) to place an order for any of the services above. Need an updated list of offerings from our lending library? Check out our website or we can email the lists to you. Our office hours are 8 am to 5 pm, M-F, however, we are sometimes all involved in off-site travel. Please call ahead to be sure our office is open. If no answer, please 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](mailto:geolsul@ecok.edu)

On-site Assistance includes:

- ◆ Observation and suggestions 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 with professional development plans and policies, contracts, handbooks, signing up on the Registry ([okregistry.org](http://okregistry.org)) and registering for membership

**Wow, did you see the OK Shared Services newsletter this month?!!!**



Highlighted in this edition are PNC Lesson Plans from PNC Grow Up Great R® grant partners. Seventeen free, printable, theme-based lesson plans in both science and the arts are included in the article. These lesson plans include step-by-step instructions, vocabulary words, recommended books, suggested questions to guide young learners, background information for teachers, and pre-written family letters in English and Spanish to extend learning at home. Topics offered are **All About Me, Animal Friends, Community Helpers, Healthy Me and The Outdoor Classroom**, just to mention a few.

Lesson plans are just a small part of what Shared Services can do for you. If you as a center, or individual teacher, haven't signed up, do so now. With a newly designed website comes even more offerings than before. Cost savings, medical and insurance benefits, classroom assessment tools, form templates, help with job descriptions and training, communication skill development tools, employee benefits and more are offered as part of the Shared Services membership. OK Shared Services program began in Oklahoma 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.



**Are you interested in getting a bachelors degree related to Early Childhood?**

For information on our Family & Consumer Sciences (Early Care) program at East Central University, please visit [www.ecok.edu/FCS](http://www.ecok.edu/FCS) or contact Ms. Jan Long at [jmlong@ecok.edu](mailto:jmlong@ecok.edu) or Ms. Darcy Tessman at [dtessman@ecok.edu](mailto:dtessman@ecok.edu). You can also call them at 580-559-5743.



## Reaching for the Stars

Congratulations to the following providers for increasing their Star rating during the second half of 2019!

- Cities in School, Inc. 1 to 1+
- Robin Webb 1 to 1+
- Jennifer Duncan 1+ to 2
- Isabella Martin 1 to 2
- Hickory Creek Child Cntr 2 to 3

Remember, 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 us a call.



## FINGERPRINTING NOW 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. Therefore, the Mobile Livescan Fingerprinting Unit will not be on the January 2020 schedule.

To schedule an appointment at Rolling Hills, the applicant must register on-line at [www.identoGo.com](http://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](mailto:OBICC@okdhs.org) asking for instructions on how to do so.



## Cute Salt Dough Ornaments

How adorable is this ! Follow us on Facebook at **ECU Child Care Resource and Referral** for this and more great resources, tools and ideas.



This craft by:

[Creative Ideas for Artsy Mommas](http://CreativeIdeasforArtsyMommas)

Tutorial:

<https://funhandprintartblog.com/salt-dough-mitten-ornament.html>



## Do you have staff interested in taking college classes? Check out the Scholars for Excellence in Child Care Program

### 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 Childcare 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 - \$1200, for eligible scholars. See [www.okhighered.org/scholars](http://www.okhighered.org/scholars) or contact Brittany Pagel, Scholar Coordinator, for information.

### Murray State College—Child Development Courses

Contact: Amy McCain, at 580-387-7411 [amccain@mscok.edu](mailto:amccain@mscok.edu) or

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

### Seminole State College — Child Development Courses

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

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

## JANUARY-MARCH TRAINING OPPORTUNITIES

Most are FREE or have only a small registration fee.

### CECPD Professional Development Innovations Project (All Formal Training)

Trainer: Juanita Hall      Cost: Free

Poverty in America Awareness Month  
(January)

Homelessness and Young Children: Educa-  
tion and Services (hrs TBA)

Tuesday, January 28, 2020 6 pm to TBA

International Boost Self-Esteem Month  
(February)

Encouraging Peer Interactions in Preschool  
(hrs TBA)

Tuesday, February 25, 2020 6 pm to TBA

National Nutrition Month (March)

Cornerstones of Quality: Safety, Health,  
and Nutrition (hrs TBA)

Tuesday, March 31, 2020 6 pm to TBA

Math Awareness Month (April)

Math in the Preschool World (coming soon)  
(hrs TBA)

Tuesday, April 28, 2020 6 pm to TBA

Mental Health/Early Intervention Month  
(May)

Creating a Positive Social Emotional Climate  
in Infant/Toddler Care Settings (hrs TBA)

Tuesday, May 19, 2020 6 pm to TBA

National Safety Month (June)

Child Care Emergency Preparedness (hrs  
TBA)

Tuesday, June 16, 2020 6 pm to TBA

You must pre-register for all training at [www.okregistry.org](http://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.

### ELG Training

Oklahoma Early Learning Guidelines for Infants, Toddlers and Two's (Event ID: 254525)

Saturdays, February 22, and 29, 2020 9 am to 4 pm **Must** attend both Saturdays to receive credit.

Location: SC Child Care Resource and Referral Agency (located on the East Central University campus, Ada OK)

Trainer: Juanita Hall

Cost: \$20 per person, 14 Hours FORMAL Training

This course counts toward the STARS requirement for Early Learning Guidelines (ELG). See CECPD website for full description.

WE HAVE AN ADDITIONAL ELG TRAINING SCHEDULED on June 20 & 27, 2020. Watch the Registry for details.

### 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](http://www.okregistry.org)

### Other Formal Training

(See CECPD Registry for details.)

None scheduled at this time. Watch your email, our Facebook page or the CECPD Registry for late additions.

Self-Paced Web Based Training courses may be found at [www.okregistry.org](http://www.okregistry.org)

Informal training may be obtained through webinars.  
[www.earlychildhoodwebinars.com](http://www.earlychildhoodwebinars.com)

Care Courses has online courses that meet Oklahoma's training requirements.  
[www.carecourses.com](http://www.carecourses.com)

If you are in need of additional training, visit CECPD;s website at <https://www.okregistry.org>

### Oklahoma Right Start Infant/Toddler Project

Do you want to improve quality?

We will help improve your infant toddler care by building strong relationships between the children and their providers at no cost.

#### Benefits for your program:

- \* Receive 30 hours of coaching by infant toddler specialist
- \* Build an effective learning environment
- \* Receive resources related to family partnership
- \* Receive \$500 program stipend upon completion
- \* Receive \$500 teacher stipend upon completion toddlers

#### Your program must:

- \* Provide care for infants and toddlers
- \* Be OKDHS Licensed at a 1-Star Plus or higher (3-Star requires a waiver)
- \* Have an active subsidy contract
- \* Have staff working at least 30 hours a week with infants and

Call to sign up today! 1-800-862-5593 or 1-580-559-5327 and ask for Lindsay Christian

For more information go to [www.oklahomachildcare.org](http://www.oklahomachildcare.org)



*From the*

*ECU*

*Child Care*



*Resource and*

*Referral Office we*

*wish you a **Merry***

***Christmas** and a*

***Happy 2020!***