

GREAT PLAINS CCR



Dawn Teague celebrated 20 years of child care with past and current children and families with a parade and a family fun day on July 1st!

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&
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www.gpccrr.org



OKDHS MOVING TO DIGITAL CLAIMS

Beginning July 1, 2022, OKDHS will no longer accept manual claims by postal mail. In lieu of mail submissions, providers are to digitally send a PDF copy of the manual claim by email; whether an electronic copy of the file, picture, or scanned image. This procedural change enables the agency to process payment faster through automation and electronic submission. We recognize situations may arise and digital claims cannot be submitted. We honor those circumstances and are willing to accommodate those scenarios on a case by case basis.

*Any questions should be directed to
EBTCHILD CARE@okdhs.org*



Scholars for Excellence in Child Care

Providing Educational Opportunities for Child Care Professionals

okhighered.org/scholars



Oklahoma State Regents for
Higher Education

For more information
contact [Gina McPherson](#)
at the Oklahoma State
Regents for Higher
Education, 866.343.3881
(toll free) or
405.225.9395

What is the Scholars program?

The Scholars for Excellence in Child Care Program is a scholarship program that provides a sequential professional development path for teachers, directors and family child care providers and provides scholarship support while taking courses leading to a credential in Child Development.

Why should I apply to the Scholars Program?

There are so many benefits for you! Professional Development, Financial Reward, Increased Education and the ability to take your career in child care to the next level.

How do I apply?

Contact Karen Huett or Hillary Godwin to begin the application process. We make the process easy by helping with the scholarship application, admissions, completing the FAFSA and we help you choose the professional development program that's right for you!

How much does the scholarship pay?

100% tuition and fees and 100% of books for the CDA and Certificate of Mastery and
90% tuition and fees and 100% of books for the Associate degree.

Stipends are also available for these credentials:
Certificate of Mastery **\$800**
Directors Certificate of Completion **\$1000**
Associates of Arts **\$1500**
Bachelors Degree **\$2000**

What are my options?

You can earn any of these credentials while attending your local Career Tech or Community College.

- Child Development Associate (CDA) Credential
- Certificate of Mastery
- Director's Certificate of Completion
- Associate Degree
- Bachelors Degree



OKLAHOMA
Human Services

**QRIS (Quality Rating Improvement System)
officially relaunched on June 1st and as of
July 27 we have already received over 1200
applications and 380 requests for
certification!**

QRIS is how the state of Oklahoma highlights the various levels of quality early childhood education offered through our child care programs. We are encouraging EVERY provider in Oklahoma to apply. There are various incentives for those who apply before November 30th. To learn more go to the QRIS website:
<https://bit.ly/QRISIncentives>.

The application period is June 1 - November 30, 2022

Need help?! Call the hotline #(405) 521-6177

Coaches and business consultants are ready to assist!





OKLAHOMA
Human Services

QRIS Incentives Timeframe

Many of you may be wondering WHEN you will receive the QRIS incentives for applying and once you are certified for a Star level. Look no further! Here are timelines for when you can expect to receive the Lakeshore and financial incentives.

Step 1: After your QRIS Application has been approved

In approximately 2-6 weeks you will receive an email from Lakeshore confirming your application and detailing what materials are included in the kit.

After the email, we anticipate you will receive the kit in the mail in 4-6 weeks. Next step is to complete your Star Certification request. The process to approve your Star level certification may take up to 45 days.

Step 2: After your program has been certified for a Star Level

In approximately 2-6 weeks you will receive an email from Lakeshore authorizing you an additional \$300 worth of funds to shop online and select Lakeshore resources.

Once your program has been certified for a Star level, you will be eligible for a one-time bonus between \$2,500 and \$15,000. We anticipate that you will receive this payment within 4-6 weeks from the date you are notified that your Star level is certified.

If you have not received any correspondence from Lakeshore in the timeframes detailed above, you may call them at **405-858-8778** or send an email to **cshepard@lakeshorelearning.com**.



OKLAHOMA Human Services

The Stabilization Grant

WHAT: Cycle 5 Stabilization Grant WHEN: July 5 -August 12, 2022

WHY: Quality & Stabilization Support WHO: ALL PROVIDERS!

Additional Information

This grant cycle will be a DOUBLE payment! Not only will this provide continued stabilization support, it will promote quality programming for our children.

Now all child care programs that were licensed after March 11, 2021 who have a subsidy contract with Oklahoma Human Services are eligible for a stabilization grant.

As our finance department works to process the payments, be sure to check your emails (and spam folder) for communication from the Oklahoma Human Services Child Care Services Team. You may also check the status of your application here: <http://okdhs.org/childcaregrants>

The Workforce Support Grant

WHAT: Cycle 1 Bonus Payment for Child Care Staff

WHEN: July 5th, 2022- August 12, 2022

WHY: Child Care Staff Retention & Recruitment

WHO: Child care employees working in a permitted or licensed program

Additional Information

The workforce grant is a one-payment to child care program personnel. This grant will be open for four quarters to ensure programs are able to include staff working in their facility. All staff MUST have a registry ID to receive the bonus payment. OKDHS will be working with the CECPD to make sure payments go directly to the child care staff. All the required qualifications and information will be listed on the OKDHS grants website.

CECPD will email easy-to-follow instructions to each Child Care Center and FCCH that qualifies for the Workforce Support Grant incentive to collect additional information on your staff. Please follow the instructions that will be included in the email. This is a 2-step process, programs must also complete the workforce grant application.



OKLAHOMA Human Services

The Child Care Desert Grant

WHAT: Support to new providers in 34 desert counties in Oklahoma. WHEN: August 1, 2022 - Until budgeted funds are depleted or August 2024

WHY: To increase Child Care options in the 34 desert counties that currently have an insufficient amount of providers.

WHO: Current or potential providers who desire to start a program in one of the specified 34 Desert counties.
Additional Information

The Desert Grant is meant to provide financial support for areas of the state that are considered "Child Care Desert". OKDHS used data from the Center for American Progress to identify 34 desert counties which are provided in the FAQs of the grants application webpage. Having a facility in one of these counties makes you eligible to apply but award eligibility determinations are made on a case-by-case basis.

The Exceptional Needs Grant

WHAT: To assist programs in providing or expanding services for exceptional needs children.

WHEN: August 10, 2022 - Until budgeted funds are depleted or August 2024

WHY: To promote the economic and social well-being of children and families by supporting efforts designed to benefit children with special needs and abilities in child care programs.

WHO: ALL PROVIDERS!

Additional Information

The Exceptional Needs Grant is for providers who are looking to expand their services to be able to serve exceptional needs children, as well as for providers who currently serve this population who are looking to expand their programs. It will consist of a single facility application and an open window to submit proposals for approval. Once approved and purchases are made, they will be able to upload receipts to their approved plans in order to seek reimbursement.

To apply or check the status of ANY grant: <http://okdhs.org/childcaregrants> Hit 'Home' to be directed to the Grants Management Page

**Got questions? Call our dedicated Grant Support Child Care Services Call Center
Monday-Friday, 9:00 am- 4:00 pm Phone # (405) 521-6177**



Join us in Congratulating our very own Amber Cuyler for winning the Ann Robert's Peoples Choice Award for Child Advocacy!!

Congrats!

A stylized, light blue outline of a person with their arms raised in a celebratory gesture, positioned to the right of the word "Congrats!".

Mentally strong kids understand the value of hope

A raging pandemic, gun violence, climate change — as an educational psychologist, I've seen firsthand how the troubling events of today are taking a toll on our children.

"It's hard to stop thinking about bad stuff," an 11-year-old told me recently. "Sometimes I worry about waking up."

Without the right tools to handle adversity, hopelessness can set in and kids' overall well-being can decline. Hope is what energizes them to stay mentally strong during tough times, and it's what sets them apart from those who give up easily.

Research shows that hopefulness can dramatically reduce childhood anxiety and depression. Hopeful kids have an inner sense of control. They view challenges and obstacles as temporary and able to be overcome, so they are more likely to thrive and help others.

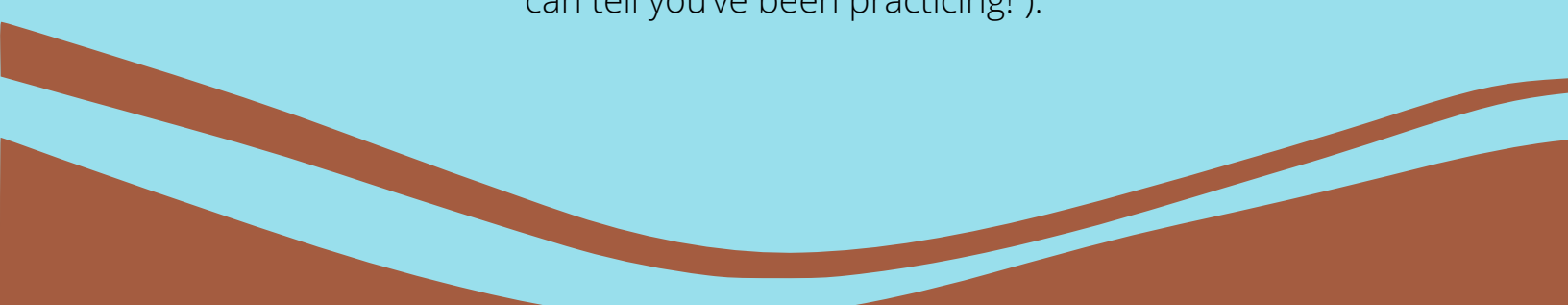
Yet despite its immense power, hope is largely excluded from our parenting agendas. The good news? Hope is teachable. One of the best ways to increase this strength is by equipping children with skills to handle life's inevitable bumps.

Here are nine science-backed ways to help kids maintain hope — especially during tough times:

1. Stop negativity in the moment.

Ungrounded pessimism eats away at hope, which is why it's important to help kids catch negativity before it becomes a habit. Develop a private code to signal "that's a negative comment," like pulling on your ear. Then encourage them to interrupt negative thoughts.

Creating a nickname for their pessimistic voice ("Mr. Negative Nelly") can help kids control it. When your kid utters even an ounce of optimism ("I'm getting better at this."), salute it ("Yes, I can tell you've been practicing!").



Hopeful kids have caring adults who model hopefulness. Start a family charity box where kids add gently-used toys, clothes and games. Deliver it to a needy family so they see the impact of kindness.

Find causes tailored to your children's passion and support their efforts. Projects should be driven by their own concerns, not designed to look good on resumes. Follow their lead!

2. Use hopeful mantras.

Words have great power. Help your child develop an upbeat mantra ("I got this!", "There's always tomorrow," or "I'll be okay") to use during tough times. Then teach them to use the phrase to reduce pessimism.

You can also have your kid set their positive mantra as a phone screensaver by using quote creation platforms like Canva. Don't forget to adopt one for yourself. Say it until your voice becomes your child's inner voice.

I always said, "I have what it takes!" to my kids, and now they still say it as adults.

3. Teach brainstorming.

Hopeful kids don't avoid problems. They take it head on because they've learned problems can be solved.

Explain to your child: "The trick to getting unstuck is to 'spark your brain' for solutions." Then teach brainstorming. One trick is to use the S.T.A.N.D. acronym to help kids recall the steps:

Slow down so you can think.

Tell your problem.

Ask: "What else can I do?"

Name everything you could do to solve it without judgements.

Decide the best choice and do it.



4. Share hopeful news.

Hopeful kids hear hopeful stories. Violent media can create a view of the world as completely mean, scary dangerous. Uplifting news keeps children's hope alive.

Look for inspiring news stories to share with your kids from time to time. Institute a bedtime review of the good parts about each person's day to help your kids find the bright side of life.

And remind them of their own triumphs over struggles: "Remember when you had trouble making friends? Now you have great buddies!"

5. Ask 'what if?'

Pessimistic kids often think of "gloomy probabilities," which dims hope. But hopeful kids learn to assess accurately. When your child shares a doubt, pose "what-if" type of questions to think through possible outcomes more realistically.

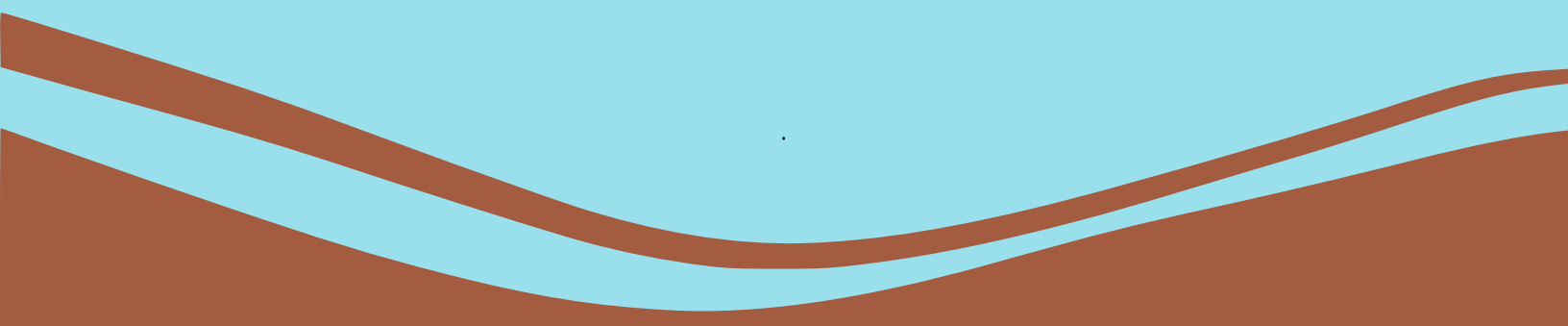
You might ask: "What might happen if you tried — or didn't try — that? What is the worst thing that could happen? How likely is that to happen? What's the most likely outcome?"

These questions help kids weigh if potential outcomes really are as bad as they imagined. That knowledge can be the path forward.

6. Celebrate small gains.

Repeated failure increases hopelessness, but recognizing even a small success boosts hope. Redefine "success" as a gain: a small improvement over past performance due to effort. Then help your child identify personal gains.

For example, "Last time, you got nine words correct. Today you got 10! That's a gain!" Or, "Yesterday you hit one run; today you got two. That's a gain!"

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7. Boost assertiveness.

Kids who feel hopeless find it difficult to self-advocate. Learning assertiveness, which is the mid-point between passivity and aggression, increases hopefulness and agency.

Body language matters, too. Teach the basics of confident body language: “Holding your head high helps you appear confident. Always look the person in the eye.”

Brainstorm comebacks your child can use to stand up for herself: “Not cool.” “That’s not right.” “I don’t want to do that.” Practice these skills until your child can defend themselves.

8. Create gratitude rituals.

Hopeful kids are grateful. One study found that people who keep gratitude journals feel more hopeful about their lives in just 10 weeks.

Hold a meal-time tradition in which each family member reveals one thing they grateful for that happened that day. Institute a bedtime ritual where everyone names someone they’re grateful for and why. Or log your children’s appreciations in a family journal to recall the good parts of their lives.

9. Embrace service.

As misfortunes increase, hopelessness can set in. Showing children that they have power to make differences in other’s lives inspires hope and builds self-efficacy.

Hopeful kids have caring adults who model hopefulness. Start a family charity box where kids add gently-used toys, clothes and games. Deliver it to a needy family so they see the impact of kindness.

Find causes tailored to your children’s passion and support their efforts. Projects should be driven by their own concerns, not designed to look good on resumes. Follow their lead!

You can't pour
from an empty cup.



Take care of yourself first.

Public Service Loan Forgiveness

These resources are designed to help Early Childhood Educators access the Public Service Loan Forgiveness Program.

The COVID-19 pandemic resulted in financial hardship for many, including members of the early care and education (ECE) workforce. If you work for a qualified employer—including many Head Start, preschool and child care programs—you may now be eligible for federal student loan forgiveness for your important public service, even if you were not eligible before.

The Department of Education announced major changes to the Public Service Loan Forgiveness program for a limited time, as a result of the COVID-19 national emergency. Some borrowers will need to consolidate their federal loans and/or submit a PSLF form by October 31, 2022 to take advantage of this opportunity.

For a list of
upcoming trainings visit
www.okregistry.org

CONGRATULATIONS

*Congratulations to our first
FIVE Star recipient in SW*

Oklahoma:

Earletta Headley

