



Great Plains Child Care Resource & Referral Center



Fourth Quarter 2016

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Great Plains CCR&R Staff

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Mon-Thurs 8:30-5:00
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888-878-4417

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Weds: 1-5pm
By appointment

Congratulations on Your Recent Star Level Increase!



Jo Robinson
2 Star FCCH in Lawton

Little Blessings Learning Academy, LLC
2 Star CCC in Lawton

Wichita Child Development Center
2 Star CCC in Anadarko

Lil Caterpillars, LLC
1+ Star CCC in Lawton

Kellie Edwards
1+ Star FCCH in Frederick



We are Proud of You! Keep Reaching for the Stars!

*GPCRR offers free on-site consultation to help assess Stars Application readiness. Give us a call today and you too could be headed toward a new Star level!

The deadline to have all child care staff fingerprinted is November 1, 2016. The Office of Background Investigations (OBI) is pursuing new ideas to improve processes and response times. The Office of Background Investigations is requesting that all child care programs take a moment to write on the top of the first page of the Criminal History Review Request for Programs form, either: a. "Existing" for employees that have been employed with your program prior to January 1, 2014 or, b. "New Hire" for new child care applicants. This change will allow the OBI to prioritize requests to ensure that "New Hire" request are processed first. Thank you for your cooperation in this matter. Thanks, Scott Chisholm Programs Manager II Office of Background Investigations Oklahoma Department of Human Services (405) 521-2355 Phone (405) 522-4167 Fax

COMMUNITIES BUILD A BLUE RIBBON TREE FOR KIDS TO HELP PREVENT CHILD ABUSE

The Oklahoma State Department of Health (OSDH) along with various community organizations are working together to build a “Blue Ribbon Tree” state. Blue Ribbon Trees will be blossoming throughout Oklahoma communities in April, which is National Child Abuse Prevention Month. The Child Abuse Prevention (CAP) Action Committee invites every community to take action for children by participating in their eighth annual “Build a Blue Ribbon Tree for Kids” campaign. The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that all of us have a responsibility in helping to protect children. Communities are invited to participate by displaying blue ribbon trees during April. Oklahoma State Department of Human Services Child Care Licensing Supervisor Melissa Dennis said, “My goal is to get 2,016 childcare programs and licensed childcare homes to build blue ribbon trees in Oklahoma for April 2016.”

April 12, 2016 will be the official CAP Day at the Capitol. To have a tree showcased in the blue ribbon tree slideshow, the trees must be completed and registered by April 6. Tree photos will be highlighted in the Child Abuse Prevention Month “official” scrapbook, on the OSDH Family Support and Prevention Service web page, and on various social media sites. A "Tree Registry" form is provided for people and organizations to register their trees with the OSDH Office of Child Abuse Prevention. The registration form and submission instructions are available to print from the OSDH website at: <http://go.usa.gov/c5Jad>

To “Build a Blue Ribbon Tree,” select any materials you choose. If using a living tree, choose a highly visible location and secure needed permission. Decorate the tree with blue ribbons to represent any of the following:

- The number of new babies born in your community;
 - The number of confirmed cases of child abuse and neglect in your county;
 - Something significant to your agency, program or community
 - Or use the ribbons to show your community support for children in general
- Our goal is to have 2016 blue ribbon trees in Oklahoma during April 2016.

Another activity is The Happiness Project:

<http://www.brighterfutureforkids.com/>

For more information contact Sherie Trice,
OSDH Community Based Child Abuse Prevention Grant Coordinator,
Oklahoma State Department of Health,
Family Support and Prevention Service,
1000 NE 10th Street, Oklahoma City, Oklahoma 73117-1299,
at 405-271-7611, or e-mail sheriet@health.ok.gov.



FREE TECHNICAL ASSISTANCE

**Did you know we offer one-on-one
Technical Assistance in your Family Child Care Home or
Center Classroom?**

Topics include, but are not limited to:

- * Room Arrangement
- * Behavior and Guidance
- * Creating Policies/Handbooks
- * Communication with Families
 - * Customer Service
- * Marketing Your Child Care Business
 - * Story Time Strategies
 - * Transition Ideas
- * Color Photos of your Interest Centers for Labeling
 - * Equipment Inventory
 - * Die Cut Services
- * Eco Friendly Environment Assessment
 - * Guidance on NAFCC Accreditation
 - * & Much More!

**We also offer consultations over the phone and email.
We are here to help!**

Important Dates

- April 1st–April Fool’s Day
- April 22nd– Earth Day
- May 5th– Cinco De Mayo
- May 8th–Mother’s Day
- May 21st– Armed Forces Day
- May 30th–Memorial Day
- June 14th–Flag Day
- June 19th–Father’s Day
- July 4th–Independence Day
- July 24th–Parent’s Day

What Child Care Providers like YOU are saying about our Technical Assistance visits!

What did you like most about participating in the Technical Assistance?

“They made things easy to understand and were very helpful and very nice.”

Do you feel the quality of your classroom has improved as a result of the Technical Assistance visits?

“I feel like things are organized at a better level and it has helped me see the bigger picture at our center.”

“Yes! Thank you for helping us organize & label our classrooms. We appreciate all you do for us.”

Would you recommend this program to a colleague?

“Yes, because it shows in their actions that they are here to help you improve.”

“Absolutely.”

Do you feel the Technical Assistance visits were beneficial in helping you with the Reaching for the Stars application?

“Yes! I looked at it (the Stars application) and thought I could never do this, but when you visited my home and took it step by step with me, I thought, Ok, I can do this! You broke it down and explained each thing. I would not have done this without you helping me.”

Additional Comments:

“I thank you for taking time to come out and help. It seems I can tell them what needs to take place and even show them in the regulations book and how to obtain what is needed, but sometimes it takes another party to tell them (the staff) and they finally get it. So, I am very thankful for you and what you do.”

“Thank you for everything you have done for me, it was very much needed & appreciated.”

“R&R is a wonderful asset to our childcare community. They are super helpful and always have great resources for people who need help.”

“We greatly appreciate your help! Thank you so much for your time in coming to our center.”



Are You with Head Start? Do you want to increase your star level?

Did you Know:

- The Head Start Performance Standards are equal to that of National Accreditation?
- Current One Star Head Starts may apply for Two Star certification by filling out one form?
- Current One or Two Star Head Starts may apply for Three Star certification by filling out one form and verification of compliance with Head Start Standards?
- Two Star Head Starts may choose to replace meeting all stars criteria by providing documentation of compliance with Head Start Standards?

WE CAN HELP!



Contact Great Plains Child Care Resource & Referral

Rachel Myrko

901 South Broadway

Hobart, OK 73651

405-250-3360

rmyrko@gpcrr.org

www.gpcrr.org



Training Calendar

Date	Cost	Training or Conference	Location	Contact
4/2-4/23	\$20	Early Learning Guidelines Infants, Toddlers and Twos Event ID: 195783	Fort Cobb, OK	For more information contact Sybille Mckay @ 580-280-0582 or www.okregistry.org
4/2	\$30	Setting The Stage For Learning Event ID: 196643	Lawton, OK	For more information contact Mary Mccoy @ 405-632-5622 or www.okregistry.org
4/5	Free	Encouraging Peer Interactions in a Pre-school Program Event ID: 195784	Lawton, OK	For more information contact Larisa Nelson @ 580-595-0322 or www.okregistry.org
4/7-4/21	Free	Conscious Discipline: Baby Doll Circle Time (Extended) Event ID: 194597	Lawton, OK	For more information contact Vikki Dobbins @ 405-637-5952 or www.okregistry.org
4/8-4/22	Free	Conscious Discipline: Baby Doll Circle Time (Extended) Event ID: 194598	Lawton, OK	For more information contact Vikki Dobbins @ 405-637-5952 or www.okregistry.org
4/9	\$45	American Heart Association Pediatric Heartsaver First Aid/CPR/AED Event ID: 193154	Elgin, Ok	For more information contact Amber @ 580-695-6999 (GPCCRR)
4/9	Free	Better Days, Better Ways Event ID: 196445	Lawton, OK	For more information contact Tracy Hinton @ 580-532-6318 or www.okregistry.org
4/9	Free	The Name Game: Using Children's Names for a Building Block for Literacy Event ID: 196446	Lawton, OK	For more information contact Tracy Hinton @ 580-532-6318 or www.okregistry.org
4/12	Free	Positive Guidance: Helping Children Learn Self Discipline Event ID: 195785	Lawton, OK	For more information contact Larisa Nelson @ 580-595-0322 or www.okregistry.org
4/12	\$10	No Vampires Allowed Event ID: 197391	Lawton, OK	For more information contact Amber @ 580-695-6999 (GPCCRR)
4/16	\$20	Early Learning Guidelines Infants, Toddlers and Twos Event ID: 197054	Chickasha, OK	For more information contact Sybille Mckay @ 580-280-0582 or www.okregistry.org
4/16	Free	Better Days, Better Ways Event ID: 195086	Lawton, OK	For more information contact Tracy Hinton @ 580-532-6318 or www.okregistry.org
4/19-4/26	Free	Conscious Discipline: Baby Doll Circle Time (Extended) Event ID: 194634	Lawton, OK	For more information contact Vikki Dobbins @ 405-637-5952 or www.okregistry.org
5/7	\$45	American Heart Association Pediatric Heartsaver First Aid/CPR/AED Event ID: 193155	Elgin, Ok	For more information contact Amber @ 580-695-6999 (GPCCRR)

For a complete training calendar of classes/events across the state go to www.okregistry.org

For online child care professional training go to www.smarthorizons.org/naccrra/okrr/

For more information on Pathways to CDA contact Vicki Rexroat at 888-302-9050 or 405-643-3247.

For More Information about scheduling a CPR/First Aid Class in your area: Contact Amber Cuyler @ 580-695-6999. For already scheduled classes in your area contact the local American Red Cross, hospital, or county health department for dates, times & costs.



Eco-Healthy Child Care®



Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.

Health Concerns

There is no safe level of lead exposure. Lead is a neuro-toxicant. It is measured in blood and accumulates in bones, muscles and fat, creating a long-term source of low level exposure inside the body. Children exposed to lead can experience headaches, abdominal pain, constipation, hearing problems, delayed growth, decreased IQ, behavioral and learning problems, and damage to the brain and nervous system. At high levels, it can be fatal. Adult exposure can lead to reproductive problems, muscle and joint pain, decreased reaction time, memory loss, kidney problems, and nerve disorders. The people most at risk to exposures are pregnant women and children under the age of six.

What Is Lead and How Is It Used?

Lead is a naturally occurring heavy metal found in the environment. Lead is odorless and colorless. It is currently used in the production of certain batteries, metal and PVC (polyvinyl chloride) piping, electronic products, art supplies, ceramics and other common and industrial items. Due to health concerns, lead has been significantly reduced in paint, ceramic products, caulking, and pipe solder. The federal government banned lead-based paint from housing in 1978 but older houses can still have lead paint (both inside and outside). Lead was also banned as a gasoline additive in the U.S. in 1978. Lead can still be found in many products including play jewelry, art supplies, PVC toys, paint, ceramic pottery, and piping. Many urban areas have high levels of lead in their soil.

Lead Is Especially Harmful to Children

Young children are at a greater risk of lead poisoning for several reasons. First, they often put their hands and other objects in their mouths – these objects may have lead dust on them. If they live or go to school in a place with high levels of lead, in the paint or dust, their bodies can easily absorb the lead. Children sometimes eat lead-based paint because it can have a sweet taste.

A child's body reacts differently to lead, as compared to an adult's body. Lead substitutes for calcium; young bodies need calcium, so children can absorb 50% of the lead they ingest, while adults only absorb 10%. Children can also absorb more lead through their stomach than adults, especially if they are deficient in iron, an important nutrient. Finally, because children's brains and nervous systems are still developing, they are more sensitive to the neurotoxic effects of lead than adults.

Reducing Exposure to Lead

Symptoms of lead poisoning can be easily overlooked, so prevention and testing are necessary.

- Reduce childhood lead exposure.
- Frequently wash hands, especially after coming inside, and before eating. Remove shoes when coming inside. Vacuum often. Clean floors, window frames, and window sills weekly. Use a mop, sponge or paper towel with warm water and a general all-purpose cleaner.*
- Some American children have high blood lead levels.
- Refer families with high risk factors to their physician for lead testing. Or, find a testing location by visiting www.cdc.gov/nceh/lead.*
- Children are exposed to lead by eating old paint chips (from 1977 or before) or ingesting old paint particles and dust.
- Projects that disturb lead-based paint can create dust and endanger you and your family. If you are planning to paint, renovate or remodel a child care facility built before 1978, make sure the contractor you hire is from a 'Lead-Safe Certified Firm.'*

Be sure the professional follows the work safe practices as outlined in EPA's brochure, "The Lead-Safe Certified Guide to Renovate Right." The EPA Web-site in the box below will connect you with these resources and more.

- Lead can get into drinking water by leaching from plumbing materials and fixtures.
- Cold water is much less likely to leach lead from the pipes. Use only cold water for drinking, cooking, and making baby formula. If water has been sitting in the pipes for 6 hours or more, flush cooking and drinking outlets before using the water.*
- To find out more about protecting children from lead in tap water and if you should test your tap water for lead, visit EHCC FAQs at: www.cehn.org/files/LeadInTapWater.pdf.*
- Imported, old, or handmade pottery may contain lead.
- Avoid these types of pottery when eating, drinking and cooking.*
- Soil is often contaminated with lead, especially the soil around old homes (built before 1977) and alongside major roadways.
- Use a rough mat for wiping feet or go shoe-free inside where allowable. Frequently damp mop.*
- Many children's painted toys and vinyl products (rubber duckies, rain coats) contain high levels of lead.
- Avoid imported painted toys (especially those with bright red paint) and children's vinyl products. Subscribe to the CPSC recall listserv for contaminated toy recalls (see resources).*
- Some non-traditional medicines (folk remedies) can contain dangerously high levels of lead.
- Use caution when considering use of non-traditional remedies. Avoid use of azarcon.*
- Costume jewelry and jewelry sold in vending machines may contain lead.
- Keep metal jewelry away from children.*
- Imported candies such as tamarind candy can contain high levels of lead.
- Keep imported candy away from children.*
- Some artificial turf/grass contains lead.
- Use caution when purchasing artificial turf. Ensure children wash hands and shoes after playing on artificial turf containing lead.*
- Hands and toys can become contaminated with lead from household dust and exterior soil.
- Regularly wash children's hands, toys, and pacifiers.*
- Reduce lead absorption by eating well.
- Avoid nutrient deficiencies by eating a balanced diet high in calcium (e.g. milk, cheese, yogurt) and iron (e.g. lean red meat, chicken, spinach, broccoli).*

Eco-Healthy Child Care®

c/o Children's Environmental Health Network
110 Maryland Ave. NE Suite 402 | Washington, DC 20002
202.543.4033, ext. 13

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Eco-Healthy Child Care® (EHCC) is a science-based, award-winning national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities. Originally created by the Oregon Environmental Council in 2005, EHCC is now managed by Children's Environmental Health Network.

Lead Resources

- Environmental Protection Agency:

<http://www2.epa.gov/lead>

<http://water.epa.gov/drink/info/index.cfm>

<http://water.epa.gov/infrastructure/drinkingwater/schools/guidance.cfm#sdwa>

- Consumer Product Safety Commission

www.cpsc.gov/

- Lead Hotline—The National Lead Information Center

1-800-424-LEAD (5323)

- Eco-Healthy FAQs on Lead in Drinking Water:

www.cehn.org/files/LeadInTapWater.pdf

More Lead resources can be found at: www.cehn.org/ehcc/resources

FOR MORE INFORMATION

Call: 202-543-4033, ext. 13

Email: info@ecohealthychildcare.org

NEW TRAINING GUIDELINES

Formal professional development is:

- two or more clock hours from an OPDR approved training organization and
- OPDR approved college credit hours.

To find formal training, look for the OPDR Approved logo when you are searching the statewide training calendar at www.okregistry.org

Informal professional development is:

- less than two clock hours from an OPDR approved training organization,
- any number of clock hours from a non-approved training organization, and
- any training from electronic media, such as videos or DVDs.

Reading and television programs do not count toward required clock hours.

Notice: After February 29, 2016 CECPD will no longer provide certificates for training that is over five (5) years old.



Toll-Free Child Care Referral Line!

1-800-438-0008

If you are a provider and have received phone calls from families searching for child care but have no openings, please share this number. The referral line representative can help families narrow their search to other possible providers. If you are a community contact and hear of any friends or co-workers needing child care, please refer them to this number. It is free, completely confidential, and a wonderful service for both providers and families.

LIKE US ON FACEBOOK!!

We are giving away prizes, posting new trainings, and updating information on our facebook page.

Please like us by following the link: www.facebook.com/gpcrr
and click on the LIKE button.

We are excited to utilize this form of social media to keep you informed with the most up-to-date information and to stay in contact.

Oklahoma Professional Development Registry

ALL licensed child care centers are **required** to be registered as direct care organization with the Oklahoma Professional Development Registry regardless of Star level. You can register online as a direct care organization or as an individual at <https://okregistry.org/>

If you have questions feel free to contact CECPD: Toll Free: 888-446-7608 or 405-799-6383

Helpful Numbers



Great Plains Child Care Resource & Referral: 1-888-878-4417

Provides parent referrals, provider training, technical assistance, library and more.

Reaching for the Stars: 1-800-522-2564

A child care rating system based on quality and education

Scholars for Excellence: 1-866-343-3881

Provides early childhood educational opportunities through scholarships for child care professionals .

Warmline: 1-888-574-5437

Offers free telephone consultation to child care providers on behavioral, health & safety, and care topics. Consultants can offer ideas and solutions and refer providers to appropriate services and resources with in their communities.

Reward Oklahoma: 1- 888-446-7608

Provides education-based salary supplements ranging from \$400 to \$1500 per year to teachers, directors, and family child care providers .

Center for Early Childhood Professional Development: 1-888-446-7608

Provides training and resources for individuals who work in licensed child care in Oklahoma .

OKDHS Child Care Services County Offices:

Beckham 1-800-225-0098, Caddo (405) 247-4000, Custer (580)-331-1900,

Comanche (580) 250-3600, Cotton & Stephens (580) 251-8300,

Grady 1-800-433-7073, Jackson, Kiowa, Greer, Harmon & Tillman 1-800-493-7974,

Jefferson 1-800-493-7981, Roger Mills (580) 885-7546 & Washita (580) 832-3391



Great Plains Child Care
Resource & Referral Center
901 South Broadway
Hobart, OK 73651
1-888-878-4417

*Sponsored by Great Plains Youth & Family Services
and OKDHS Division of Child Care*

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NONPROFIT ORG

Children are like wet cement.
Whatever falls on them makes
an impression.

-Dr. Hiam Ginnot

