



Great Plains Child Care Resource & Referral Center



First Quarter 2017

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Are you Ready for Road Trip 2016?



We are very excited to kick off our second annual Road Trip—15 counties in 15 days! We will be hitting the road again September 15th-30th. If you are interested in having us stop by your location, keep an eye on your mailbox! Postcards with all the trip & RSVP details will be mailed in early August. Trip itinerary includes stops to the first 125 who RSVP (after postcards are mailed). Even if you are not a scheduled stop on the trip, plan to join the fun by following us on Facebook for games, contests, live streaming and of course.... PRIZES!

Great Plains CCR&R Staff

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Office Hours
Mon-Thurs 8:30-5:00
Friday: 8:30-3:00
888-878-4417

Elgin Office Hours
Weds: 1-5pm
By appointment

www.gpcrr.org

Take Note

Not ALL CPR/First Aid Courses are accepted & approved by DHS & CECPD! Unfortunately, we've gotten a few calls lately from providers who have paid for and taken unapproved courses. You can check out the list of approved courses at www.cecpd.org.

GPCCRR offers an approved class each month in Elgin office & has a second option, the hands-on skills portion of the approved AHA online course. Skills sessions are by appointment. For details on all available options & classes offered by GPCCRR check out the training registry at www.okregistry.org.

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

- August 19th– National Aviation Day
- August 21st– Senior Citizen Day
- September 5th– Labor Day
- September 11th– Patriot Day
- September 11th–Grandparent’s Day
- September 18th–Air Force Birthday
- October 3rd– Rosh Hashana
- October 10th –Columbus Day
- October 13th –US Navy Birthday
- October 31st– Halloween

DHS announces Child Care subsidy freeze to end July 31

The Oklahoma Department of Human Services has announced that the enrollment freeze for the Child Care Subsidy program will end July 31, 2016. This means the assistance with child care can be approved for eligible families beginning August 1, 2016, in time for the start of the school year and for kids who are attending after-school child care programs.

DHS had planned to lift the freeze Aug. 15, but with some school districts starting the new school year earlier in August DHS Director Ed Lake made the decision to open enrollment earlier. The Child Care subsidy is funded through a combination of a federal Child Care Development grant and state-matching funds.

"Child care assistance is one of the core services of DHS and it was so disheartening for us to have to freeze access to this critical program. After the second revenue failure, we knew we would run out of funds before the end of the fiscal year June 30 if we didn't limit the number of people accessing those services," said Lake. "Through natural attrition of recipients dropping out of the program in June and July and not filling those slots, we have accumulated enough savings to begin taking applications again and feel reasonably sure there will be enough funds to sustain the normal ebb and flow of the program throughout next year—barring any future or unforeseen reductions to DHS funding."

DHS will begin accepting new applications on July 1, but families should not expect for the assistance to begin until August 1. Due to a reduced workforce at DHS, the agency estimates it will take about a month to process and approve the expected flood of new applicants.

To qualify for this assistance, applicants must be working or enrolled in school or training. An initial interview and proof of employment or enrollment in school are required before eligibility can be established. As in the past, applications can be made at any local county DHS office. In addition, families who have received assistance from DHS before can apply online at www.okdhslive.org.

Letters will be sent next week to all applicants who were denied due to the enrollment freeze informing them that they may reapply if subsidized child care is still needed.



Congratulations on Your Recent Star Level Increase!

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!



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

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Hobart, OK 73651

405-250-3360

rmyrko@gpcerr.org

www.gpcerr.org



Training Calendar

Date	Cost	Training or Conference	Location	Contact
7/16-8/23	\$20	Early Learning Guidelines Infants, Toddlers and Twos Event ID: 204083	Weatherford, OK	For more information contact Jana Cornelius @ (405) 344-9965 or www.okregistry.org
7/16-8/23	\$20	Quest for Quality: Ok Early Learning Guidelines Ages 3-5 Event ID: 204084	Weatherford, OK	For more information contact Jana Cornelius @ (405) 344-9965 or www.okregistry.org
7/18	Free	I am Moving, I am Learning Event ID: 201654	Lawton, OK	For more information contact Vikki Dobbins @ 405-637-5952 or www.okregistry.org
7/25-8/1	Free	Conscious Discipline: 10 Steps to Positive Discipline Event ID: 205068	Weatherford, OK	For more information contact Vikki Dobbins @ 405-637-5952 or www.okregistry.org
8/1-8/31	\$85	Quest for Quality: Ok Early Learning Guidelines Ages 3-5 Event ID: 201652	Online	For more information contact Amanda Foote @ (405) 945-3373 or www.okregistry.org
8/1-8/31	\$85	Early Learning Guidelines Infants, Toddlers and Twos Event ID: 201654	Online	For more information contact Amanda Foote @ (405) 945-3373 or www.okregistry.org
8/9	Free	PAS/ERS Webinar Event ID: 190087	Online	For more information contact Jill Soto @ 405-799-6383 or www.okregistry.org
8/9-10/18	Free	Fresh Start: Nutrition and You Event ID: 203478	Lawton, OK	For more information contact Angela Howaard @ 580-355-1045 or www.okregistry.org
8/10	Free	Safe Kids/DHS CPS Class Event ID: 204925	Lawton, OK	For more information contact Kim Grey @ 405-789-6711 or www.okregistry.org
8/12-10/21	Free	Fresh Start: Nutrition and You Event ID: 203479	Lawton, OK	For more information contact Angela Howaard @ 580-355-1045 or www.okregistry.org
8/13-8/20		Quest for Quality: Ok Early Learning Guidelines Ages 3-5 Event ID: 20017	Elk City, OK	For more information contact Tracy Hinton @ 580-532-6318 or www.okregistry.org
9/1-9/30	\$85	Quest for Quality: Ok Early Learning Guidelines Ages 3-5 Event ID: 201655	Online	For more information contact Amanda Foote @ (405) 945-3373 or www.okregistry.org
9/1-9/30	\$85	Early Learning Guidelines Infants, Toddlers and Twos Event ID: 201656	Online	For more information contact Amanda Foote @ (405) 945-3373 or www.okregistry.org
9/13	Free	PAS/ERS Webinar Event ID: 190088	Online	For more information contact Jill Soto @ 405-799-6383 or www.okregistry.org
9/20-11/22	Free	Fresh Start: Nutrition and You Event ID: 205083	Altus, OK	For more information contact Debra Garrard @ 405-744-9942 or www.okregistry.org

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/naccra/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.



Dangers of Arsenic

Arsenic in Rice Cereal

It is very common for babies and young children to be fed rice-based foods, because they are high in iron and are generally nutritious. Unfortunately, research indicates that these foods may expose children to arsenic. Exposure to arsenic early in life can negatively impact a child's neurological and immune system development. In 2014, the Food Safety and Sustainability Center released a report, [Analysis of Arsenic in Rice and Other Grains](#) recommending that the FDA set limits for arsenic in rice at 120ppb. Today, the [FDA proposes a limit for arsenic](#) at 100ppb. This is a step in the right direction. Caregivers can also limit how often children are fed rice-based foods; replacing rice cereal with barley and multigrain alternatives will reduce exposure without sacrificing important nutrients.

See EHCC's [Improving Nutrition](#) Fact Sheet for additional tips on healthy eating. Or, utilize the Detox Me app created by the Silent Spring Institute for hints and tips on how to remove toxic chemicals from food and drink.

Detox Me App

Detox Me (detoxmeapp.org) is a mobile app that presents the latest science on environmental exposures in a fun, engaging, and easy to understand way. With content ranging from children, to furnishings, to cleaning, Detox Me is a valuable resource for learning how to reduce harmful exposures to everyday chemicals and to create healthy environments in child care settings. Give Detox Me a try!

Arsenic in Well-Water

Arsenic is also found in well-sourced drinking water. Well-sourced water should be tested for arsenic levels; call the U.S. Environmental Protection Agency's Safe Drinking Water hotline (800-426-4791) to find certified water-testing labs in your area. See [EHCC's Arsenic: treated wood & water Fact Sheet](#) for more information

Arsenic in CCA Treated Wood

Arsenic is found in chromated copper arsenate (CCA) treated wood too. The wood in pre-2005 playground sets, picnic tables, benches and decks can contain potentially hazardous levels of arsenic due to the use of CCA as a wood preservative and insecticide. The EPA-registered CCA solution which is used to treat wood contains up to 30% arsenic. Due to health concerns, CCA was phased out for residential uses in 2004. Children who regularly spend time on treated structures built prior to 2005 could potentially be exposed to arsenic (e.g., by putting their hands in their mouths after playing on treated structures), but such exposures may be avoided or reduced. See EHCC's [Frequently Asked Questions on CCA](#) for more detailed information. You can find other best practices on the Agency for Toxic Substances and Disease Registry's [Public Health Statement for Arsenic](#) webpage.

CONSCIOUS DISCIPLINE SERIES



Imagine transforming everyday discipline conflicts with children, adults and within yourself into peace and cooperation. This 12 hour training series will help to transform your understanding of the brain as you discover insider secrets to positive discipline, developing character, cooperation, respect and responsibility.

If you are interested or would like more information on this class please contact GPCCRR @ 888-878-4417



Do you need training hours?

Check out Early Childhood Investigations Webinars!

You can have 6 hours of "informal" training per year. These webinars are FREE & 1.5 hours each. The best part about these webinars:

1. They are all recorded, so you can search the archives, find a topic that interests you and listen. At the end of the webinar, there is a link to print the certificate!
2. The topics are FABULOUS - all Early Childhood Education related.
3. The presenters are FABULOUS - all ECE or Business professionals from all over the country.
4. If you don't have time to take advantage of the live webinars (1pm-2:30pm every Wednesday). Choose a recorded one and listen ANYTIME ANYWHERE!
5. Did we mention...they are FREE?!

www.earlychildhoodwebinars.com/presentations

Cool Summer Activities & Snacks

Many programs continue through the hot days of July and August. There are so many cooling activities that can be added that make each day seem special. It helps teachers to revive their excitement and creativity to head off burnout as they highlight the science, vocabulary, and thinking skills acquired through play.

There are activities both inside and out that extend learning, but vary from the traditional activities done during the school year. Utilizing ice as a major resource, children can experience scientific principals by participating in fun tasks that demonstrate that water can be a liquid, a solid, or a gas.

- Begin with demonstrating these principals and discussing and charting the different stages.
- Doing the activity inside and out lets the children observe how heat affects the speed of melting.
- Use crushed ice in the water table as children drip colored water to demonstrate the melting process and chart the time it takes for a mathematical dimension. Measure the melted ice and compare it to the frozen quantity
- Wet paper towels and time the difference in drying between inside and outside or shade and sun.
- Using colored cubes to paint or licking flavored ice popsicles is a practical way to reinforce the hypothesis.
- Seeing steam as ice cubes boil away and collecting the steam on a glass mirror (safety metal or plastic mirrors will not work) and feeling the moisture is exciting and informative. The experiment explains to children what happened when they painted with water on walls or sidewalks and it dried.
- Rainy days reinforce the idea that the sun evaporates the moisture and it then comes back as rain.

Summer snacks can be healthful, yet playful and informative.

- Frozen fruit can be blended into frosty smoothies.
- Teach children to question and then seek answers. Do berries weigh more when frozen? Why does salt make the ice melt faster?
- Ice cream can be made in a sealed can that sits in packed ice and salt in a coffee can. The children roll the cans back and forth to freeze the mixture. You can find directions for this activity at <http://homecookingmemories.com/homemade-ice-cream-in-a-can-fun-for-kids/>. How does the temperature freeze the milky contents? Model curiosity. Help children make predictions and form hypotheses. These skills will help them throughout their lives.

Remember: Make sure that children are safe when outdoors in the summer. Check out these other member e-mails to remind you of safety tips to ensure a safe and fun time outdoors.

- Staying Safe in the Summer Heat (June 2011)
- Summer Safety (June 2009)



The first batch of OPDR Member ID cards went out 6/17/16.



Registry cards went out to OPDR participants with active PDL or ODC on 4/30/16. New cards will continue to go out monthly starting in July. If you need a replacement card for any reason please fill out the replacement request form on the CECPD website.

Replacement cards will go out in the next monthly order after they are processed.



***Doorprize if you bring your card to GPCRR hosted trainings!**

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



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**Play is the highest form of research.
-Albert Einstein**