



Great Plains Child Care Resource & Referral Center



Second Quarter 2016

Inside this Issue...

2 Mingle & Jingle

3 A Bit on Biting

5 Fall Activities

8 Ways We Can Help

10 Helpful Numbers

Road Trip 2015



Great Plains CCR&R Staff

Amber Cuyler
Program Manager
580-695-6999

Rachel Myrko
Child Care Consultant
405-250-3360

Amanda Thompson
Program Assistant
1-888-878-4417

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

In September, we embarked on a Road Trip – 15 counties in 15 days! We enjoyed visiting 85 licensed child care homes, centers & head start facilities and delivered resource materials, children’s books and various items donated by agency partners. We also stopped at 5 county DHS offices to visit with child care licensing staff. The entire event was chronicled in photos, games & giveaways on our Facebook page.

Thank you, to ALL involved, for making this trip so much fun and overwhelmingly positive!

We appreciate each and everyone of you,
Amber and Rachel





*Tis the Season
To Mingle & Jingle!*

*Join us for our
Holiday Open House
Tuesday, December 1st*

@

*The GPCRR Resource Room
8259 State Hwy 17
Elgin, Oklahoma 73538*

Drop in and Mingle anytime between 5:30pm—7:30pm



*Enjoy our Gourmet Hot Chocolate Bar &
Cookie Decorating Stations*



*Make & Take an Ornament Activity & Gingerbread
Game for use in your classroom!*

*Door Prize for anyone dressed in a tacky or terrific
Holiday Sweater!*



Biting: Why Young Children Bite

Biting is very common among groups of young children, for all types of reasons. But whatever the reason for biting, most parents and child care providers find it disturbing, and they want it to stop. Understanding why the young child bites is the first step in preventing biting as well as teaching the child alternatives to biting.

There are many reasons why children, particularly children under the age of 3, bite. The following are some of the most common reasons why young children bite. Determining why a child in your classroom is biting is the first step in identifying an intervention that will work. Remember, NEVER hit or bite a child who has bitten. This teaches the child that violence is okay and may support the aggressive behavior rather than deter it.

1. The Experimental Biter. It is not uncommon for an infant or toddler to explore their world, by biting. This sometimes includes biting their friends, their parent and their caregiver. Infants and toddlers place many items in their mouths to learn more about them. Teach the child that some things can be bitten, like toys and food by redirecting them when they are seeking this exploration. Show them that some things are not okay to bite, like people and animals.

2. The Teething Biter. Infants and toddlers experience a lot of discomfort when they are teething. A natural response is to apply pressure to their gums by biting on things. It is not unusual for a teething child to bear down on a person's shoulder or another child's arm to relieve some of their teething pain. Provide appropriate items for the child to teeth on, like frozen bagels, teething biscuits, or teething rings. Remember that most teething rings were designed to be used in the front of the mouth. If you have a child in your class who is cutting back teeth, teething rings may not be working to provide any comfort. Try finding objects on which a child can chew that he can move to the back of his mouth to provide comfort to the sore gums where jaw teeth are cutting.

3. The Social Biter: Many times an infant or toddler bites when they are trying to interact with another child. These young children have not yet developed the social skills to indicate when they want to say "Hi. I want to play with you." Sometimes they approach a friend with a bite to say hello. Watch young children very closely to assist them in positive interactions with their friends. Work on teaching a greeting that could be a hand gesture like a wave, a pat on the back, or a high five that children in the classroom can begin to use that everyone understands means "hello."

4. The Frustrated Biter. Young children are often confronted with situations that are frustrating, like when a friend takes their toy or when a caregiver is unable to respond to their needs as quickly as they would like. Sometimes there is no specific trigger, but a build up of frustration over time so the bite appears to happen out of the blue. This can happen when children get overwhelmed with the class environment because of the noise level or activity level. These toddlers lack the social and emotional skills to cope with their feelings in an acceptable way and often don't have the resources to help themselves calm down or release the tension. At these times, it is not unusual for a toddler to attempt to deal with the frustration by biting whoever is nearby or finding a child in the room who is an easy target. Notice when a child is struggling with frustration and be ready to intervene. Often there are signs of the buildup of frustration or caregivers can identify what triggers a child's frustrations. It is also important to provide words for the child to help him learn how to express his feelings such as "that is mine" or "No. Don't push me." Children with and without language skills may benefit from learning a hand signal such as holding the palm of the hand up to mean stop or having a way to signal the caregiver for help when they need.

5. The Threatened Biter. When some young children feel a sense of danger, they respond by biting as a self-defense. For some children, biting is a way to try to gain a sense of control over their lives, especially when they are feeling overwhelmed by their environment or events in their lives. Provide the toddler with nurturing support to help him understand that he and his possessions are safe. Help him to find ways to take breaks when things become overwhelming so that he has a chance to get a sense of control over himself.

6. The Imitative Biter. Imitation is one of the many ways young children learn. So it is not unusual for a child to observe a friend bite and then try it out for herself. Offer the child many examples of loving, kind behavior. Never bite a child to demonstrate how it feels to be bitten.

7. The Attention-Seeking Biter. Children love attention, especially from adults. When parents and caregivers give lots of attention for negative behavior, such as biting, children learn that biting is a good way to get attention. Provide lots of positive attention for young children each day when they are behaving in a way that you approve of. It is also important to minimize the negative attention to behaviors such as biting.

8. The Power Biter. Toddlers have a strong need for independence and control. Very often the response children get from biting helps to satisfy this need. Provide many opportunities for the toddler to make simple choices throughout the day such as giving her a choice between two centers, offering two or three books and letting her choose, or letting her choose which color of cup to have her milk in for lunch. This will help the toddler feel the sense of control they need. It is also important to reinforce all of the toddler's attempts at positive social behavior each day by saying things like "I like the way you shared the truck with your friend" or "You waited for your friend to get done with the toy so you could have a turn. That is helpful." Labeling behaviors rather than saying "Good job" helps children to understand what they did well and they will be more likely to repeat the behavior in the future. Finding out what is motivating the child to bite is the first step to creating good intervention and prevention strategies in your classroom.

For more information on what to do when a child bites, or information on strategies to prevent biting in your classroom, call the Child Care Warmline and enter topic number 1305 or 1306.

To speak to a consultant about a biting situation you are currently having, call the Warmline between 8 and 5 Monday through Friday.

Child Care Warmline--888-574-5437



Training Calendar

Date	Cost	Training or Conference	Location	Contact
10/24	\$30	Safe Child Program	Midwest City, OK	For more information contact Larry @ 405-835-8254
10/24-10-31	\$20	Early Learning Guidelines: Three to Five Years Old	Moore, OK	For more information contact Barbara Sorrels @ 918-307-0544
11/2	\$10	No Vampires Allowed: Understanding and Preventing Biting in Child Care	Chickasha, OK	For more information contact Rachel @ 405-250-3360 (GPCCRR)
11/3-11/19	\$20	ELG ITT	Oklahoma City, OK	For more information contact Charles Brown @ 405-739-1712
11/9	Free	FCCERS webinar	Web based	For more information contact Jill Soto @ 405-799-6383
11/9	Free	Infant Toddler Rating Scale Revised	Web based	For more information contact Jill Soto @ 405-799-6383
11/9	\$10	Story Sparks	Duncan, OK	For more information contact Rachel @ 405-250-3360 (GPCCRR)
11/10	Free	PAS/ERS webinar	Web based	For more information contact Jill Soto @ 405-799-6383
11/10	Free	ECERS-3	Web based	For more information contact Jill Soto @ 405-799-6383
11/14	\$45	American Heart Association Pediatric Heartsaver First Aid/CPR/AED	Elgin, Ok	For more information contact Amber @ 580-695-6999 (GPCCRR)
12/7	Free	FCCERS webinar	Web based	For more information contact Jill Soto @ 405-799-6383
12/7	Free	Infant Toddler Rating Scale Revised	Web based	For more information contact Jill Soto @ 405-799-6383
12/8	Free	PAS/ERS webinar	Web based	For more information contact Jill Soto @ 405-799-6383
12/9	Free	ECERS-3	Web based	For more information contact Jill Soto @ 405-799-6383
12/19	\$45	American Heart Association Pediatric Heartsaver First Aid/CPR/AED	Elgin, Ok	For more information contact Amber @ 580-695-6999 (GPCCRR)
Ongoing	\$90-\$110	Red Cross-CPR/First Aid (2yr. Certification)	Lawton, Ok	For more information contact 580-355-2480
Ongoing	Free	Leap Into Literacy	Lawton, Ok	Barbara Griffin 580-355-0218

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.

Autumn Stained Glass

Materials:

- waxed paper,
- wax crayons (Crayola don't work as well as the cheap kind for this project, though they do still work)
- manual pencil sharpener (with a fairly large hole)
- iron, ironing board and scrap paper (white computer paper or brown paper bag)
- construction paper,
- scissors,
- glue stick or white glue.



Instructions:

- ADULT: Plug in the iron and cover the ironing board with scrap paper. Set the iron to medium (no steam).
- Tear a piece of waxed paper that's square (or a bit longer than it is wide) and fold it in half. Then unfold.
- take the paper off some crayons and 'sharpen' them in the pencil sharpener. Let the shavings drop onto 1/2 the waxed paper.
- Feel free to use whatever colors you would prefer. You don't have to completely fill the space, it will spread about a bit when you use the iron.
- When you have a nice pile of shavings refold the waxed paper.
- Fold about 1/2 inch around all the edges so none of the wax leaks out when you iron.
- Place the waxed paper containing the shavings down on the ironing board and cover with more scrap paper.
- Iron for a few seconds. Peek and iron a bit more if necessary. All the wax should melt. If you used multiple colors the longer you iron, the more your colors will mix.
- You'll find that nothing happens, nothing happens, nothing happens and then BAM it's totally melted, so just keep waiting a few seconds at a time and peeking so you don't burn anything.
- Let it sit about a minute to cool.
- Fold a piece of construction paper in half and then in half again. Don't crease very much (the less you crease it the better, but young children may need it creased quite well). Print the template (link below) and cut out the half leaf shape.
- Line up the flat edge of the half leaf shape with the folded edge of the construction paper. Trace the half leaf shape onto the construction paper. Cut out the half leaf.
- Unfold the last fold of the construction paper and you'll see the leaf in the middle.
- Unfold the construction paper again and put glue around the cut out leaf.
- Put your waxed paper ("stained glass") onto the glue and cover the cut out shape.

Put glue around the cut out leaf on the other half of the construction paper and fold it over so the 'stained glass' is sandwiched between the construction paper.

Handprint Corn Husk

Materials:

- White and green paper
- Straw
- Yellow paint
- Paper plate

What You Do:

Slightly bend the end of a straw to make an oval shape, dipping it in yellow paints, and stamping with it onto white card. Use paper plates as paint trays for super quick clean-up!

When the paint has dried, trace around child's hand in pencil then cut it out.

Then glue the handprint onto some construction paper, and cut out green corn husks from paper.

The cobs look better with closed-finger handprints.



Handprint Wreath

Materials:

- Construction paper in strong fall colors
- Scissors
- Pencil
- Permanent marker

What You Do:

1. Help your kid lay her hand down, fingers apart, and trace around it on several different colors. Then have her cut out a set of twelve hands (one for each month of the year).
2. Tilt each paper hand slightly and arrange the group to form a wreath shape—but don't glue yet! Have your child practice her handwriting by writing one of the months of the year on each hand, starting with January at the bottom and ending, clockwise, with December.
3. Below each month name, have your child write one thing she feels thankful for in that month of the year. Maybe it's snow; maybe it's a birthday; maybe it's a special place the family visits. Whatever it is, give your kid props once she's written out her reason to be thankful.

This Thanksgiving, join your child in this "hands on" gratitude. Put the wreath on a wall or door near the table, and be thankful together. Invite your child to read what she's written for everyone to enjoy. Activities like this one tend to make the food taste just that much better...and it'll boost your young learner writing skills, and her confidence too.



Road Trip Fun!



15 Counties 15 Days!

New Number for the Toll-Free Parent Referral Line! 1-800-438-0008

This toll-free number is the parent referral line for Resource and Referral information. If you are a provider and have received phone calls from parents for child placement but have no openings, please refer the callers to this number. The referral line representative can help them narrow their search down 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 parents.

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

- October 16th– Bosses Day
- October 31st– Halloween
- November 1st– Daylight Savings Time
- November 11th– Veteran’s Day
- November 26th– Thanksgiving
- December 7th– Pearl Harbor Day
- December 25th– Christmas Day
- December 31st– New Years Eve

Did you Know?

Did you know that DHS offers a higher special needs reimbursement rate to contracted child care providers who care for a child with disabilities? To meet the DHS definition of a child with disabilities, the child must participate in one of the following programs: SoonerStart (IFSP required), Special Education Services (IEP required), or Supplemental Security Income (Health Professional's statement required if the child doesn't participate in SoonerStart or Special Education services).

Recently the process for approval of the special needs rate has changed. Child care providers can now initiate the process by accessing the revised form 08AD006E Certification for Special Needs Rate for Licensed Child Care Homes and Centers on the Provider Web at <https://www.ebt.acs-inc.com/ecc>.

Parents or guardians will no longer need to contact their DHS workers to begin the process. This simplified process should make it easier for more qualified children to be approved for the special needs rate and more providers to receive the higher reimbursement.

If you have any questions about the special needs rate, please contact DHS Child Care Subsidy staff at (405) 521-3931.

Have you done this? - Policy Reminders for the Oklahoma Professional Development Registry (OPDR)

Child Care Center programs at 1+ or higher must be registered as a direct care organization with the OPDR.

Family Child Care Home and Child Care Center program staff that are counted in staff to child ratio must have a current Professional Development Ladder Certificate (PDL) within 12 months of employment or by PDL expiration.

Directors of a center must have a current Oklahoma Director's Credential (ODC).

One star programs CAN join the OPDR and assist in monitoring and maintaining their training records (R&R highly recommends this, it really is a good thing!)

Additional Info You May Not Be Aware Of:

Some providers (several actually) assume that because they have received the ID and password they are registered. There are ADDITIONAL steps in the individual application process, including personal info, verification of education, employment history, \$10 enrollment fee and submitting the participant agreement.

Staff of facilities MUST register individually with the OPDR.

Staff need to attach themselves to the child care program so that they appear on the direct care organizations report and MUST then be verified by the director or owner. (many are forgetting to do this step)

You can find additional information including downloadable User Guides at okregistry.org

Or email questions to cecpd@ou.edu

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

If you are a 1+ star, 2 star or 3 star program you are **required** to be registered as direct care organization with the Oklahoma Professional Development Registry.

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*

U.S. Postage Paid
Permit No. 6
Hobart, OK
NONPROFIT ORG

WINNER! WINNER! WINNER!

Each month, we mail Update Forms & pre-stamped envelopes to approximately 60 child care centers & family child care homes. Each form returned before the deadline is included in a drawing for a \$100 book bundle!

Congratulations to this quarter's book bundle winners:

July – Season Carnes
Pitter Patters CCC-Elk City

August – Donna McClendon
FCCH Altus

September- Robin Reed
Rockin Robin CCC-Tuttle

