



Great Plains Child Care Resource & Referral Center



Winter 2012

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Great Plains CCR&R Staff

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Office Hours
Mon-Thurs 8:30-5:00
Friday: 8:30-4:00
Every 3rd Sat 9:00-1:00
888-878-4417

www.gpcrr.org

Books & Badges:

Exciting New Program Available in the Lawton Area

The Books & Badges Program is a new program being offered in the Lawton area. Community Oriented Police officers (C.O.P.s) will visit any Lawton Family Child Care Home or Child Care Center to read to and visit with the children. COPs bring books for the children's classroom and spend time reading and talking with them about a wide variety of topics. Healthy lifestyles, bicycle safety, bullying, and diversity are just a few of the many topics COPs are able to discuss with children.

The goal of *Books & Badges* is to help improve reading and language art skills of the children in Lawton while helping to promote and improve the image of police in the community by presenting police officers as positive role models for children. Lawton has four police officers assigned to the COPs unit. SGT. Tonya Criger said, "We love taking the patrol cars to visit the children, letting them climb around, talking & reading to them. They ask us questions, share some time with us and get to have a positive experience with police officers." Criger also said she and her fellow COPs will visit any child care facility or family child care home in Lawton who invites them. They are happy to visit with children of all ages, even the infants. "We've read to babies, played with them and even brought snacks to share with them." said Criger.

If you are in the Lawton area and would like the COPs to visit with the children in your care, please contact SGT. Tonya Criger, (580) 704-6573, tcriger@cityof.lawton.ok.us or Officer Rachel Flores, (580) 351-7081. This program is free of charge, their only request is that you schedule your visit at least 2 weeks in advance.

The mind is not a vessel to be filled,
but a fire to be ignited.

-Plutarch



Training Calendar

| Date | Training or Conference | Location | Contact |
|------------------|--|---------------|--|
| 2/18 | What's The Big Deal About Coupons? | Lawton | For more information contact GPCCRR @ 888-878-4417 |
| 2/21 | Stephens County Child Care Provider Training | Duncan | For more information contact GPCCRR @ 888-878-4417 |
| 2/23 | Choosing Excellence: Improving Customer Service Skills | Lawton | For more information contact GPCCRR @ 888-878-4417 |
| 3/6 | What's The Big Deal About Coupons? | Altus | For more information contact GPCCRR @ 888-878-4417 |
| 3/8 | What's The Big Deal About Coupons? | Duncan | For more information contact GPCCRR @ 888-878-4417 |
| 3/17 | What's The Big Deal About Coupons? | Anadarko | For more information contact GPCCRR @ 888-878-4417 |
| 3/24 | What's The Big Deal About Coupons? | Elk City | For more information contact GPCCRR @ 888-878-4417 |
| 4/20, 21, 27, 28 | Early Learning Guidelines: Infant and Toddler | Lawton | For more information contact GPCCRR @ 888-878-4417 |
| 4/21-4/22 | Oklahoma Child Care Association Conference | Oklahoma City | Contact Jennifer @ 800-580-4181 for more information |
| 4/28 | Red River Early Childhood Association Conference | Lawton | Contact Sybille @ 580-280-0582 |
| 6/22, 23, 29, 30 | Early Learning Guidelines: 3-5yr olds | Lawton | For more information contact GPCCRR @ 888-878-4417 |
| Ongoing | Free Asthma Education for Child Care Centers | | For more information contact 918-747-3441 |

For more information about online child care training visit: <http://www.smarthorizons.org/naccrra/okrr/>.

For more information on Leap into Literacy training contact Buffy Nino at 580-355-0218.

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

For More Information about CPR /First Aide: Contact your local American Red Cross, your local hospital, or your county health department for dates and times.

For More Information about CPR/First Aide in Lawton area contact Tammy Rodriguez @ 580-591-3781.

Important Dates

- | | |
|------------------------------------|----------------------------------|
| * February 2nd–Groundhog Day | * March 17th–St. Patrick's Day |
| * February 14th–Valentine's Day | * March 20th–First Day of Spring |
| * February 20th–Presidents Day | * April 1st–April Fool's Day |
| * February 29th–Leap Day | * April 9th–Easter |
| * March 11th–Daylight Savings Time | * April 22nd–Earth Day |

Homemade Snowflakes

Materials

Boiling hot water - enough to fill your **pint** sized mason jar

1/3 cup borax - you can find this in the laundry aisle. I also like to use Borax to help remove stains and odors in our laundry. It works great on urine laundry...for any of you toilet training right now. I mean your children who are toilet training...right. :)

pint mason jar

pencil

pipe cleaners

string/yarn

Directions

1. Form your pipe cleaners into a snowflake shape or whatever shape you desire, while you boil water.
2. Add water to your mason jars.
3. Mix in borax. Stir it but don't worry if it isn't completely dissolved.
4. Attach your pipe cleaner shape to the string and hang it from the pen/pencil while submerging it in your jar.
5. Leave it overnight. The next morning you should have a nice pretty crystal snowflake.



Eyedropper Volcanoes

1. On a tray, place a pile of baking soda.
2. Mix vinegar + a few drops of food coloring in a cup.
3. Give the kids an eyedropper. Have them fill it with vinegar, squeeze onto the baking soda and watch mini volcanoes erupt!



LET'S MOVE! Child Care

START EARLY
Let's Move! Child Care

MAKE NUTRITION FUN
Healthy Eating

GET KIDS MOVING
Physical Activities

BE INSPIRED
Ideas and Resources

CHANGE YOUR WORLD
Healthy Kids, Healthy Future

Join family child care and center-based providers who have already committed to Let's Move! Child Care by signing up at www.HealthyKidsHealthyFuture.org for updates, webinars and to share your success stories!






*"This is a passion. This is my mission. I am determined to work with folks across this country to **change the way a generation of kids thinks about food and nutrition.**"*

-First Lady Michelle Obama



We are excited to announce the launch of **Let's Move! Child Care**, a new effort to promote children's health by encouraging and supporting healthier physical activity and nutrition practices for children in child care. With more than 20% of children between 2 and 5 years old overweight or obese, the child care community is an essential ally in the effort to prevent childhood obesity, support children's healthy development and prevent the occurrence of later chronic disease.

The 5 goals of Let's Move! Child Care are in the following areas:

- 1. Physical Activity**  Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- 2. Screen Time**  No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).
- 3. Food**  Serve fruits or vegetables at every meal, eat meals family-style whenever possible, and don't serve fried foods.
- 4. Beverages**  Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or non-fat milk, and no more than one 4- to 6-ounce serving of 100% juice per day.
- 5. Infant Feeding**  For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

For more information and to register for Let's Move! Child Care, visit us at
www.HealthyKidsHealthyFuture.org

Meet Our Staff

Amber Hallmark-Cuyler

A little about Amber...

Hobbies: Scrapbooking, hiking, reading, couponing and anything we can do as a family. My newest hobby/obsession is Pinterest!

Pets: (Dogs) Xena & Maggie (Cats) Little Kitty, Maximo & Dixie Rose

Favorite food: Oh my, that's like choosing a favorite child! How about carbs....carbs are my favorite food, I'm a carboholic!

Favorite season: Autumn. I love the smells, the colors, the crisp air and the anticipation of the holidays!

Favorite song: You are my Sunshine

Tell us a little about yourself: I am recently married (December 2011) so other than enjoying time with my son Jax (5), my spouse and I continue to be busy combining households and enjoying this honeymoon stage.



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 \$2000 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 .

Remember to check our website www.gpcrr.org and our Facebook page



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 DHS Division of Child Care*

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DISCOVER LEAP INTO LITERACY

FREE!! ONSITE TRAINING FOR CHILD CARE CENTERS AND FAMILY CHILD CARE HOMES

Call today and schedule a Story Time Training!
Earn Tier I child care training credit by participating in this special literacy activity

Contact:
Buffy Nino
Special Projects Coordinator
580-355-0218
Buffy.nino@gmail.com

