November Training Schedule

For help with navigation to cecepdk/okregistry call 405-799-6383  
www.okregistry.org/cecepdk

Check out CECPD's Online Training Opportunities @ the website listed above
ELG's-Nutrition-Social & Emotional Education-Trauma Responsive Environments and more.

OKC Area Trainings

Rainbow Fleet CCRR-405-521-1426 or www.rainbowfleetc.org

The 3rd Saturday of each Month-Pediatric CPR & First Aid-OKC,OK-9am-5pm-$65-Call 405-521-1426

Saturday, November 4, 2023-Family Child Care Homes Network-OKC, OK-9:00am-1:00pm-Free-Reg. @ cecepdk.org

The Networking Event listed above is for Family Child Care Homes in the Cleveland/Oklahoma Counties only....

Tuesday, November 7, 2023-Educator Self Care-OKC,OK-8:30am-12:30pm-Zoom-Reg. @ cecepdk.org

Thursday, November 9, 2023-Safe Sleep-OKC,OK-Zoom-6:30-8:30pm-$20-Reg. @ cecepdk.org

Thursday, November 16, 2023-Classroom Design-OKC, OK-6:00-8:00pm-$20-Reg. @ cecepdk.org

Other OKC Area Trainings listed below:

Saturday, November 24, 2023 (MWC,OK) November 18, 2023 (Norman) -$65- 9:00am-1:00pm-Reg. @ cecepdk.org

Thursday, November 2, 2023-Tantrums and Redirection-Web-12:00-2:00pm-Free-Reg. @ cecepdk.org

Tuesday, November 7, 2023-Safe Sleep Training(Professionals)-OKC,OK-9:00am-12:00pm-Free-Reg. @ cecepdk.org

Wednesday, November 8, 2023-Growing Brain(The Power of Quiet)-Web-6:30-8:30pm-$15-Reg. @ cecepdk.org

Wed./Thurs, November 15/16, 2023-Hope in the Classroom-Shawnee,OK-5:45-8:45pm-Free-Reg. @ cecepdk.org

Wednesday, November 15, 2023-Math in the Kitchen(CACFP)-Web-1:30-2:30pm-Free-Reg. @ cecepdk.org

Thursday, November 16 2023-Invitation to Play (Nature)-OKC,OK-6:00-9:00pm-$10-Reg. @ cecepdk.org

Saturday, November 18, 2023-Full Steam Ahead-Poteau,OK-10:00am-12:00pm-Free-Reg. @ cecepdk.org

Tulsa Area Trainings

Tulsa Tech

www.tulsatech.edu CDA's(1,2,3)-Planning & Routines-Behavior etc. Contact: Teresa Berg @ 918-828-5414

November Topics-Infant Crying: A Trigger for Child Abuse-Family Perspectives-Science-Math-How to Use Big Books in Class

PLEASE TAKE ADVANTAGE OF FORMAL TRAININGS OFFERED BY COMMUNITY SERVICE COUNCIL-FREE-No Cost

www.csctulsa/crcr.org Safe Sleep-Infection Control-Language & Literacy and many more.......

Monday, November 13, 2023-Sensory Bins / Sensory Play-Broken Arrow,OK-7:00-9:00pm-$10-Reg. @ cecepdk.org

Saturday, November 18, 2023-Pediatric CPR and First Aid-Tulsa,OK-9:00am-1:00pm-$65-Reg. @ cecepdk.org

Saturday, November 18, 2023-Invitation to Play (Loose Parts)-Tulsa,OK-10:00am-1:00pm-Free-Reg. @ cecepdk.org

Sapulpa

Central Technology Center-Sapulpa, OK (CDA) Call 918-227-0331

Muskogee Area Trainings

Cherokee Nation Child Care Resource Center

Call 918-453-5300 or 888-458-6230 www.cherokeekids.net (childdevelopmentcenter-newsletter)

Muscogee Nation Child Care Resource Trainingss

Pediatric CPR - First Aid-AED Offering In Person Classroom & Blended Learning (Online & Hands-On)

All Trainings in Yellow held inside Muscogee Nation Complex Child Development Building-Okmulgee, OK

Applebaum Live-Online Training- infoatseminars.org zero to three.org/sec.0rg/carecourses.com

Building a Sound Business Strategy-McCormick Center for Early Childhood-847-947-5468-Jane Humphries

Safeguard Classes Online Preschool Fitness,etc.-Contact Tenlee Bell-800-346-4915 or safeguardclassessonline.org

Muscogee Nation Tribal Complex and (7) Child Development Centers will be closed November 10,20,23,24,2023

Please review the Eleven (11) documents attached
Search by Title or Keyword

It's a Magical World of Children - Oklahoma City

Get Your Hours with ATI ~ Register Today!

LIVE • Delta Hotel by Marriott Midwest City (formerly Sheraton)
November 11, 2023
8:00 am to 3:00 pm

Credits: 0.60
Earn 6 Clock Hours

Seminar Pricing:
$39.00

Qty: 1

* REGISTER TO GUARANTEE YOUR SPOT

Strategies and Fun Activities to Make Circle Time Even More Magical
Circle time can be chaotic or it can be the best time to teach young children new concepts and build community. Learn how to handle the transitions to circle time. Get answers to questions like: how do I get the children to sit still, how do I hold children's attention, how do I get rid of the wiggles? Create the best circle time ever!

25 Ways to Prevent, Reduce, or Stop Challenging Behaviors
Have you noticed that the same children typically challenge you daily? Receive 25 proven practical strategies to help children who challenge. Reliable strategies to make your classroom calmer. Set boundaries that stick. Get children to listen the first time you say something. Strategies you can easily and immediately implement.

Bouncing Back, Creating Resilience in Children
Things to say and do to help children be resilient and bounce back. Doorways to effective communication. Tools for listening to children. Five ways to build resiliency in children. Powerful must-know strategies to help children build a foundation to lead happier and more fulfilling lives.

LET'S PLAY! Activities for Little Learners

Taking Care of You! Self-Care for Caregivers and Remembering our Why
Do you ever feel overwhelmed and over-stressed? Learn great stressbusters to handle stress and take care of yourself. 20+ practical tips, strategies, and ways to beat stress before it beats you. Get refreshed. Reclaim your purpose and ignite your passion.

6-Hour Certificate
Receive 6 CLOCK HOURS (6 CEUs) Recognized by the OK Center for Early Childhood Professional Development (CECPD).
Meets the Oklahoma Core Competency areas.

NOTE:
- There will be an on-your-own lunch break at 11:30AM for one-hour.
- Coffee and snacks will not be provided.

<table>
<thead>
<tr>
<th>Regular Registration</th>
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<tbody>
<tr>
<td>NO LATER THAN NOV. 5, 2023</td>
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<tr>
<td>Group size 1-9 people: $39 per person</td>
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<td>Group size 10+: $36 per person</td>
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<table>
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<tr>
<th>Late Registration</th>
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<tbody>
<tr>
<td>After NOV. 6, 2023</td>
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<tr>
<td>Group size 1-9 people: $44 per person</td>
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<tr>
<td>Group size 10+: $41 per person</td>
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</tbody>
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Category: Discipline/Guidance & Development, Family & Community, Child Growth and Development

Gift Books for Preschool Children (And the People Who Care For Them) From 3 Rockstar Librarians
by: Betsy Bird, Martha Meyer and Bridget Petrites
November 8, 2023
2PM Eastern Time | Recorded
REGISTER NOW

Growing Leaders from Within – Nurturing Future Leaders for Organizational Excellence
by, Jamarrion Tabor
November 9, 2023
2PM Eastern Time | Recorded
Sponsored by
The Child Care Success Company
REGISTER NOW

Healing Play Strategies for Preschool Children Who Have Experienced Adversity
by, Steve Gross, MSW
November 29, 2023
2PM Eastern Time | Recorded
Sponsored by
Life is Good Playmaker Project
REGISTER NOW

Overcoming Burnout in the ECE Workplace
by, Ellen M. Drolette
December 6, 2023
2PM Eastern Time | Recorded
Sponsored by
Think Small Institute and Redleaf Press
REGISTER NOW
Spanish Car Seat Workshop

Tuesday, November 14, 2023 (10am-12pm)
Location: Tulsa Fire Department Station 27
Call 918-494-7233

*THIS WORKSHOP IS IN SPANISH ONLY* This is a two hour car seat workshop for caregivers given in Español.

In order to receive a car seat from Safe Kids Tulsa Area, you must be the legal guardian. You will need to bring proof of government assistance (WIC, food stamps, SoonerCare) as well as proof of guardianship if child is born* (birth certificate, vaccine record, insurance card). The cost of each car seat is $20 (cash only) with a max of one car seat per child and three car seats per family. If you are unsure if you are eligible, please call us at 918-494-7233 or email safekidstulsa@stfrancis.com. Car seats provided by Safe Kids Tulsa Area are meant to be used in the vehicle of the legal guardian. We cannot provide car
Virtual Car Seat Workshop

Tuesday, November 28, 2023 (10-11:00am)
Location: Virtual
Call 918-494-7233

This is a virtual car seat workshop for caregivers.

In order to receive a car seat from Safe Kids Tulsa Area, you must be the legal guardian. You will need to bring proof of government assistance (WIC, food stamps, SoonerCare) as well as proof of guardianship if child is born* (birth certificate, vaccine record, insurance card). The cost of each car seat is $20 (cash only) with a max of one car seat per child and three car seats per family. If you are unsure if you are eligible, please call us at 918-494-7233 or email safekidstulsa@saintfrancis.com. Car seats provided by

https://www.saintfrancis.com/event/virtual-car-seat-workshop
## Car Seat Checkup Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>September 23</td>
<td>10-12</td>
<td>Ascension St. John – Mary K Chapman Health Plaza 1819 E 19th St – Tulsa, OK 74104</td>
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<tr>
<td>September 28</td>
<td>10-12</td>
<td>Jenks Fire Department Station 2 1115 West 121st Street – Jenks, OK 74037</td>
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<td>October 5</td>
<td>10-12</td>
<td>Broken Arrow Fire Department Station 6 3151 North 9th Street – Broken Arrow, OK 74012</td>
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<td>October 14</td>
<td>10-12</td>
<td>Bixby Fire Department Station 2 8300 East 121st Street – Bixby, OK 74008</td>
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<td>October 19</td>
<td>10-12</td>
<td>Tulsa Fire Department Station 22 7303 East 15th Street – Tulsa, OK 74112</td>
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<td>October 20</td>
<td>10-12</td>
<td>Drumright Fire Department 116 W Broadway – Drumright, OK 74030</td>
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<td>October 26</td>
<td>10-12</td>
<td>Jenks Fire Department Station 2 1115 West 121st Street – Jenks, OK 74037</td>
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<td>November 2</td>
<td>10-12</td>
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<td>November 4</td>
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For further resources please call 918-494-SAFE or visit [www.safekidstulsa.com](http://www.safekidstulsa.com)

Updated September 2023
HOME-BASED SERVICES*
Our compassionate family preservation specialists provide home-based services to empower, assist, and nurture families experiencing various challenges and circumstances. We are the place to turn if your family struggles feel overwhelming or too difficult to handle alone.

Through the SafeCare® program, caregivers are equipped with tools, knowledge, and confidence to successfully face the complexities of parenting. Our team is committed to providing services that engage, involve, strengthen, and support your family in the most effective way to ensure children’s safety and well-being.

*At least 1 child must be between the ages of 0-5 for families to qualify for services.

WHAT WE DO
» Case management
» Transport clients when needed
» Utilize the SafeCare® model

SafeCare® MODULES
» Parent child/infant interaction
» Home safety
» Health

ADDITIONAL MODULES IF QUALIFIED
» Healthy relationships
» Managing child behavior
» Problem solving

FIND SERVICES IN THESE COUNTIES
» Creek
» Mayes
» Muskogee
» Okmulgee
» Osage
» Pawnee
» Rogers
» Tulsa
» Wagoner
» Washington

*Families must refer themselves for services.

submit referral form email to
safe referrals@fcsok.org

CONTACT US:
918.584.4549
fcsok.org

or visit
fcsok.org/safecare-parenting
for more information and
our SafeCare® referral form
Positive Parenting Tips for Healthy Child Development

Toddlers (2-3 years of age)

Developmental Milestones

Skills such as taking turns, playing make believe, and kicking a ball, are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like jumping, running, or balancing).

Because of children’s growing desire to be independent, this stage is often called the "terrible twos." However, this can be an exciting time for parents and toddlers. Toddlers will experience huge thinking, learning, social, and emotional changes that will help them to explore their new world, and make sense of it. During this stage, toddlers should be able to follow two- or three-step directions, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child’s development, visit the "Learn the Signs. Act Early." campaign website.
http://www.cdc.gov/ncbddd/actearly/index.html

Positive Parenting Tips

Following are some things you, as a parent, can do to help your toddler during this time:

- Set up a special time to read books with your toddler.
- Encourage your child to take part in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore things around her by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.
- Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she’s upset.
Child Safety First

Because your child is moving around more, he will come across more dangers as well. Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe:

- Do NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watching her. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Encourage your toddler to sit when eating and to chew his food thoroughly to prevent choking.
- Check toys often for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in her mouth when coloring or drawing.
- Do NOT hold hot drinks while your child is sitting on your lap. Sudden movements can cause a spill and might result in your child’s being burned.
- Make sure that your child sits in the back seat and is buckled up properly in a car seat with a harness.

Healthy Bodies

- Talk with staff at your child care provider to see if they serve healthier foods and drinks, and if they limit television and other screen time.
- Your toddler might change what food she likes from day to day. It’s normal behavior, and it’s best not to make an issue of it. Encourage her to try new foods by offering her small bites to taste.
- Keep television sets out of your child’s bedroom. Limit screen time, including video and electronic games, to no more than 1 to 2 hours per day.
- Encourage free play as much as possible. It helps your toddler stay active and strong and helps him develop motor skills.

A pdf of this document for reprinting is available free of charge from http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/toddlers2.html

Additional Information:
http://www.cdc.gov/childdevelopment
1-800-CDC-INFO (800-232-4636) http://www.cdc.gov/info
The Oklahoma Warmline is a program for families, child care providers, and other caregivers where callers can receive consultation and support around the difficult job of caring for and nurturing infants, toddlers, and school-aged children birth to 13 as they grow and develop.
Trained Consultants are available to help you by phone Monday through Friday from 8am to 6pm. A team of consultants trained in child health, child development, and behavioral health are here to take your calls, help to generate ideas and solutions for the challenges you face daily as you are caring for kids, to offer support, and to help you find additional resources and referrals if you are needing them.
Click on the link to go straight to the website, or use the QR code on the flyer and take advantage of the services that the Oklahoma Warmline can offer you.

https://okwarmline.org
warmline@health.ok.gov
Telephone Consultations M-F, 8am - 6pm
THE STARS PROGRAM
Stars Inquiry Meetings

Who: Any owner/director or primary caregiver who wishes to apply for The Stars Program.

What: Opportunity to receive information to complete the application and request for certification process.

When: 1st Wednesday of every month at 1:00 pm and 3rd Wednesday of every month at 6:00 pm. Allow 60-90 minutes for the meeting.

Where: Virtually on Teams – Join by clicking on one of the links below.

1st Wednesday
1:00 pm

Join on your computer, mobile app or room device
Click here to join the meeting
Meeting ID: 298 617 455 967
Passcode: TuyW5M
Download Teams | Join on the web

3rd Wednesday
6:00 pm

Join on your computer, mobile app or room device
Click here to join the meeting
Meeting ID: 292 348 243 522
Passcode: RiLTrf
Download Teams | Join on the web

Contact Us At: QRIS@okdhs.org

OKLAHOMA Human Services