December Training Schedule

For help with navigation to cecep/okregistry call 405-799-6383
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.rainbowfleettle.org

The 3rd Saturday of each Month-Pediatric CPR & First Aid-OKC,OK-9am-5pm-$65-Call 405-521-1426
Wednesday, December 6, 2023-Safe Sleep-OKC,OK-Zoom-12:00-2:00pm-$20-Reg. @ cecep.org
Thursday, December 7, 2023-Light and Shadow:Inside & Outside-OKC, OK-6:00-8:00pm-$20-Reg. @ cecep.org
Tuesday, December 12, 2023-Brain Builders-Zoom-6:30-8:30pm-$20-Reg. @ cecep.org

Other OKC Area Trainings listed below:

Saturday, December 2, 2023-(OKC,OK) $65- 9:00am-1:00pm-Reg. @ cecep.org
Saturday, December 2, 2023-Hope for Administration-Moore, OK-10:00am-5:00pm-Free-Reg. @ cecep.org
Saturday, December 2, 2023-Trees & Mel(Outdoors)-Lawton,OK-9:30am-12:30pm-Free-Reg. @ cecep.org
Wednesday, December 6, 2023-CACFP(Community Outreach)-Web-1:30-2:30pm-Free-Reg. @ cecep.org
Saturday, December 9, 2023-Hope for Administration-OKC,OK-12:00pm-6:30pm-Free-Reg. @ cecep.org
Wednesday, December 13/14, 2023[2-Sessions]-Hope for Administration-Shawnee, OK-Free-Reg. @ cecep.org

Tulsa Area Trainings

Tulsa Tech

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

December Topics-Children:Oppositional Defiant Disorder/Surival Skills for Center Directors-Assessment for Infant/Toddlers

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

www.csctulsa/ccrc.org Safe Sleep-Infecction Control-Language & Literacy and many more....... Saturday, December 2, 2023-STEAM Education-Tulsa,OK-10:00am-1:00pm-$10-Reg. @ cecep.org

Thursday, December 14, 2023-Encouragement,Rituals,Choices, etc.-Web-12:00-2:00pm-$65-Reg. @ cecep.org

 Sapulpa

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

McAlester Area Trainings

Monday, December 4, 2023-Early Learning Matters [0-3/3-5]-McAlester,OK-8am-4pm-Free-Reg. @ cecep.org

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 Trainings

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-Onlline Trainings-infoatiseminars.org zerotothree.org/secia.info@carecources.com

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

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

Nutrition Education Programs-Call 918-224-2192 (Marie Gibbs)

or http://extension.okstate.edu/programs/community-nutrition-education-programs/

Muscogee Nation Tribal Complex and (7) Child Development Centers will be closed December 25th,26th,2023

Look - Tribal Complex and MN-(7) Child Development Centers also Closed on January 1st,2nd, 2024

Please Review the Attached 14 (Fourteen) Documents/Resources
#301951
**Brain Builders**

**Tuesday, December 12, 2023**

**06:30 PM - 08:30 PM**

Hours 2.00 / Course Level Formal
Web Based

Registration Required

Fee $20.00
Register By 12/12/2023

Description

Open your eyes to the impact you have on building brains in the early years. Learn how attachment and bonding affect you as an adult, and touch base with trauma's effects on the brain.

Course ID 92762 / Course Type General Continuing Education / Course Category Early Childhood
Goals and Objectives
- Learn about Brain Development
- Understand the importance early childhood experiences and how they affect the brain
- Discover how you as a caregiver have an impact on our future
- Touch base on bonding, attachment, and trauma effects on the brain

Target Audience
- Family Child Care Home Provider
- Child Care Center Staff
- Home Based Service Provider
- Center Based Service Provider
- Parents

Ages Addressed
- Infants (0-12 months)
- Toddlers (13-24 months)
- Two's (25-36 months)
- Preschooler 3's (37-48 months)

Trainners
- Childcare Consultant
  Rainbow Fleet

https://okregistrv.org/v7/trainings/search/(slider-new:301951/detail)
NEW! Banish Burnout in your ECE program
Fran Simon, Early Childhood Investigations <webinars@earlychildhoodwebinars.com>

Join us for another FREE conference-quality webinar sponsored by Redleaf Press and Think Small Institute

Think Small Institute and Redleaf Press.

Certificates of attendance are FREE AGAIN!
Optional CEUs can be earned from Bertelsen Education

All webinars are recorded. Register for the live webinar and to receive the link to the recording by email.

Overcoming Burnout in the ECE Workplace
December 6, 2023 | 2 PM Eastern Time
FREE

Most professionals in every field occasionally experience flagging motivation and workplace frustration, but in early childhood education, rates of burnout have skyrocketed. We’re all looking for the magic answer to banish the blues, rejuvenate educators, and inspire program leaders. Join keynote speaker, author, and experienced early childhood leader, Ellen Drolette to explore strategies

Ellen M. Drolette
Author, Early Childhood Educator, Consultant, Trainer, Keynote Speaker Positive Spin VT, LLC
Now accepting scholarship applications online! Our new scholarship portal makes it quick and easy to apply.

Connect with your Scholar Coordinator if you need assistance with your application.

Scan the QR Code to access Scholars Connect or visit scholars.okhighered.org to apply today.

CONTACT US

Natalie Osborn, Scholar Coordinator
Tulsa Community College
7505 W. 41st Street
Tulsa, OK 74107

Office: 918.595.4646
Cell: 918.402.7412
Email: natalie.osborn2@tulsacc.edu

Scan the QR Code or visit okhighered.org/scholars for more information.
ABOUT THE SCHOLARS PROGRAM
The Scholars program provides a scholarship for a professional development pathway for teachers, directors, and family child care home providers. Scholar Coordinators at participating community colleges provide guidance in educational options to fulfill professional goals.

SCHOLARSHIP BENEFITS
- The scholarship pays up to 100% of tuition and books for the Child Development Associate (CDA), and Certificate of Mastery and 90% of tuition and books for the Director's Certificate of Completion (DCoC) and associate degree.
- Scholars have an opportunity for higher pay, recognition, a sense of educational accomplishment, and improved job performance.
- Scholars will have increased knowledge and skills in child development.
- Scholar Coordinators provide technical assistance with applications and admission, enrollment, financial aid, and academic and career advisement.

SCHOLARSHIP ELIGIBILITY
To qualify for the Scholars program, child care providers must be:
- Employed in a licensed child care facility participating in the QRIS program with a rating of one-star or higher.
- Employed at least 30 hours per week working directly with children.
- Pursuing a child development or early care education plan of study.

EDUCATION OPTIONS

- ASSOCIATE DEGREE AA AS AAS
- DIRECTOR'S CERTIFICATE OF COMPLETION (DCoC)
- CERTIFICATE OF MASTERY (COM)
- CHILD DEVELOPMENT ASSOCIATE (CDA)
Verna Corley — Scholar Coordinator
Carl Albert State College
1507 South McKenna, Box 347
Poteau, OK 74953-5208
Local: 918-647-1252 Cell: 918-385-1341
vcorley@carlalbert.edu

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Carl Albert State College
Local: 918-647-1479
ksford@carlalbert.edu

Anna Sobba — Scholar Coordinator
Connors State College
700 College Road, Gatlin Hall 208
Warner, OK 74469
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asobba@connorsstate.edu

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Murray State College
2901 Mt. Washington Rd.
Ardmore, OK 73401
Local: 580-319-0304 Cell: 580-371-6679
hmcleam@mascok.edu

Linda Brown — Scholar Coordinator
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200 I Street N.E., Dyer Hall 206
Miami, OK 74354-6434
Local: 918-540-6172 Cell: 918-541-7573
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Silvia Rodriguez-Recruiter
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Oklahoma City, OK 73159-4444
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Oklahoma City, OK 73107
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Rose State College
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Midwest City, OK 73110
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jbachhofer@rose.edu

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Janelle Perez — SC Assistant
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Local: 580-477-7956
janelle.perez@wosc.edu

OSRHE Scholarship Office
Gina McPherson — Director of Special Programs
Local: 405-225-9396 Cell: 405-532-7150
G.mcperson@osrhe.edu

Quin Wilczek — Scholarship Administrator
Local: 405-225-9397 Cell: 405-747-5225
Fax: 405-225-9398
qwilczek@osrhe.edu
- Contact for all Scholar Coordinators
- Guidebook Revisions and updates
- Professional Development
- Processes DCoC applications

Jamie Girard — Scholarship Administrator
Local: 405-225-9155
Fax: 405-225-9398
jgirard@osrhe.edu
- Administers BA scholarship
- Administers community college applications, renewals, enrollment and grades
- Manages all college and scholar invoicing

Bailey Maxey — Scholarship Administrator
Local: 405-225-9133
bmaxey@osrhe.edu
- Administers CDA assessment scholarship
- Administers Pathway scholarship
- Serves as liaison for committees, new partnerships, programs and collaborations.

Bailee Finnie — Scholarship Specialist II
Local: 405-225-9395
bfinnie@osrhe.edu
- Manages Budget and Institutional Invoicing
- Manages quarterly and yearly reports
- Manages forms and publications
- Manages purchasing, travel, meeting arrangements, speakers and supplies
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

*Family & Children’s Services
submit referral
form email to
referral@fcsok.org

SCAN ME!
# Car Seat Checkup Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<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>
</tr>
<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>
</tr>
<tr>
<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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<tr>
<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>
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<td>November 4</td>
<td>10-12</td>
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<td>November 9</td>
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<td>10-12</td>
<td>Tulsa Fire Department Station 22 7303 East 15th Street – Tulsa, OK 74112</td>
</tr>
</tbody>
</table>

For further resources please call 918-494-SAFE or visit [www.safekidstulsa.com](http://www.safekidstulsa.com)
Virtual Car Seat Workshop

Saint Francis - Safe Kids - Virtual Car Seat
Wednesday, December 6, 2023 (1:00-2:00 pm)
Tuesday, December 19, 2023 (10:00-11:00 am)
Call 918-494-8256 or 918-494-8258

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
Spanish Car Seat Workshop

Saint Francis - Safe Kids - Virtual Car Seat
SPANISH Car Seat Workshop
Tuesday, December 12, 2023 (10:00am-12:00pm)
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@saintfrancis.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
CHILD PASSENGER
SAFETY TRAINING

**Virtual & In-Person Options!**

Courses will be Virtual via Microsoft Teams or In-Person at Bethany Children's Hospital, located at 6800 NW 39th Expy, Bethany, OK 73008.

Required for Virtual Training: car seat, video-capable device, & email for Teams link.

**JULY (Virtual)**
Wednesday, July 26
8:00am - 2:00pm

**AUGUST (In Person)**
Saturday, August 19
9:00am - 3:00pm

**SEPTEMBER (Virtual)**
Wednesday, September 13
8:00am - 2:00pm

**OCTOBER (Virtual)**
Saturday, October 28
9:00am - 3:00pm

**November (In Person)**
Wednesday, November 15
8:00am - 2:00pm

**December (Virtual)**
Saturday, December 16
9:00am - 3:00pm

For registration info, visit the QR code below, or the link. You can also call the University of Oklahoma Records and Registration at (405) 325-6808.

**REGISTER ONLINE AT:**
EVENTS.OUCPM.ORG/SAFEKIDS

The following are required for virtual training:
car seat | video-capable device | email for Teams

This training opportunity is offered by Safe Kids Oklahoma in partnership with Oklahoma DHS Child Care Services.

For information on class content, visit [www.safekidssok.org](http://www.safekidssok.org) or call Safe Kids Oklahoma at (405) 945-6709.

Cost: $15 (must be paid at time of registration)
Positive Parenting Tips for Healthy Child Development

Preschoolers (3-5 years of age)

Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot 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 crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

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 preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).
Child Safety First

As your child becomes more independent and spends more time in the outside world, it is important that you and your child are aware of ways to stay safe. Here are a few tips to protect your child:

- Tell your child why it is important to stay out of traffic. Tell him not to play in the street or run after stray balls.
- Be cautious when letting your child ride her tricycle. Keep her on the sidewalk and away from the street and always have her wear a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch your child at all times, especially when he is playing outside.
- Be safe in the water. Teach your child to swim, but watch her at all times when she is in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he reaches the top height or weight limit allowed by the car seat’s manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for him to travel in a booster seat, but still in the back seat of the vehicle. The National Highway Traffic Safety Administration has information on how to keep your child safe while riding in a vehicle.

Healthy Bodies

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.

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

Additional Information:
http://www.cdc.gov/childdevelopment
1-800-CDC-INFO (800-232-4636) http://www.cdc.gov/info
Water Walking Experiment

Get your child excited about water and science with this fun experiment! This activity will have your child building on their reasoning and logic as they try to figure out how water moves across paper towels from one cup to another and changes colors.

💡 Learning Outcomes

**Domain:** Cognition

**Indicator:** Describing similarities and cause and effect in recurring events

**Skills:** Reflecting and reaching conclusions

🔍 Materials

- Food coloring - primary colours only (red, yellow and blue)
- Small clear drinking glasses or cups (7)
- Water
- Paper towel

🛠️ Instructions

**Step 1:** Place the 7 cups in a row and fill ¾ full with water.

**Step 2:** Add 5 drops of red food coloring to the 1st and 7th cup.

**Step 3:** Add 5 drops of yellow food coloring to the 3rd cup.

**Step 4:** Add 5 drops of blue food coloring to the 5th cup.

**Step 5:** Fold a sheet of paper towel in half lengthwise and then fold one more time. Place one end in one cup and the other end in the next cup, making sure it doesn’t stick up too much.

**Step 6:** Repeat step 5 with new sheets of paper towel from cup to cup.

**Step 7:** Watch the water walk to the next cup and change colors!

For older preschoolers: Have your child set the experiment up with you and let them be hands-on. Before starting, have them predict what will happen and have them record their ideas as everything changes.

For younger toddlers: You will have to point out the colors moving and get them excited. You may want to move onto another activity and come back to see the water’s progress periodically.

❓ Playful Questions

- What do you think will happen to the water?
- Why are the colors changing?
- How come the water is moving?
- What are some things we can do with water?
- How does water move from ground to the sky?