

Tammy Lewis (Training Activity Specialist) 918-732-7670 tlewis@MuscogeeNation.com

Feb. '24

February Training Schedule

For help with navigation to cecpd/okregistry call 405-799-6383

www.okregistry.org/cecpd

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.rainbowfleet.org

The 3rd Saturday of each Month-Pediatric CPR & First Aid-OKC,OK-9am-5pm-\$70-Call 405-521-1426

Saturday, February 3, 2024-OKC Metro Area (Thrive Meeting)-OKC,OK-Free-Call 405-521-1426 to Register

Wednesday, February 21, 2024-Safe Sleep-OKC,OK--12:00-2:00pm-\$20-Reg. @ cecpd.org

Other OKC Area Trainings listed below:

Pediatric CPR - First Aid-AED

Saturday, February 3, 2024-OKC, OK-9:00am-1:00pm-\$65-Reg. @ cecpd.org

Thursday, February 22, 2024-MWV, OK-6:00-10:00pm-\$65-Reg. @ cecpd.org

(Language- Spanish)

Tuesday, February 27, 2024-MWC,OK -6:00-10:00pm-\$65-Reg. @ cecpd.org

Tuesday, February 13, 2024-Norman,OK-6:00-10:00pm-\$65-Reg. @ cecpd.org

Saturday, February 17, 2024-Norman, OK-9:00am-1:00pm-\$65-Reg. @ cecpd.org

Other Child Development Trainings

Saturday, February 3, 2024-0-5 Early Learning Matters-OKC,OK-8:00am-3:30pm-Free-Reg. @ cecpd.org

Tuesday, February 6, 2024-Building Relationships w/Families-OKC,OK-8:30-12:30pm-Free-Reg. @ cecpd.org

Saturday, February 10, 2024-Trees & Me (Outdoor Classroom)-OKC,OK-1:00-4:00pm-Free-Reg. @ cecpd.org

Saturday, February 17, 2024-Hope and Teacher Identity-Moore,OK-10:00am-5:00pm-\$15-Reg. @ cecpd.org

Tulsa Area Trainings

Tulsa Tech

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

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

www.csctulsa/ccrc.org

Safe Sleep-Infection Control-Language & Literacy and many more.....

Pediatric CPR-First Aid-AED

Wednesday, January 31, 2024-Tulsa, OK-5:00-9:00pm-\$70-Reg. @ cecpd.org

Wednesday, February 7, 2024-SALADS (CACFP) OSU-1:30-2:30pm-Free-Reg. @ cecpd.org

Saturday, February 17, 2024-Tulsa, OK-9:00am-1:00pm-\$65-Reg. @ cecpd.org

Tuesday, February 20, 2024-Circle Time(Thinking Outside the Box)-Tulsa, OK-10am-12pm-Free-Reg. @ cecpd.org

Saturday, February 24, 2024-STEAM Education Inspires Innovation-Tulsa, OK-10am-1pm-\$10-Reg. @ cecpd.org

Tuesday, February 6, 2024-Infant Teachers Toolkit (Cues)-WEB-6:30-8:30pm-\$15-Reg. @ cecpd.org

Sapulpa

Central Technology Center-Sapulpa,OK (CDA)

Call 918-227-0331

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-Online Trainings- infoatiseminars.org

zerotothree.org/seca.info.org/carecourses.com

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

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

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

Please review the Attached 19 (Nineteen) Documents/Resources

Mvto (Thank You)

Training for the Month

Title: Conscious Discipline-Training for Infant/Toddler Teachers

Strategies for managing another layer of incidents of anger and rage in the classroom.

In-Person-Training held in Edmond, OK (University of Central Oklahoma) Saturday, February 24, 2024

Time: 8:30am-3:30pm.

Cost=Free

Register @ cecpd.org

Chickasaw Nation Child Development Days

Agenda

Registration	8:15-8:45 a.m.
Welcome	8:45-9 a.m.
Session	9 a.m.-noon

2023-2024 Chickasaw Nation Professional Development Days

Session Time: 9:00a.m.-noon CT
Locations/Dates/Sessions:

Ada Community Center - 700 N. Mississippi, Ada, OK
74820

10/28/23: Music & Movement: Moving & Grooving!

1/20/24: Building STEAM Throughout the Day

2/24/24: Supporting Children with Sensory Processing Needs

4/27/24: Celebrating Teamwork (Leadership)

Ardmore Community Center—907 Locust St.,
Ardmore, OK 73401

10/28/23: Building STEAM Throughout the Day

1/20/24: Celebrating Teamwork (Leadership)

2/24/24: Music & Movement: Moving & Grooving!

4/27/24: Supporting Children with Sensory Processing Needs

Oklahoma City Community Center - 4001 NW 39th
St., Oklahoma City, OK 73112

10/28/23: Celebrating Teamwork (Leadership)

1/20/24: Supporting Children with Sensory Processing Needs

2/24/24: Building STEAM Throughout the Day

4/27/24: Music & Movement: Moving & Grooving!

Tishomingo Community Center - 818 E. 6th St.,
Tishomingo, OK 73460

10/28/23: Supporting Children with Sensory Processing Needs

1/20/24: Music & Movement: Moving & Grooving!

2/24/24: Celebrating Teamwork (Leadership)

4/27/24: Building STEAM Throughout the Day

You are invited to attend our Chickasaw Nation Professional Development Days. If you are a teacher, owner or operator of a child care center or home daycare, you will benefit from these conferences.

We will be hosting professional development trainings at the following locations:

Ada Community Center
Ardmore Community Center
Oklahoma City Community Center
Tishomingo Community Center

Each community center will host training sessions on the dates below:

Oct. 28, 2023
Jan. 20, 2024
Feb. 24, 2024
April 27, 2024

Sessions will rotate to each community center to help alleviate travel, as shown on next page. There will be an opportunity for three hours of formal training for each session attended. Registry numbers are required to receive credit through CECPD and will be documented through QR codes at the end of the session. Snacks and beverages will be provided.

We strive to offer sessions that give attendees the opportunity to obtain training required for licensing and help our providers and children be successful. Please take time to complete the evaluation form at the end of the conference. Evaluations are used to improve the conference each year.

Call Christi at 580-421-7711 #62630 or
Email: Christi.Clinton@Chickasaw.net

CONFERENCE REGISTRATION—CHICKASAW NATION CHILD DEVELOPMENT DAYS

Pre-registration deadline is two weeks prior to session date.

Please complete one form per person.

Please mark which session you would like to attend:

Ada Community Center - 700 N. Mississippi Ada, OK 74820
10/28/23: Music & Movement: Moving & Grooving!
1/20/24: Building STEAM Throughout the Day
2/24/24: Supporting Children with Sensory Processing Needs
4/27/24: Celebrating Teamwork (Leadership)

Ardmore Community Center - 907 Locust St. Ardmore, OK 73401
10/28/23: Building STEAM Throughout the Day
1/20/24: Celebrating Teamwork (Leadership)
2/24/24: Music & Movement: Moving & Grooving!
4/27/24: Supporting Children with Sensory Processing Needs

Oklahoma City Comm. Center - 4001 NW 39th St. Oklahoma City, OK 73112
10/28/23: Celebrating Teamwork (Leadership)
1/20/24: Supporting Children with Sensory Processing Needs
2/24/24: Building STEAM Throughout the Day
4/27/24: Music & Movement: Moving & Grooving!

Tishomingo Community Center - 818 E. 6th St. Tishomingo, OK 73460
10/28/23: Supporting Children with Sensory Processing Needs
1/20/24: Music & Movement: Moving & Grooving!
2/24/24: Celebrating Teamwork (Leadership)
4/27/24: Building STEAM Throughout the Day

Name: _____

Registry ID number: _____

Center name: _____

Email address: _____

Address: _____ City: _____

Current contract with the Chickasaw Nation: Yes _____ No _____

Child Care Center _____ Head Start _____ Relative Provider _____

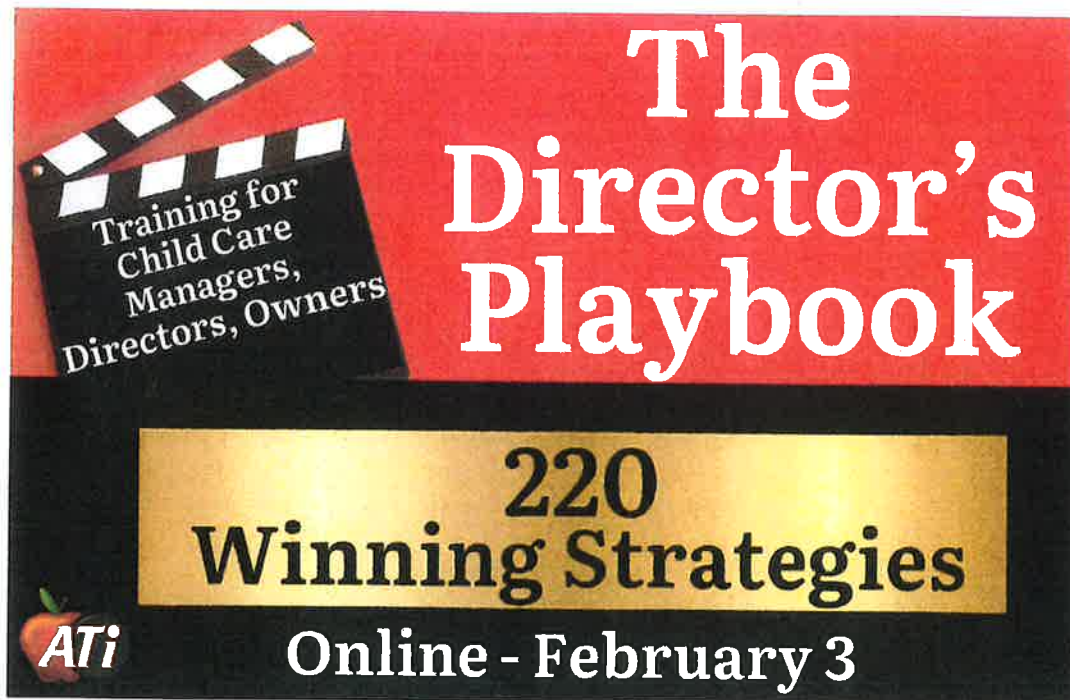
Family Child Care Home _____

Fill out this page and send back by one of the options below.

Email registration to: Christi.Clinton@Chickasaw.net
Mail registration to: Chickasaw Nation Family Assistance,
Attn: Christi Clinton, 300 Rosedale Road, Ada, OK 74820
Fax registration to: (580) 436-0128



Search by Title or Keyword



The Director's Playbook
220 Winning Strategies - Online

LIVE • Online

February 3, 2024

8:30 am to 1:30 pm Central 

Credits: 0.50

Earn 5 Clock Hours When You Pass Exam

Seminar Pricing:

\$53.99

Qty: 

Great News!

It is not necessary to purchase the end-of-course true/false quiz! It is included in every webinar purchase.

**Watch LIVE or the recording within 2 weeks of the broadcast date -
The recording will be removed on Feb 17, 2024.**

Please filter our trainings by state to see if these types of trainings are accepted in your state registry system.

The states below states require specific guidelines for online training

- * **Michigan** After you complete your end-of-course exam, please call us or email info@atiseminars.org to request that your credit gets entered into the MI registry system.
- * **Missouri** To receive MOPD credit, take your end-of-course exam by noon on Feb. 5, 2024. *Be sure your MOPD ID number is listed in your Appelbaum account profile in the "State Registry ID" field.*
- * **Minnesota** To receive DEVELOP credit. *Be sure your DEVELOP ID number is listed in your Appelbaum account profile in the "State Registry ID" field.*
- * **Oklahoma** After you complete your end-of-course exam, please call us or email info@atiseminars.org to request that your credit gets entered into the CECPD registry system.
- * **Tennessee** - To receive TrainTN credit, take your end-of-course exam by Feb. 18, 2024. TrainTN entries must be made within 15 calendar days of the training date.

Elevate Your Child Care Center with "The Director's Playbook" Seminar!

Are you a child care center owner or director striving to enhance your program's quality and impact?

Join us for "The Director's Playbook," designed exclusively for leaders like you in the child care industry.

Who Should Join?

Child Care Center Owners and Directors

Early Childhood Education Administrators

Aspiring Child Care Leaders

Enroll Today and Transform Your Child Care Center!

KEY TAKEAWAYS:

Operational Excellence: Master the art of efficient center management.

Management Frameworks: Explore cutting-edge early childhood management techniques.

Staff Hiring: Unlock success in child care staffing

Staff Development: Inspire and lead a high-performing team

The AI Advantage: AI tools that empower child care leaders

Stress-Less: Wellness program activities

FULL TOPIC LIST

Energize and Inspire: Motivate Your Child Care Staff with Purpose

- * "Game-Changing" Strategies for Child Care Motivation
- * Learn the Secrets of Motivation Mastery for Your Team
- * Become a Motivational Director: Leading Your Staff with Vision
- * Achieve Motivation Mastery for Child Care Excellence
- * Creating a Culture of Enthusiasm
- * Elevate Your Child Care Team: Receive Strategies for Peak Performance
- * Receive Proven Strategies for Success

"Teamwork" Makes the Dream Work!

- * How to Build, "Together We Grow Stronger" Teams
- * Connect, Collaborate, Thrive: Teambuilding Strategies That Work!
- * Foster Collaboration, Cooperation, and Support.
- * Go "from Solo to Symphony" and Orchestrate Team Harmony in Your Center.
- * A Multitude of Activities to Add Enthusiasm, Connection, and Increased Productivity

Recruit, Retain, Rejoice: Unlock Success in Child Care Staffing

- * Become a Magnet for Excellence Attracting and Keeping Top Child Care Staff
- * Where and How Find Trustworthy Talent
- * How AI Can Help You in the Hiring Process
- * How to See Beneath the Surface When Hiring New Staff to Know if They are Trustworthy and Will Stay
- * Elevate Your Child Care Hiring Process with the Many Strategies You Will Learn

The AI Advantage: AI Tools to Empower Child Care Leaders

- * Boost Staff Moral with AI's Innovative Solutions for Child Care Centers
- * AI and Parents to Enhance Engagement and Cooperation
- * Child Care in the Age of AI: Become a Tech-Savvy Leader
- * Hiring and Retaining Staff with AI
- * Learn the Advantages and Disadvantages if Not Used Properly
- * Elevate Your Child Care Center with the Many Strategies You Will Learn

Stress-less Child Care: How to Create Wellness Program Activities

- * Burnout Busters: Learn Quick Wellness Fixes
- * Fast and Effective Stress Relief
- * Instant Stress Busters for You and Your Staff
- * Get Budget-Friendly Wellness Tips
- * Speedy Serenity with Swift and Simple Wellness Tips
- * Low-Cost, High Impact Wellness for You and Your Team
- * Efficient Safe Emotional Health Hacks

5-Hour Certificate

After viewing the course, pass a brief follow-up true/false exam for your 5-hour certificate. You will not be able to answer the questions until after the seminar ends. If you watch the seminar, you will be able to easily answer all questions. Those who answer less than 70% correctly will be required to pay a \$5 retake fee. No need to worry - failed exams are rare.

You will find the exam in your EXAMS TO TAKE tab.

Regular Registration

NO LATER THAN Feb 1, 2024

Group size 1-2 people: \$53.99 per person

Group size 3+: \$48.99 per person

Late Registration

After Feb 1, 2024

Group size 1-2 people: \$58.99 per person

Group size 3+: \$53.99 per person

Category: [Management & Leadership](#)

Presenters:

Search by Title or Keyword



Small Steps, Giant Leaps Infant Toddler Workshop Online

LIVE • Online

February 10, 2024

8:30 am to 1:30 pm Central ⌚

Credits: 0.50

Earn 5 Clock Hours When You Pass Exam

Seminar Pricing:

\$29.99

Qty: ▼

Great News!

It is not necessary to purchase the end-of-course true/false quiz! It is included in every webinar purchase.

**Watch LIVE or the recording within 2 weeks of the broadcast date -
The recording will be removed on Feb 24, 2024.**

Please filter our trainings by state to see if these types of trainings are accepted in your state registry system.

The states below states require specific guidelines for online training

- * **Michigan** After you complete your end-of-course exam, please call us or email info@atiseminars.org to request that your credit gets entered into the MI registry system.
- * **Missouri** To receive MOPD credit, take your end-of-course exam by noon on Feb. 12, 2024. *Be sure your MOPD ID number is listed in your Appelbaum account profile in the "State Registry ID" field.*
- * **Minnesota** To receive DEVELOP credit. *Be sure your DEVELOP ID number is listed in your Appelbaum account profile in the "State Registry ID" field.*
- * **Oklahoma** After you complete your end-of-course exam, please call us or email info@atiseminars.org to request that your credit gets entered into the CECPD registry system.
- * **Tennessee** - To receive TrainTN credit, take your end-of-course exam by Feb. 25, 2024. TrainTN entries must be made within 15 calendar days of the training date.

You do not have to choose. All 5 topics will be covered

Creating a Haven of Love and Connection for Infants & Toddlers

Everyone who works with infants and toddlers knows that these ages are special and different from the other ages. There are ways you can make each day smoother, easier, and better for both you and the children.

Receive 10 powerful ways you can immediately implement.

Milestone Magic: Ages and Stages of Developmental Milestones

Children have unique characteristics of things they can do. Learn ages and stages for the different ages of tots starting from birth to 3 months & continuing * Learn typical skills they have for each stage: Physical Skills * Social Skills * Language Skills * What to expect at each stage; what they like * What to Do

Nurturing Neurons: Infant & Toddler Brain Development

How to nurture the brains of children * How and why the early years are vital to brain development * Facts about the brain's development the first years of life * How to nurture infant and toddler brains and help create brain smarts to help young children succeed.

“Stop the Chomp!” Solutions to Prevent Biting

Biting can be one of the most frustrating misbehaviors, and typically the one that parents complain about the most * Get strategies that work to prevent and stop biting * Learn why children bite * The different types of bites and what do they each mean * 20 Sanity-Saving Solutions to Stop Biting

Become a Tot Whisperer! Calming Infants and Toddlers

Do you have tots that say, “No,” over and over? Do you have tots that have tantrums? Did you know that infants and toddlers communicate in amazing ways even before they say, “No,” or have a tantrum? Learn the amazing ways tots communicate and how to recognize what they are saying * Become a tot whisperer and know what they're saying, and how to respond. Learn to tune in to tots and know when they are angry, sad, over-stimulated, or cranky.

5-Hour Certificate

After viewing the course, pass a brief follow-up true/false exam for your 5-hour certificate. You will not be able to answer the questions until after the seminar ends. If you watch the seminar, you will be able to easily answer all questions. Those who answer less than 70% correctly will be required to pay a \$5 retake fee. No need to worry - failed exams are rare.

You will find the exam in your EXAMS TO TAKE tab.

Regular Registration

NO LATER THAN Feb 8, 2024

Group size 1-5 people: \$29.99 per person

Group size 6+: \$24.99 per person

Late Registration

After Feb 8, 2024

Group size 1-5 people: \$34.99 per person

Group size 6+: \$29.99 per person

Category: Environment & Curriculum Child Growth and Development

Presenters:

2024 webinars at a glance!

[Making Informed Business Decisions in Your Program, by Tara Franklin](#)

February 7, 2024

[REGISTER NOW](#)

[How Perspective-Taking Nurtures Empathy, Kindness, & Justice in ECE](#)

February 21, 2024

[REGISTER NOW](#)

[Think, Try, Fix, Share: Inclusive Engineering with Young Children Using Universal Design, by Angi Stone-MacDonald, Ph.D. and Amanda Lopes, Ph.D.](#)

February 22, 2024

[REGISTER NOW](#)

[Using Learning Stories to Make Learning Visible to Children and Families, by Sharon Carlson and Amanda Higgins](#)

February 28, 2024

[REGISTER NOW](#)

[Nature-Based Learning: Inspiring & Supporting Staff to help children learn with nature, by Dr. Rachel A. Larimore](#)

March 6, 2024

[REGISTER NOW](#)

>>>NEW<<<

[Empower Your Teachers Through Coaching to Lead From Within, by Jennifer Slavin, M.Ed.](#)

March 14, 2024

[REGISTER NOW](#)

[Award-Winning Nature Books for Teachers, Children and Families in Your Program! by Betsy Bird, Martha Meyer and Bridget Petrites](#)

March 20, 2024

[REGISTER NOW](#)

[Turning the Stress of Program Assessment into a Superpower for Teachers and Administrators, by Lynee Lopez](#)

March 27, 2024

[REGISTER NOW](#)

Website

Early Childhood Investigations

webinars@earlychildhoodwebinars.com

Car Seat Checkup Events

Date	Time	Event
December 21	10-12	Tulsa Fire Department Station 22 7303 East 15 th Street – Tulsa, OK 74112
January 4	10-12	Broken Arrow Fire Department Station 6 3151 North 9th Street – Broken Arrow, OK 74012
January 18	10-12	Tulsa Fire Department Station 22 7303 east 15 th Street — Tulsa, OK 74112
January 19	10-12	Kiamichi Technology Center 1763 W Liberty Rd — Atoka, OK 74525
January 25	10-12	Jenks Fire Department Station 2 1115 West 121st Street – Jenks, OK 74037
February 1	10-12	Broken Arrow Fire Department Station 6 3151 North 9th Street – Broken Arrow, OK 74012
February 10	10-12	Bixby Fire Department Station 2 8300 East 121st Street – Bixby, OK 74008
February 15	10-12	Tulsa Fire Department Station 22 7303 east 15th Street — Tulsa, OK 74112
February 22	10-12	Jenks Fire Department Station 2 1115 West 121st Street – Jenks, OK 74037
March 7	10-12	Broken Arrow Fire Department Station 6 3151 North 9th Street – Broken Arrow, OK 74012
March 9	10-12	Ascension St. John – Mary K Chapman Health Plaza 1819 E 19th St – Tulsa, OK 74104
March 21	10-12	Tulsa Fire Department Station 22 7303 east 15th Street — Tulsa, OK 74112
March 28	10-12	Jenks Fire Department Station 2 1115 West 121st Street – Jenks, OK 74037

For further resources please call 918-494-SAFE or visit www.safekidstulsa.com

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. Please note: this is not a required training for Family Child Care Homes.

FEBRUARY (Virtual)

Wednesday, February 14

8:00am - 2:00pm

MARCH (In Person)

Saturday, March 2

9:00am - 3:00pm

APRIL (Virtual)

Wednesday, April 17

8:00am - 2:00pm



MAY (Virtual)

Saturday, May 11

9:00am - 3:00pm

JUNE (In Person)

Wednesday, June 12

8:00am - 2:00pm

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

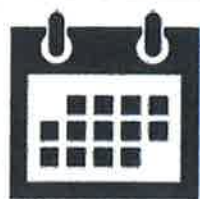
The following are required for virtual training:
car seat | video-capable device | email for Teams

This training is offered by Safe Kids Oklahoma in partnership with Oklahoma DHS Child Care Services. For information on class content, visit www.safekidsok.org or call Safe Kids Oklahoma at (405) 945-6709. Cost: \$15 (must be paid at time of registration)



Virtual Car Seat Workshop

**Saint Francis -Safe Kids-Virtual Car Seat
VIRTUAL Car Seat Workshop
Wednesday, February 7, 2024 (1:00-2:00pm)
Tuesday, February 27, 2024 (10:00am-11:00am)
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

Positive Parenting Tips for Healthy Child Development

Middle Childhood (9-11 years of age)

Developmental Milestones

Your child's growing independence from the family and interest in friends might be obvious by now. Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves. This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.

Here is some information on how children develop during middle childhood:

Emotional/Social Changes

Children in this age group might:

- Start to form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.
- Experience more peer pressure.
- Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age.

Thinking and Learning

Children in this age group might:

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span.

Positive Parenting Tips

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

- Spend time with your child. Talk with her about her friends, her accomplishments, and what challenges she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups, such as a sports team, or to be a volunteer for a charity.
- Help your child develop his own sense of right and wrong. Talk with him about risky things friends might pressure him to do, like smoking or dangerous physical dares.
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage her to help people in need. Talk with her about what to do when others are not kind or are disrespectful.



- Help your child set his own goals. Encourage him to think about skills and abilities he would like to have and about how to develop them.
- Make clear rules and stick to them. Talk with your child about what you expect from her (behavior) when no adults are present. If you provide reasons for rules, it will help her to know what to do in most situations.
- Use discipline to guide and protect your child, instead of punishment to make him feel badly about himself.
- When using praise, help your child think about her own accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise her.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with him about his homework.
- Be affectionate and honest with your child, and do things together as a family.

Child Safety First

More independence and less adult supervision can put children at risk for injuries from falls and other accidents. Here are a few tips to help protect your child:

- Protect your child in the car. The National Highway Traffic Safety Administration recommends that you keep your child in a booster seat until he is big enough to fit in a seat belt properly. Remember: your child should still ride in the back seat until he or she is 12 years of age because it's safer there. Motor vehicle crashes are the most common cause of death from unintentional injury among children of this age.
- Know where your child is and whether a responsible adult is present. Make plans with your child for when he will call you, where you can find him, and what time you expect him home.
- Make sure your child wears a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports.
- Many children get home from school before their parents get home from work. It is important to have clear rules and plans for your child when she is home alone.

Healthy Bodies

- Provide plenty of fruits and vegetables; limit foods high in solid fats, added sugars, or salt, and prepare healthier foods for family meals.
- Keep television sets out of your child's bedroom. Limit screen time, including computers and video games, to no more than 1 to 2 hours.
- Encourage your child to participate in an hour a day of physical activities that are age appropriate and enjoyable and that offer variety! Just make sure your child is doing three types of activity: aerobic activity like running, muscle strengthening like climbing, and bone strengthening – like jumping rope – at least three days per week.

A pdf of this document for reprinting is available free of charge from

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>

Additional Information:

<http://www.cdc.gov/childdevelopment>

1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

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 | » Pawnee |
| » Mayes | » Rogers |
| » Muskogee | » Tulsa |
| » Okmulgee | » Wagoner |
| » Osage | » Washington |



submit referral
form email to
scereferrals@fcsok.org

CONTACT US:
918.584.4549
fcsok.org



or visit
fcsok.org/safecare-parenting for
more information and
our SafeCare® referral form