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Mar. '24

## March Training Schedule

For help with navigation to [cecpd/okregistry](http://cecpd/okregistry) call 405-799-6383

[www.okregistry.org/cecpd](http://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](http://www.rainbowfleet.org)**

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

Tuesday, March 5, 2024-Light and Shadow-OKC,OK-6:30-8:30pm-\$20-Register @ [cecpd.org](http://cecpd.org)

Monday, March 11, 2024--Safe Sleep-OKC,OK-6:30-8:30pm-\$20-Reg. @ [cecpd.org](http://cecpd.org)

### Other OKC Area Trainings listed below:

#### Pediatric CPR - First Aid-AED

Saturday, March 9, 2024-Pediatric CPR and First Aid-OKC, OK-9:00am-1:00pm-\$65-Reg. @ [cecpd.org](http://cecpd.org)

#### Othe Child Development Trainings in the OKC Area

Tues./Thurs/Saturday, March 5/7/9, 2024TBRI (Trauma Informed Classroom)-OKC,OK--Free-Reg. @ [cecpd.org](http://cecpd.org)

Saturday, March 9, 2024-Leadership Conference-Shawnee,OK -8:30am-4:00om-\$125.52-Reg. @ [cecpd.org](http://cecpd.org)

Saturday, March 9/16, 2024(2-Sessions)-ELG's (Ages 3-5)-Moore,OK-8:00am-4:00pm-\$20-Reg. @ [cecpd.org](http://cecpd.org)

Saturday, March 9, 2024Teaching Strategies (Autism)-WEB-9:30am-11:30am-\$20-Reg. @ [cecpd.org](http://cecpd.org)

Tuesday, March 12, 2024-Infant Mental Health-Moore,OK-5:45-8:45pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

Thursday, March 14, 2024-Infant Mental Health-Shawnee,OK-5:45-8:45pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

Thursday, March 14, 2024-It's Never Just Play-Stillwater,OK-6:00-8:00pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

Saturday, March 23, 2024-Basic Kitchen Skills (CACFP)-OKC,OK-9am-3pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

### Tulsa Area Trainings

#### Tulsa Tech

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

Tuesday, March 5/12(Two-Sessions),2024-Beyond Books-Tulsa, OK-6:30-9:00pm-\$39-Reg. @ [cecpd.org](http://cecpd.org)

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

[www.csctulsa/ccrc.org](http://www.csctulsa/ccrc.org)

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

#### Pediatric CPR-First Aid-AED

No Pediatric CPR-First Aid-AED classes scheduled for the Tulsa Area in the month of March 2024

#### Other Child Development Trainings in the Tulsa Area

Saturday, March 16, 2024-Infant Mental Health-Tulsa,OK-10:30am-1:30pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

Monday/Tuesday,March 4/5,2024-Conscious Discipline-Tulsa,OK-8:30am-4:00pm-Free-See Attached Flyer

Central Technology Center-Sapulpa,OK (CDA)

Call 227-0331

Nutrition Education-918-224-2192

### McAlester Area Trainings

Thursday, March 14, 2024-Circle Time Training-McAlester,OK-6:00-8:00pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

Thursday, March 28, 2024-Whole Grains for CACFP-McAlester,OK-9am-2pm-Free-Reg. @ [cecpd.org](http://cecpd.org)

### 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](http://infoatiseminars.org)

[zerotothree.org/seca.info.org/carecourses.com](http://zerotothree.org/seca.info.org/carecourses.com)

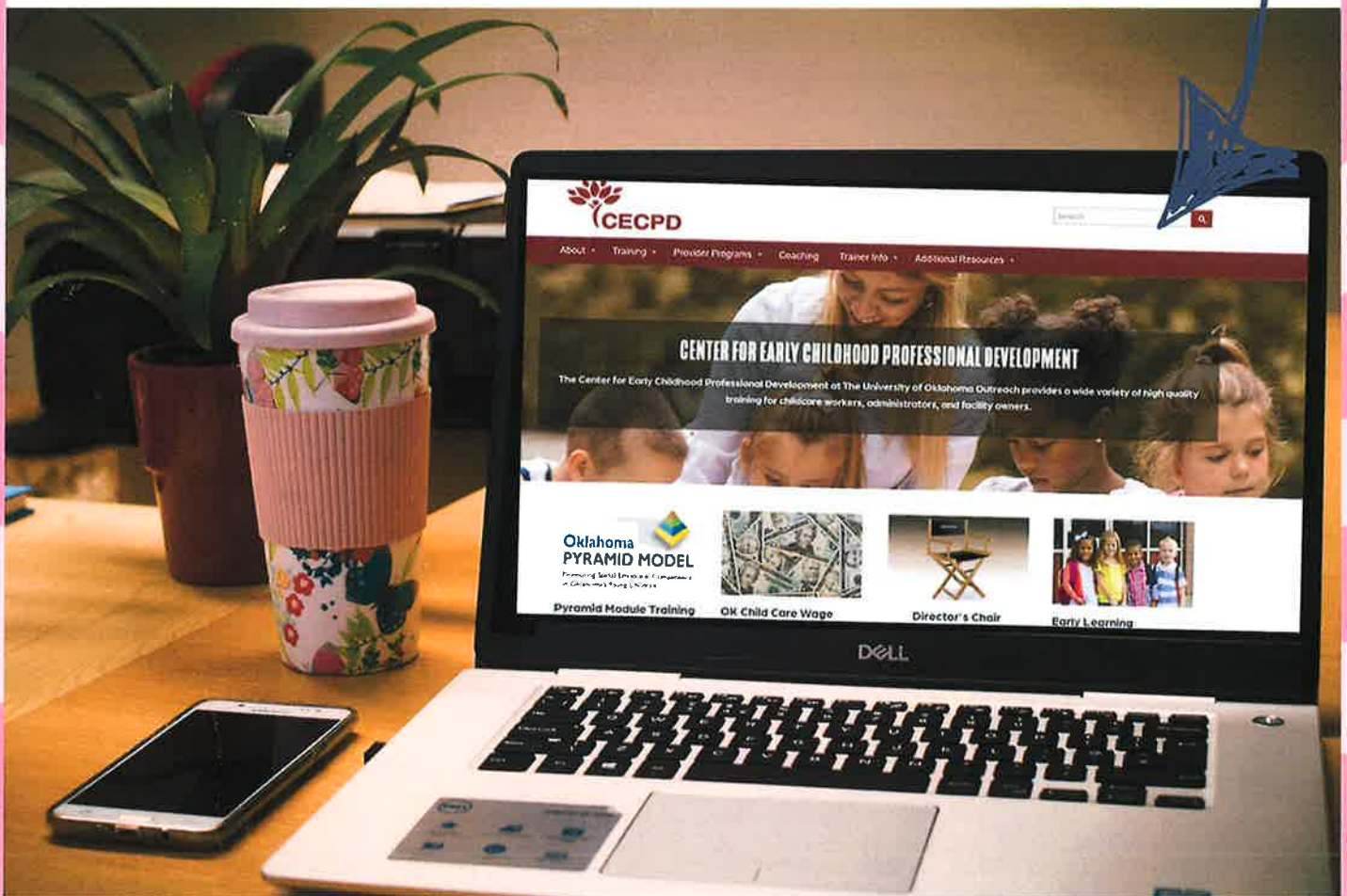
Building a Sound Business Strategy-McCormick Center for Early Childhood-847-947-5468-Jane Humpphries

Safeguard Classes Online-Preschool Fitness,etc.-Contact Tenlee Bell-800-346-4915 or [safeguardclassesonline.org](http://safeguardclassesonline.org)

Please Review the Attached (16) Documents/Resources / MN-Tribal Complex & (7) CDC's Closed on March 29th

# CHECK IT OUT

## The CECPD website has a new look!





## **Training for the Month**

**Title: 2024 LCA (Licensed Child Care Association) Spring Conference**

**Amazing day of Learning, Fun, and Networking. Keynote will be Lisa Murphy, The Oooey Gooey Lady!**

**In-Person-Training at (Gordon Cooper Technology Center,1 John C. Bruton Dr. Shawnee, OK,74804)**

**Saturday, March 9, 2024**

**Time: 8:30am-4:30pm.**

**Cost=Members-\$75.52/Non-Members-\$125.52 - Includes: Breakfast-Lunch-Snacks**

**To Register: Call 405-364-2323**



## **2024 LCA Spring Conference with the Oooey Gooney Lady - Lisa Murphy!**

**Sat Mar 9, 2024 8:30 AM - 4:30 PM**

**Gordon Cooper Technology Center, 74804**

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**Sat Mar 9, 2024 8:30 AM - 4:30 PM**

**Gordon Cooper Technology Center, 74804**

### **Description**

Join us for an amazing day of learning, fun and networking.

Our keynote will be the amazing Lisa Murphy, The Oooey Gooney Lady!

### **Location**

Gordon Cooper Technology Center, 74804



Oklahoma Clearinghouse  
for EARLY CHILDHOOD SUCCESS



Join us for 2 days of **FREE**  
**Conscious Discipline Training**

# Building Connection

**Monday & Tuesday, March 4-5, 2024,  
8:30 a.m. - 4 p.m.**

**Greenwood Cultural Center  
322 N Greenwood Ave, Tulsa, OK 74120**

In this session you will learn the ways connection wire a brain. You will develop and practice skills of calm reassurance, connecting activities, seeing without judgment, two positive choices, the opportunity to contribute to others, and composure practice to raise children AND yourself into an Executive State. You will leave this session knowing how to meaningfully connect with your students, even when outnumbered.

Lunch will be provided both days.

**Scan or Click Here to  
Register for  
Infant/Toddler Training**



**Scan or Click Here to  
Register for  
Pre-K Training**



**Website Address**

**Early Childhood Investigations/Webinars**

**[webinars@earlychildhoodwebinars.com](mailto:webinars@earlychildhoodwebinars.com)**

## 2024 webinars at a glance!

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

**March 6, 2024**

**[REGISTER NOW](#)**

[Coaching Strategies that Empower Teachers to Lead From Within, by Jennifer Slavin, M.Ed. and Tasha Santistevan](#)

**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](#)**

[In the Heat of the Moment: Understanding Escalating Behaviors in Early Childhood, by Barbara Kaiser](#)

**March 28, 2024**

**[REGISTER NOW](#)**

[Outdoor Loose Parts! Spark Creativity, Problem-Solving, Communication, and Self-Confidence With Loose Parts Play, by Rusty Keeler](#)

**April 10, 2024**

**[REGISTER NOW](#)**

[Multicultural Tools & Strategies for Nature-Based Program Leaders, by Ashley Brailsford, Ph.D.](#)

**April 11, 2024**

**[REGISTER NOW](#)**

## Car Seat Checkup Events

Date	Time	Event
December 21	10-12	Tulsa Fire Department Station 22 7303 East 15 <sup>th</sup> 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 <sup>th</sup> 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

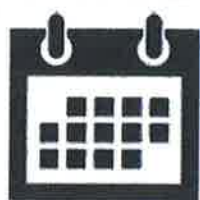
For further resources please call 918-494-SAFE or visit [www.safekidstulsa.com](http://www.safekidstulsa.com)





# Virtual Car Seat Workshop

**Saint Francis -Safe Kids-Virtual Car Seat  
VIRTUAL Car Seat Workshop  
Wednesday, March 6, 2024 (1:00-2:00pm)  
Tuesday, March 26, 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](mailto:safekidstulsa@saintfrancis.com). Car seats provided by





# Spanish Car Seat Workshop

**Saint Francis -Safe Kids-Virtual Car Seat  
(SPANISH) Car Seat Workshop  
Tuesday, March 26, 2024 (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](mailto: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

## 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 |



Family &  
Children's  
SERVICES

submit referral  
form email to  
[scereferrals@fcsok.org](mailto:scereferrals@fcsok.org)

CONTACT US:  
918.584.4549  
[fcsok.org](http://fcsok.org)



or visit  
[fcsok.org/safecare-parenting](http://fcsok.org/safecare-parenting) for  
more information and  
our SafeCare® referral form

## Art/Easel:

### Footprints

Materials Needed: Fingerpaint and paper!

The children make footprints, one of each color.

Allow them after that to sit on a chair and just "paint" with their feet!

This is a great follow-up activity to The Foot Book!



### Color Book

Materials Needed: A variety of colors of paint, brushes, and half sheets of construction paper.

Encourage the children to use one color on each half sheet to make their own color book.

VARIATION: Let the children experiment mixing colors while they paint.

This is a great activity to go with the book My Many Colored Days!

### Truffula Trees

Materials: playdough, pipe cleaners, poms poms, glue, etc.

Use playdough and provide pipe cleaners, pom poms, glue and other items.

The children can make their own Truffula Trees after reading The Lorax.



## Snack Recipes:

### Green Eggs and Ham, of course!

First, read the book Green Eggs and Ham to the children.

Then, make some scrambled eggs and add some green food gel to the eggs before cooking!

Heat up some ham.





# Spring Celebration

SAVE THE  
DATE

**MARCH 20TH, 2024**

OKMULGEE, OK

## RESOURCE BOOTHS

HAIRCUTS

3 ON 3

GAMES

BASKETBALL

INFLATABLES

FACE PAINTING



THE MUSCOGEE NATION

Contact Jasmyne Jack for questions  
[jasmyne.jack@creekhealth.org](mailto:jasmyne.jack@creekhealth.org)



# Positive Parenting Tips for Healthy Child Development

## Young Teens (12-14 years of age)

### Developmental Milestones

This is a time of many physical, mental, emotional, and social changes. Hormones change as puberty begins. Most boys grow facial and pubic hair and their voices deepen. Most girls grow pubic hair and breasts, and start their period. They might be worried about these changes and how they are looked at by others. This also will be a time when your teen might face peer pressure to use alcohol, tobacco products, and drugs, and to have sex. Other challenges can be eating disorders, depression, and family problems. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, although parents are still very important.

Here is some information on how young teens develop:

### Emotional/Social Changes

Children in this age group might:

- Show more concern about body image, looks, and clothes.
- Focus on themselves; going back and forth between high expectations and lack of confidence.
- Experience more moodiness.
- Show more interest in and influence by peer group.
- Express less affection toward parents; sometimes might seem rude or short-tempered.
- Feel stress from more challenging school work.
- Develop eating problems.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.



### Thinking and Learning

Children in this age group might:

- Have more ability for complex thought.
- Be better able to express feelings through talking.
- Develop a stronger sense of right and wrong.

### Positive Parenting Tips

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

- Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- Meet and get to know your teen's friends.
- Show an interest in your teen's school life.
- Help your teen make healthy choices while encouraging him to make his own decisions.



- Respect your teen's opinions and take into account her thoughts and feelings. It is important that she knows you are listening to her.
- When there is a conflict, be clear about goals and expectations (like getting good grades, keeping things clean, and showing respect), but allow your teen input on how to reach those goals (like when and how to study or clean).

## Child Safety First

You play an important role in keeping your child safe—no matter how old he or she is. Here are a few tips to help protect your child:

- Make sure your teen knows about the importance of wearing seatbelts. Motor vehicle crashes are the leading cause of death among 12- to 14-year-olds.
- Encourage your teen to wear 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. Injuries from sports and other activities are common.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your thoughts and feelings with him. Listen to what she says and answer her questions honestly and directly.
- Talk with your teen about the importance of having friends who are interested in positive activities. Encourage her to avoid peers who pressure her to make unhealthy choices.
- Know where your teen is and whether an adult is present. Make plans with him for when he will call you, where you can find him, and what time you expect him home.
- Set clear rules for your teen when she is home alone. Talk about such issues as having friends at the house, how to handle situations that can be dangerous (emergencies, fire, drugs, sex, etc.), and completing homework or household tasks.

## Healthy Bodies

- Encourage your teen to be physically active. She might join a team sport or take up an individual sport. Helping with household tasks such as mowing the lawn, walking the dog, or washing the car also will keep your teen active.
- Meal time is very important for families. Eating together helps teens make better choices about the foods they eat, promotes healthy weight, and gives your family members time to talk with each other.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or afterschool care.

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

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

## Additional Information:

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

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



# Acetaminophen

Never take 2 medicines that contain acetaminophen at the same time.



Hundreds of over-the-counter and prescription medications already contain acetaminophen. Always read and follow the medication labels.



Symptoms of an overdose such as cramping, sweating, vomiting, stomach pain, or nausea may not show up for hours. Taking too much acetaminophen can cause permanent liver damage, liver failure, or death.



Talk to your teen about how to read medication labels and medication safety. Over-the-counter medications may seem harmless, but the wrong doses can be deadly. Keep bulk medications locked up and away.



Before giving acetaminophen to a child, know their weight. Follow directions and weight based dose recommendations. Don't give children adult doses.



Call the poison center right away if someone has taken too much acetaminophen or if you have question on how to dose.



Common dosing mistakes include taking the next dose too soon, using multiple products at the same time, and taking more than recommended. Use the measuring device that comes with medication. Don't use household spoons, which can vary in size.



# Acetaminofén

**Nunca tome dos medicinas  
que contienen acetaminofén  
a la misma vez.**

**1-800-222-1222**



Cientos de medicamentos de venta libre y recetados ya tienen acetaminofén. Siempre lea y siga las etiquetas de los medicamentos.



Síntomas de una sobredosis como calambres, sudando, vomitando, dolor estomacal, o náusea pueden no aparecer durante horas. Tomando demasiado acetaminofén puede causar daño hepático permanente, insuficiencia hepática o muerte.



Hable con su adolescente sobre cómo leer las etiquetas de los medicamentos y medicamentos de una forma segura.



Antes de dar acetaminofén a un niño, asegúrese de saber su peso. Siga las direcciones y las recomendaciones de dosis basadas en el peso.



Llame al centro de envenenamiento si alguien ha tomado demasiado acetaminofén o si tiene preguntas sobre la dosis.



Los errores de dosis comunes incluyen tomar la siguiente dosis demasiado pronto, usar varios productos al mismo tiempo y tomar más de lo recomendado. Utilice el dispositivo de medición que viene con el medicamento. No utilice cucharas caseras, que pueden variar de tamaño.





2024

Muscogee (Creek) Nation

# VITA-TCE TAX PROGRAM

You may qualify for the Earned Income Tax Credit even if you are single and have no children.

[irs.gov/eitcassistant](https://irs.gov/eitcassistant)

- ✓ **FREE TAX RETURN SERVICE\***
- ✓ **EXPANDED EITC ELIGIBILITY**
- ✓ **WILL PREPARE MCGIRT RELATED EXEMPTIONS FOR QUALIFIED TAXPAYERS**
- ✓ **ELECTRONIC FREE FILE FOR 2020/2021/2022/2023**
- ✓ **TECHNICAL ASSISTANCE AVAILABLE OPEN to the GENERAL PUBLIC FEBRUARY 12- APRIL 18, 2024.**

In person appointments/virtual/drop-off will operate from 9am-4pm, Monday - Friday Beginning 2/12/2024 and Ending 4/18/2024.

\*The Muscogee (Creek) Nation VITA-TCE TAX PROGRAM electronically files current and previous tax returns for **any Muscogee Nation Reservation resident who makes less than \$64,000/year/household for free.**



Call for Assistance and Appointments.

**918.304.3251**

The program will be hosted at the Safe Space.  
3000 Warrior Place Okmulgee, OK 74447



THE  
MUSCOGEE  
NATION