

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

Apr. '24

April 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

Tuesday, April 2, 2024-Safe Sleep-Zoom-12:00-2:00pm-\$20-Register @ cecpd.org

Pediatric CPR - First Aid-AED

Saturday (2), April 6/20, 2024-Pediatric CPR- FirstAid-AED-OKC, OK-9:00am-1:00pm-\$65-Reg. @ cecpd.org

Wednesday/Tuesday, April 10/16-Pediatric CPR-FirstAid-AED-OKC,OK-6:00-10:00pm-\$65-Reg. @ cecpd.org

Saturday/Tuesday, April 27/30-Pediatric CPR-First Aid-AED-MWC,OK-9am-1pm/6-10pm-Reg. @ cecpd.org

Othe Child Development Trainings in the OKC Area

Monday, April 1, 2024-Music-Connections/ Literacy & School Readiness-Web -6:00-8:00pm-\$5-Reg. @ cecpd.org

Tuesday/Thursday, April 2/4, 2024 (2-Sessions)-Trauma-OKC,OK-5:00-8:00pm-Free-Reg. @ cecpd.org

Wednesday, April 3, 2024-Multi Cultural Limbo in Classroom-WEB-6:00-8:00pm-\$10-Reg. @ cecpd.org

Thursday, April 4, 2024-Disability Awareness-Norman,OK-6:00-9:00pm-Free-Reg. @ cecpd.org

Saturday, April 6, 2024-Thrive: Even Super Heroes Need Support-OKC,OK-8am-4pm-\$25-Reg. @ cecpd.org

Saturday, April 6/20, 2024-Disability Awareness-Edmond,OK-Free-10:00am-1:00pm-Reg. @ cecpd.org

Tuesday/Wednesday, April 23/24,2024-Positive Classroom Discipline-WEB-7:30-9:00pm-\$30-Reg. @ cecpd.org

Tuesday, April 23, 2024-Time Management for ECE Professionals-WEB-6:00-8:00pm-\$20-Reg. @ cecpd.org

Wednesday, April 24, 2024-Do It Yourself Block Ideas--WEB-7:00-8:00pm-\$20-Reg. @ cecpd.org

Tuesday, April 30, 2024-Basics of the Customer Experience-Edmond,OK-6:30-8:30pm-Free-Reg. @ cecpd.org

Tulsa Area Tainings

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

Saturday, April 20, 2024-Pediatric CPR-FirstAid-AED-Tulsa,OK-9am-1pm-\$65-Reg. @ cecpd.org

Other Child Development Trainings in the Tulsa Area

Saturday, April 6, 2024-Invitation to Play (Loose Parts)-Tulsa,OK-10:00am-1:00pm-\$10-Reg. @ cecpd.org

Wednesday, April 10, 2024-Language (Storytelling w/Props)-WEB--6:30-7:30pm-\$7.50-Reg. @ cecpd.org

Wednesday, April 10, 2024I Am Moving I Am Learning (Outside)-Tulsa,OK-6:00-8:00pm-Free-Reg. @ cecpd.org

Saturday, April 20, 2024-Disability Awareness-Tulsa,OK-10:30am-1:30pm-Free-Reg. @ cecpd.org

Friday, April 26, 2024-Disability Awareness-Bartlesville,OK-6:00-9:00pm-Free-Reg. @ cecpd.org

Central Technology Center-Sapulpa,OK (CDA)

Call 227-0331

Nutrition Education-918-224-2192

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://ApplebaumLive-OnlineTrainings-infoatiseminars.org)

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

[Building a Sound Business Strategy-McCormick Center for Early Childhood-847-947-5468-Jane Humphries](http://BuildingaSoundBusinessStrategy-McCormickCenterforEarlyChildhood-847-947-5468-JaneHumphries)

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

Please Review the Attached (20) Documents/Resources

MVTO (Muh Doe) Thank You



What: Mental Wellness Through Awareness

Occasion: Professional Development and Executive Coaching

When: April 13,2024

April 27,2024

August 3,2024

August 24,2024

Where: Green Country Technology Center-1100 OK-56 Loop-Okmulgee, OK

Time: 9:30am-2:00pm-Repetitive Sessions-Register for One Date (Only)

Lunch is Provided! Seating Available to the First 100 to Register

Sponsored by Muscogee Nation-Office of Child Care

Call Laci to register @ 918-732-7668 or reach out by email

Email llegrand@muscogeenation.com

Training(s) for the Month

Title: Multi Cultural Limbo in the Classroom

Web Based

Wednesday, April 3, 2024

Time: 6:00-8:00pm

Cost=\$10

To Register: Register @ cecpd.org

Title: Time Management for ECE (Early Child Educators) Professionals

Web Based

Tuesday, April 23, 2024

Time: 6:00-8:00pm

Cost=\$20

To Register: Register @ cecpd.org

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

2024 webinars at a glance!

>>Program Assessment<<

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

March 27, 2024

[REGISTER NOW](#)

>>Strategies for children's behavior<<

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

March 28, 2024

[REGISTER NOW](#)

>>Creativity with loose parts<<

[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](#)

>>Social emotional learning<<

[To Co-Regulate or Demand Compliance? Supporting teachers' use of co-regulation strategies with children, by Perna Richards](#)

May 1, 2024

[REGISTER NOW](#)

>>>ON ZOOM<<<

[Designing Nature-Rich Spaces That Support Community Connection and Change, by Jeff Lindstrom and Heather Fox](#)

May 8, 2024

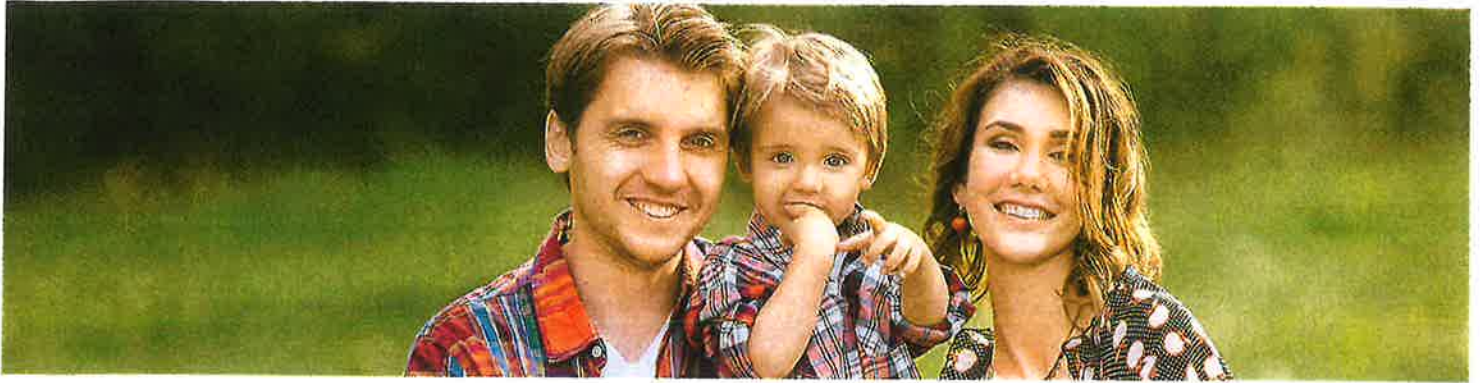
[REGISTER NOW](#)

>>>NEW<<<>>ON ZOOM<<<

[Building Blocks for Supporting all Children in Inclusive Settings, by Ariane Gauvreau, Ph D, BCBA-D and Ilene Schwartz](#)

June 12, 2024

[REGISTER NOW](#)



Virtual Car Seat Workshop

**Saint Francis -Safe Kids-Virtual Car Seat
VIRTUAL Car Seat Workshop**
Wednesday, April 3, 2024 (1:00-2:00pm)
Tuesday, April 30, 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

Muscogee (Creek) Nation

A.C.E. S.T.E.M. Opportunities

Eligibility:

American Indian/Alaska Native students attending school in the Muscogee Nation Reservation boundaries

Application Opens:

APRIL 15 | at Noon

Apply Online:

www.MCNACEservices.com

Registration is limited. First come, first served until all spots are filled.

Contact Us:

Penny Neal

PNeal@MuscogeeNation.com

(918) 549-2615

S.T.E.M. Activities

- ✓ **iFly STEM Day in OKC (MS)**
Grades 6 - 8 | May 23, 2024
- ✓ **Discovery Lab in Tulsa**
Grades PreK - 3 | May 30, 2024
For Guardian and student
- ✓ **Tulsa Air & Space Museum**
Grades 4 & 5 | June 11, 2024
- ✓ **iFly STEM Day in OKC (HS)**
Grades 9 - 12 | June 20, 2024
- ✓ **Legos from Barnes & Noble**
(Online Lego Store) - Pre-K - 12th
- ✓ **Little Passports Activity Kits**
(1-yr Subscription for monthly activities) - Pre-K - 3rd



THE MUSCOGEE NATION

AGE

"A child's creativity comes into play when the blocks become a tower for pretend princes and princesses. Critical thinking happens when children try to figure out how to build something."



Toys That Encourage Healthy Brain Development

- Play-Doh
- Play kitchen
- Play workbench
- Wooden toys
- Books
- Board games, Legos, Puzzles, Magna-Tiles
- Toy grocery cart
- Toy stroller
- Stomp Rockets
- Sidewalk chalk
- Toy tongs
- Musical instruments
- Lovevery kit: a subscription company that does a toy box for that age-appropriate kit. [lovevery.com](https://www.lovevery.com)
- KiwiCo kit: age-based STEAM (Science Technology Engineering Art and Math) games. [kiwico.com](https://www.kiwico.com)
- Memberships to museums, Discovery Lab, Tulsa Zoo or other places to encourage thinking and activity

Give Children the Gift of Brain Power

As the Christmas holiday season approaches, some of Tulsa's child development experts emphasize the importance of play in helping children's growing brains develop creativity and critical thinking skills. Parents and others who are purchasing gifts for the little ones in their lives might keep the experts' advice in mind as they look for toys that are not only fun, but help children's brain development.

Abbie Webster is speech language pathologist at TherapyTown in Tulsa.

"A big part of language development happens in your brain," she says. "Your brain has the most plasticity that it will ever have before the age of 3, and then it slows down significantly."

She says that young children develop language through being read to, but, just as importantly, from physical, hands-on play. The physical play helps young children understand and experience their world.

"[Young children] have more areas to learn, and they're developing all those motor pathways," Webster says.

Isaac Johnson, a board-certified cognitive specialist and owner of Brain Balance in Tulsa and Oklahoma City, encourages a variety of experiences to develop all aspects of a child's brain.

"The brain's primary way to develop and build connections is through physical and sensory activities and then cognitive activities," Johnson says. "Balanced play that includes gross motor, fine motor, sensory, cognitive, structured and unstructured play provides a solid foundation for a well-rounded development to occur."

Jana Doyle, a former teacher, owns Kiddlestix Toy Store along with her husband, Chuck. She says toys can encourage play for brain development.

"Children are learning while they're playing," Doyle says. "They don't necessarily have to be engaged in educational toys to learn new skills. While playing, kids are learning cause and effect, reasoning skills, fine and gross motor skills, and social and emotional skills."

"Activities that use all the senses and motor skills should be a daily practice. That provides the capacity and functionality in the brain both to memorize information and know right and wrong, but also the ability to apply what you know and learn from positive and negative consequences along the way."

Floor Time and Child-Directed Play

Lesley Gudgel, executive director at Sprouts Child Development, says that play is how children learn, and laments the overly academic push on young children.

"There is such a movement now, even in schools," she says, "that sitting little bitty kids at a desk and doing worksheets is the way to teach them. That will come as they get older. But play is how they learn [early academic skills] and how to negotiate with other kids."

Just as play is important for learning, the experts say, children develop social-emotional skills when parents and caregivers play with them.

"We love face-to-face learning, playing on the floor together, engaging," Webster says.

Gudgel adds that it's important for play to be child-led.

"As an adult, you're interjecting your perspective or your rules," she says, but children may not follow those rules, and that's OK.

"A stick can be something else or a box can be something else," Gudgel says. "Rather than the adult guiding what they're doing, it's best that the child is able to use their imagination and that the child invites [the parent or caregiver in to the play]. They're negotiating. They're using their own imagination. It's amazing what they learn just from those encounters."

Webster explains how a simple toy, such as blocks, can spark creative and critical thinking. **The blocks can be built to go up, but they can also come crashing down. A child's creativity comes into play when the blocks become a tower for pretend princes and princesses.** Critical thinking happens when children try to figure out how to build something. How does gravity play into it? If a bigger block is placed on a smaller block, will that work or not?

Gudgel advises parents to resist the urge to jump in and fix what children are building.

"You think, 'That's not going to stay,'" she says, "but they need to figure that out and, often, they figure it out pretty [quickly]."

Webster challenges parents to use their own imagination and think about new versions of play.

"Play isn't always playing with farm animals the exact same way," she says. "We can feed those animals. We can have those animals fly, and they can be fairy-land animals — whatever it is — using our imagination. Just because we have specific toys doesn't mean we have to play with them a specific way."

Less is More

Webster recommends rotating toys rather than overwhelming children with too much stuff.

“We need our kids to be attending better to the things that we’re giving them,” she says. “Giving them a room full of toys is going to be really overwhelming for their little brains and those developing minds. So, let’s give less and really concentrate on that attention to task.”

Johnson agrees.

“So often the problem isn’t finding the right toy,” he says. “It’s that the child has too many options and bounces from one thing to the next rather than staying and focusing on the toy or activity at hand. Find balance with activities such as spending time building a tower, or train set, or LEGO set, but then play with it and make characters act out stories that you imagine rather than reenacting exact scenes from a particular movie or show. Change it up and make a twist in the story each time.”

Johnson says fewer choices requires more imagination, and more choices requires almost no imagination.

Kid-powered and Open-ended

“For the most part, the more natural toys, the ones that children really have to do something to interact with it, are going to be best for brain development and social development,” Gudgel says.

“There is an incredible amount of brain growth happening while kids are playing with toys. Sometimes it’s the simplest toys that encourage the most growth,” Doyle says. “One of my favorite toys for encouraging brain growth is Magna-Tiles, a set of magnetic building tiles. Magna-Tiles are open-ended and encourage creativity and critical thinking. Kids can create all types of structures, while also learning about magnetic attraction.”

Gudgel says the simplicity of playing with paint, Play-Doh and even playing in the mud are all interactive activities where children can use their creativity.

For example, playing with sidewalk chalk, she says, develops both fine and gross motor skills.

“You’re drawing a great big sun,” Gudgel says. “That’s actually a gross motor movement that helps them so that when they’re ready to write, they’ve already had that input. They just bring it down to a smaller scale.”

These experts agree that the best toys are open-ended and can be used in a variety of ways.

“Something classic like a wooden train set is great for encouraging brain growth,” Doyle says. “Children work to put the pieces together to form a track, then are able to interact with the various trains and pieces to create different scenarios.”

Use Outdoor and Everyday Activities

Webster encourages parents and caregivers to involve their children in everyday routines as opportunities for play.

“Our lives are a lot more interesting than screens,” she says. “I love a family board game. We’re sitting down. We’re all attending to it together. We’re taking turns. We’re using those social reasoning skills and [thinking] ‘What’s going to happen next? How can I move past them?’ And you’re working on that little game theory and following rules together.”

Johnson advises limiting screen time and excessive sedentary activities in general.

“Get outside and smell the roses and play in the dirt. Do things that connect you to the world around you,” he says. “Activities that use all the senses and motor skills should be a daily practice. That provides the capacity and functionality in the brain both to memorize information and know right and wrong, but also the ability to apply what you know and learn from positive and negative consequences along the way.”

Gudgel says children also develop gross motor skills by being outside — running, swinging or playing hopscotch.

“Participate in outdoor activities with them but allow them to start making the hopscotch, for example. You can add on or just color on them with big chalk,” she says.

In the hustle of the holiday season, the experts advise parents to slow down and use every opportunity to engage with their children. Even Christmas shopping can be turned into a game.

“Play a game of ‘I Spy’ and work on critical thinking skills,” Webster says. “Kids can describe three things and then a parent will have to find it in the store.”

Beyond the holidays, the experts say play is a lifestyle with children of all ages. They stress the importance of parents maintaining a connection with their children.

“Engage when you can, while you can, how you can,” Webster says.

Gudgel says those playful interactions between parents and children build trust.

“As they get older, playing could be when the family goes skiing together, or playing basketball out on the driveway,” Gudgel says. “During those interactions, you have feelings of positivity and you’re laughing, which also kind of cement the relationship.”

“When the whole brain is developing and being used,” Johnson says, “then life will look much more balanced instead of lopsided and out of sync.” **TK**

Don't Learn Safety by ACCIDENT

Did YOU know?

Every year 10,000 burns happen to kids when they microwave noodles by themselves.



Did YOU know?

It only takes 2 minutes in the microwave for noodles to reach over 200 degrees, causing severe burns in less than 3 seconds!

If a burn injury does happen...

1. Cool the burn with COOL water (not cold) to stop the burning process.
2. Remove all clothing/jewelry from the injured area.
3. Cover the area with a dry, clean sheet or loose bandages
4. Seek medical attention

American Burn Association

ameriburn.org

Oklahoma
Children's Hospital
Health


OKLAHOMA
Children's Hospital
Health

35 WAYS TO PRAISE KIDS

- THAT'S INCREDIBLE • HOW EXTRAORDINARY
- GOOD JOB • GREAT WORK • GOOD EFFORT
- AMAZING • I AM PROUD OF YOU • TERRIFIC
- WAY TO GO • YOU'RE SO SMART • NICE GOING



- YOU GOT THIS • REMARKABLE • GREAT
- KEEP UP THE GOOD WORK • SUPERB
- HAVE FUN • GREAT PROGRESS • BRILLIANT
- BE YOURSELF • GREAT IDEA • WAY TO GO
- I CAN SEE YOU WORKED HARD ON THAT

- I BELIEVE IN YOU • IMPRESSIVE • I LIKE THAT
- VERY CLEVER • HOW CREATIVE • AWESOME
- I'M GLAD YOU'RE HERE • FANTASTIC
- YOU'RE A GREAT LEADER • THUMBS UP



- HOW THOUGHTFUL • NICE JOB



MUSCOGEE (CREEK) NATION
BEHAVIORAL HEALTH AND SUBSTANCE ABUSE SERVICES
NCTSI III (Trauma) Grant #63258 918-758-1910

Improving Oral Health Literacy Brightens Children's Smiles

Resources

- Webinarslides (English): https://drive.google.com/file/d/1qYnyfE1f1colZt2lq9ACEW_fuz-QMaGS/view?usp=sharing
- Evaluation: https://edc.co1.qualtrics.com/jfe/form/SV_6xH9Mn9CNsWxzPo
- Certificate of Participation: <https://drive.google.com/file/d/1O7OpCCij1nFwqhFbUptqpirYEo2ZpK7T/view?usp=sharing>
- Mailing List: <https://go.edc.org/HBHS-Contacts>
- Questions: health@ecetta.info
- Join MyPeers: <https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-social-network-early-childhood-professionals>
- **Brush, Book, Bed: How to Structure Your Child's Nighttime Routine** Share these family-friendly messages from the American Academy of Pediatrics to promote toothbrushing, reading, and routines. <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Brush-Book-Bed.aspx>
- **Brush Up on Oral Health** Use these tip sheets to support the oral health of children, pregnant women and people, and families. These have up-to-date practices and practical tips to promote good oral health. <https://eclkc.ohs.acf.hhs.gov/oral-health/brush-oral-health/brush-oral-health>
- **Brushy Book Nighty Night** Grover from Sesame Street tells parents and children how to build toothbrushing into bedtime routines in this short video. <https://www.youtube.com/watch?v=exBfbf165C4>
- **Cook's Corner: Recipes for Healthy Snacks** These recipes support children's healthy growth with ingredients that are fresh, sugar-free, low in fat, and high in fiber. <https://eclkc.ohs.acf.hhs.gov/oral-health/cooks-corner-recipes-healthy-snacks/cooks-corner-recipes-healthy-snacks>
- **Health Literacy Guiding Principles for Early Childhood Programs** Explore these principles about health communication and why it's important that programs incorporate these practices into service delivery. <https://eclkc.ohs.acf.hhs.gov/publication/health-literacy-guiding-principles-early-childhood-programs>
- **Healthy Habits for Happy Smiles** This series of handouts provides tips on oral health issues. Staff can share them with families to promote good oral health. <https://eclkc.ohs.acf.hhs.gov/browse/series/healthy-habits-happy-smiles>
- **Helping Children Brush Their Teeth** Staff can follow these steps for toothbrushing in the classroom for children of all ages. <https://eclkc.ohs.acf.hhs.gov/oral-health/article/helping-children-brush-their-teeth>
- **I Like My Teeth Fluoride Posters** These posters share messages about brushing teeth with fluoridated toothpaste, drinking fluoridated water, eating a healthy diet, and talking to a healthcare provider about fluoride treatments. <https://eclkc.ohs.acf.hhs.gov/oral-health/article/i-my-teeth-fluoride-posters>
- **Improving Oral Health Literacy** This tip sheet focuses on why oral health literacy is important and what staff can do to improve it. <https://eclkc.ohs.acf.hhs.gov/oral-health/brush-oral-health/improving-oral-health-literacy>
- **Make Better Beverage Choices** These tips help families and staff choose drinks that are full of nutrients and limited in added sugars, saturated fat, and sodium. <https://www.myplate.gov/tip-sheet/make-better-beverage-choices>
- **Potter the Otter: A Tale About Water** Potter teaches his friends about the importance of drinking water to stay healthy and hydrated in this animated video. <https://www.youtube.com/watch?v=S0kqHHNtvLM>
- **Resources to Make You Smile!** This is a monthly newsletter featuring information and tools to promote good oral health. To sign up, enter your email address, choose "Oral Health," and select "Subscribe." <https://eclkc.ohs.acf.hhs.gov/subscribe>
- **Starting Early** Grover reminds families to schedule a dental visit within six months after the first tooth or by the first birthday, then visit a dentist twice a year. <https://www.youtube.com/watch?v=bQ7ZzI1NDJY>
- **Teeth Brushing with Elmo** Sesame Street's Elmo sings about brushing every day and night in this video. <https://www.youtube.com/watch?v=XFCzM0wXTp8>
- **Tooth-Friendly Foods** Grover explains how water and "anytime foods" are good for children's teeth and bodies in this video. https://www.youtube.com/watch?v=w927OI_4oIc
- **Tooth-Friendly Foods** Sesame Street's Abby and Elmo remind children to try a few bites of a healthy choice. <https://www.youtube.com/watch?v=Y9AtmcP8WlQ>
- **Water Recipes** Check out these fruit-infused water recipes for healthy alternatives to juices or soda <https://healthperformance.files.wordpress.com/2016/06/water-recipes-color-horizontal.pdf>

All ECLKC pages are translated into Spanish. Select the Español button on the top right corner to see the Spanish translation.



National Center on

Health, Behavioral Health, and Safety

888-227-5125 • health@ecetta.info

Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Care and Education Programs

Ms. Marshall: Hello, friends. Are you all ready to brush your teeth? Ms. Marshall is going to put some toothpaste in the cups, because we're going to do what, Rose and Elizabeth? We're going to brush our teeth.

Dr. Mark Macek: Head start and other early childhood programs are excellent places to help children learn good health habits. As programs staff, you play an important role in helping children develop healthy habits. Welcome, my name is Dr. Mark Macek with the University of Maryland School of Dentistry.

Having good oral health has a positive impact on a child's ability to learn, and is key to growth and development. But not all children have good oral health. Children with pain and infection from tooth decay may experience more difficulty concentrating and learning than children with healthy mouths. And they may also miss more school days.

Did you know that tooth decay is a disease caused by bacteria and is nearly 100% preventable? Or as I like to say, tooth decay is preventable, not inevitable. Brushing the teeth every day with fluoride toothpaste is an important part of preventing tooth decay. Fluoride in toothpaste when used daily attacks bacteria that cause tooth decay and strengthens teeth.

By teaching good oral health habits now, you help a child develop skills that can last a lifetime. Today, we're going to introduce a toothbrushing approach that is done with children and staff seated at the table. Toothbrushing at the table is a great group learning activity.

It allows for teachable moments where staff can model, coach, and encourage good toothbrushing skills. Plus, it's less messy and time consuming than having children brush one at a time at the sink. There are three steps, get ready. Gather supplies for each child, a soft-bristled child-size toothbrush clearly labeled with child's name, a small cup, a paper towel, toothpaste with fluoride, a toothbrush holder with at least two inches of space between slots so that toothbrushes do not touch each other.

The next step is to get set, clean the table. For children ages three and older, use a small pea-size amount of fluoride toothpaste on the rim of each cup. Set a paper towel and small cup in each child's place. Have children sit in their seat. Have each child take their toothbrush. The third step is go.

Each child scoops the toothpaste off the cup onto their toothbrush. A staff member coaches children to brush making small circles or using a gentle scrubbing technique. For brushing, start with the outer surfaces of the top and bottom teeth. Next, brush the inside of surfaces of the top and the bottom teeth. Next, brush the chewing surfaces of the top and bottom teeth.

And last, they clean their tongues with the tooth brush using a sweeping motion. Children spit any extra toothpaste into their cups. No rinsing is needed because the small amount of fluoride toothpaste remaining in the mouth will have more time to soak into the outer layers of the teeth. Children wipe their mouths with their paper towels, and place the paper towels in their cups.

Ms. Marshall: And we're going to smile. Show off your pretty teeth. Smile to your friends. Make sure everybody sees your teeth. Show all your friends. Yes, they're so shiny. Good job. Are you going to stand?

Steps for Toothbrushing at the Table: Growing Healthy Smiles in Early Care and Education Programs

Children rinse the toothbrushes one at a time at the sink, and then place the toothbrushes in the holder to dry. Children should wash their hands. The staff should clean the table.

The most challenging was getting them to actually brush their teeth instead of just putting the tooth brush in their mouth and chewing on it. Taking it to wash and actually washing each tooth was the challenge that we had at the beginning. We are able to do it as a group, and I'm able to make sure that they're getting all of their teeth when they're brushing. With them being one on one doing it at the sink, you're not right there to see them do it, and you're also not there to model it with them, as well.

Dr. Macek: As program staff, you play a key role in helping children develop healthy habits that can last a lifetime, and the classroom table is an excellent place for children to practice brushing

Seat Belt Use During Pregnancy

Should I wear my seat belt?

- Yes. Wearing your seat belt properly is the most important thing you can do to keep you and your baby safe.

How should my seat belt fit?

- Place the lap belt under the curve of your belly so the belt rests on your hips.
- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest and collar bone.

How should I adjust my seat?

- Sit back to provide space between your belly and the steering wheel, but be sure you can reach the pedals safely.
- Try not to recline the seat more than necessary. Sit in a comfortable upright position.

What should I do about my airbags?

- Tilt your steering wheel so the airbag is directed towards your chest, not your belly or your face.
- Adjust your seat to keep at least ten inches of space between the airbag and your chest.

What should I do if I am in a crash?

- Seek immediate medical attention and notify your prenatal care provider, even if you do not feel injured.

For more information, please visit www.hcpvs.org



2024

Muscogee (Creek) Nation

VITA-TCE TAX PROGRAM WALK-INS

irs.gov/eitcassistant

WALK-INS AVAILABLE

9AM-4PM | Monday-Thursday until 15th April 2024

FRIDAYS BY APPOINTMENT ONLY

APPOINTMENTS | MONDAY-FRIDAY | 9AM-4PM

Virtual Returns Available

Safe Space Building 3000 Warrior Pl | Okmulgee

918.304.3251 | 918.752.5900

vita@mcntax.com



A Study Opportunity

The University of Virginia research team is looking for early childhood educators of color who are interested in sharing their experiences in early care and education settings. Our study aims to understand the organizational environment and well-being of early childhood educators of color in diverse settings and identify strategies to provide adequate support and resources.

DO YOU...

- **IDENTIFY YOURSELF AS AN EDUCATOR OF COLOR?**
- **WORK WITH CHILDREN OF AGES 0 TO 5?**
- **WORK IN A CENTER-BASED SETTING?**

If so, you are invited to participate in an online survey. The survey will ask about your experiences in your program as an educator of color, the resources and support around you, and your well-being.

Time Required: 25 Minutes

Incentive: \$50 Amazon e-gift card random drawing (200 people)

To participate in the study, please click on this link:

https://virginia.az1.qualtrics.com/jfe/form/SV_afmlv2dn9lsRMIE

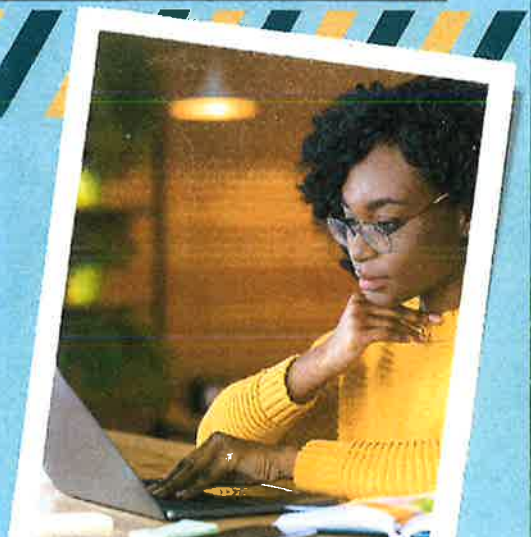
Contact Information:

For more information, please contact us at: ecwellbeing@virginia.edu

Principal Investigator: Lieny Jeon, PhD

Consent form: <https://rb.gy/sn2qn3> |

UVA IRB-SBS 5501



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

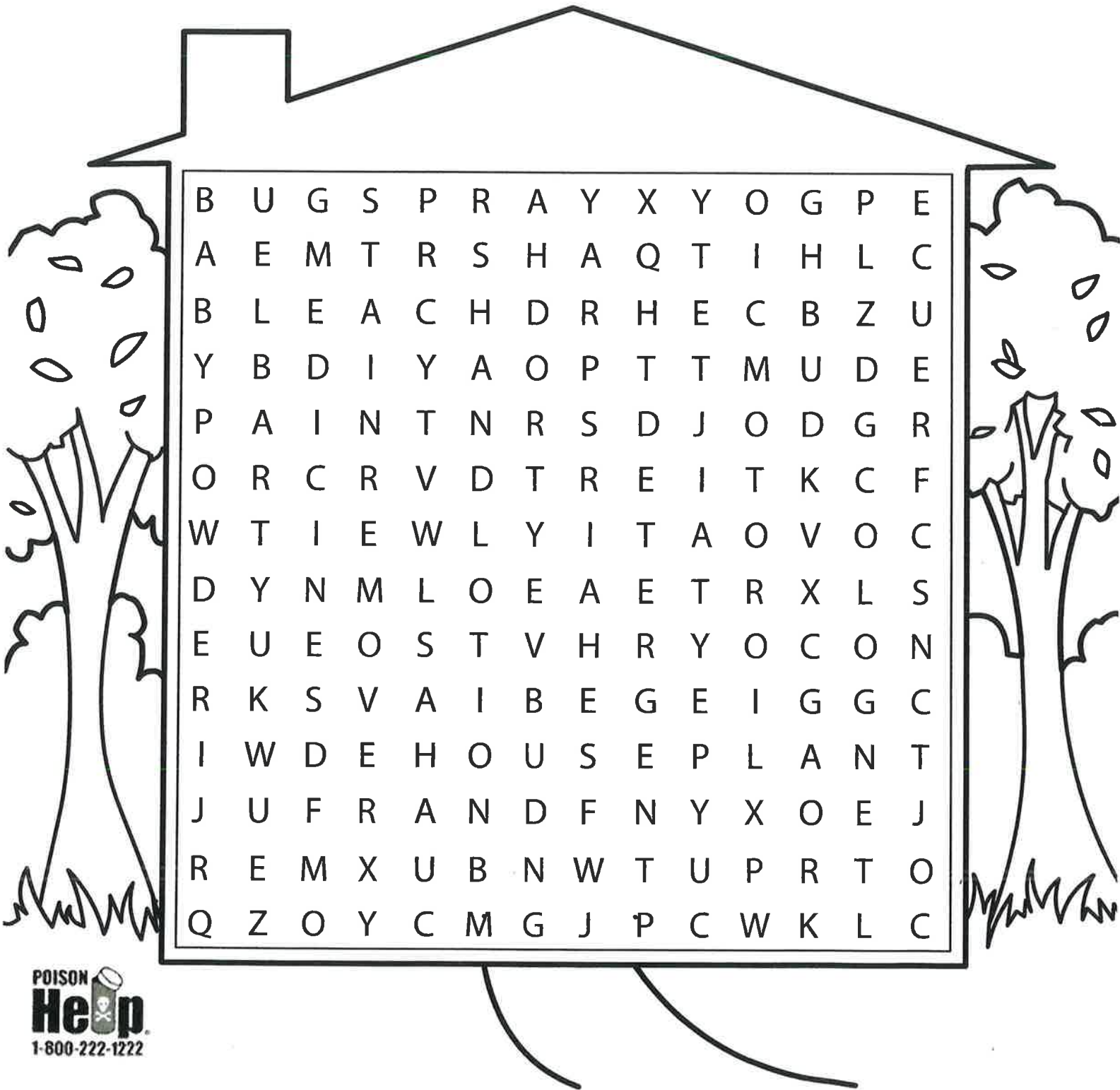


or visit
fcsok.org/safecare-parenting for
more information and
our SafeCare® referral form

Poison Search

Poisons are hidden in the house. Find each one and circle it.
Here's a list to help.

- baby powder bleach bug spray cologne detergent hairspray
 hand lotion house plant medicine motor oil paint stain remover



Spring Leaf Experiment



T/P

Toddler/Preschool
1.5 - 5 years

This is a fun little science experiment that the kiddos will love coming back to each day. After placing leaves and food coloring in water, watch the leaves magically transform by changing colors before your very eyes!

Learning Outcomes

- Domain:** Cognition
Indicator: Responding with joy to the predictable outcomes of exploration.
Skills: Cause and Effect Exploration



Materials

- Leaves
- Scissors
- Clear glass or jar
- Water
- Dark food coloring
- Magnifying glass (optional)

Instructions

Step 1: Take a walk outside and collect various leaves.

Step 2: Use scissors to cut the bottom off of each leaf stem.

Step 3: Place several leaves inside of the glass without overcrowding them.

Step 4: Fill the glass with water until the stems are covered with 1-2 inches of water.

Step 5: Add several drops of food coloring into the water and stir.

Step 6: Watch the glass over several days as the leaves begin to change color!

Document as you go. Take a picture each day so you can see how much the leaves change throughout the experiment.

Age Adjustments

How do I adapt this exercise for older kiddos? Help build vocabulary by recording observations of how the leaves look on day 1 of the experiment, day 2 and so on. Help them understand if their predictions work or don't work.



Playful Questions

- What color do you want the leaves to be?
- What will happen if we drop different colors into the water?
- Where do leaves grow?
- Where can we find leaves near our house?
- What do leaves need to grow?