

CHEROKEE NATION

Child Care & Development 2024 Summer Edition



Learning Luggage and
Prop Boxes

Technical Assistance

Free Training

Games for ALL
Young Children

Make Better
Beverage Choices



Learning Luggage and Prop Boxes

Cherokee Nation Resource and Referral has themed learning luggage and prop boxes available for check out. We will deliver to your center and pick up when you are finished. Please contact a Resource and Referral Specialist for more information.



Art
Bears
Colors
Community Helpers
Construction
Dinosaurs
Families
Five Senses
Food and Nutrition
Fun in the Outdoors
Health
Infant and Toddler
Infants
Let's Go Camping
Let's Play Outside

Life Cycles
Pre-School Fun
Seasons and Weather
Shapes
Social Emotional Learning
Teaching Empathy with Baby Dolls
Toddlers
Transportation
Under the Sea

PROP BOXES

Bakery
Beauty Shop
Pizza



Technical Assistance for Early Childhood and School-Age Programs

RESOURCE AND REFERRAL IS HERE TO HELP YOU! PLEASE CONTACT US FOR ASSISTANCE IN ANY OF THESE AREAS.

RELATIONSHIPS, ENVIRONMENTS, AND SOCIAL EMOTIONAL SKILLS:

Building healthy relationships with children

Creating supportive environments for children
Teaching social-emotional skills to children

ENRICHMENT ACTIVITIES:

STEAM activities for preschool and school-age children
Literacy activities for school-age children
Cultural activities for school-age children

LESSON PLANS:

Assistance with developing lesson plans that meet the new QRIS requirements

STARS SUPPORT:

Assistance with maintaining Stars levels and Stars advancement

Other topics available by request.

IF YOU ARE INTERESTED IN SCHEDULING TECHNICAL ASSISTANCE, PLEASE CONTACT A RESOURCE AND REFERRAL SPECIALIST.

CATOOSA OFFICE:

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CENTER FOR EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT

FREE COURSE TRAININGS FOR JULY

UPCOMING COURSES:

REDUCING THE RISK OF SIDS/SUID IN CHILD CARE.

3 Formal clock hours, available in classroom and online.

**This training meets the Oklahoma Child Care Services-Licensing requirement for safe sleep training.*



INSPIRE TEACHING AND LEARNING

multiple Out of School Time topics, available online only. Clock hours vary by topic.

PYRAMID TRAINING

focus on social and emotional learning in Infant Toddlers, Preschool, and Birth to Five. Available online only. Clock hours vary by topic.

PYRAMID TRAINING SPANISH

focus on social and emotional learning in Birth to Five. Available online only. Clock hours vary by topic.

PYRAMID TRAINING ESPAÑOL

enfoque en el aprendizaje social y emocional en Birth to Five. Disponible sólo en línea. Las horas reloj varían según el tema. Visita ProsolutionsTraining para más detalles.

FUTURE FREE TRAINING COURSES:

August – Lesson Planning with ELG's

September – Transitions

October – Enhancements

November – Disability Awareness: Creating Welcoming Spaces.

December – Nature Play

Courses are subject to change, as needed.



Games for All Young Children



Games help make movement fun. Play and laughter can help develop friendship while encouraging physical fitness. Consider each child's abilities, and encourage all children to play by adapting games for children with disabilities and developmental delays.



Play beach ball games.

Beach ball play can be a fun way to encourage control skills such as hitting, kicking, rolling, and catching. Demonstrate hitting the beach ball with different parts of your body. Emphasize safety. Keep beach balls away from the mouth and stay within a safe space.



Set up a maze indoors or out.

Try using large mats folded to stand on end or chairs with sheets draped over the back to form walls. Have one starting point but several exits. Make the path wide enough to accommodate wheelchairs and the walls sturdy enough for a child with visual impairment to feel their way. Place pictures or tactile objects on the walls and give children a picture checklist that they can mark as they find the pictures.



Provide a target for throwing.

Paint a target on the sheet, tie or sew bells onto it, and hang it in a safe place. Let children throw balls or safe beanbags at the target. Encourage children to make the bells ring. Let one child give verbal directions in throwing to a classmate who has visual impairments. Allow a child with poor motor control to get very close to the target.



Try the “freeze” game!

Have each child move their arms and legs and head in time to music. When the music stops, all children freeze in their positions for a few seconds. Play this game with eyes closed, then ask them to open their eyes to see the funny poses.



Lead the children in dancing games

Teach children simple dance moves such as twisting, twirling, spinning, stomping, clapping, or flapping their arms like a chicken. Play music and call out dance moves for students to do. Hold up visual cue cards of the moves for children who may respond better to nonverbal directions. Let children take turns calling out the moves.



Play parachute games.

Have children sit in a circle around a parachute. Ask them to hold on to the edge to complete tasks such as shaking light balls in the middle of the parachute or making waves. Provide an easy-to-grip handle or wrist strap for children who have trouble gripping with their hands. If some children use wheelchairs, play parachute games with other children sitting in their chairs as well to create an even surface.



Have fun with rhythmic ribbons!

Children can wave colorful ribbons in time to music and form patterns with different colors. Use a soft elastic or rubber band to secure a ribbon to the wrist or ankle of a child who lacks motor control.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.

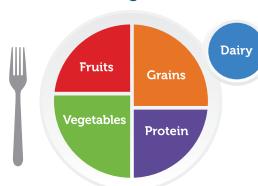


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Illinois
State Board of
Education

Start simple with MyPlate



Make Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:

Drink water



Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.

Encourage kid-friendly drinks



Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.

Compare food labels



Use the [Nutrition Facts label](#) when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.

Cut coffee calories



Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.

Grab a bottle on the go



Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.

Jazz up your drink



Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.

RESOURCES



For questions or information related to Billing, Licensing, and Subsidy Programs, please call our main office at 918-453-5300.

CHEROKEE NATION CHILD CARE RESOURCE CENTER

1-888-458-6230

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RESOURCES

Center for Early Childhood Professional Development (CECPD)
1-888-446-7608
www.cecpd.org

Child Care Aware Of America
1-800-424-2246
www.childcareaware.org

OKDHS Office of Background Investigations

1-800-347-2276
405-521-2355

Oklahoma Child Care Resource & Referral (OCCRRA)
1-888-962-2772
www.oklahomachildcare.org

Reaching for the STARS - SOS
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918-647-1252

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918-540-6172

Gina McPherson - Career Technology Centers
1-866-343-3881

WARMLINE: 1-888-574-5437