

CHEROKEE NATION

Child Care & Development
2024 Winter Edition

WHEN AND HOW TO
WASH YOUR HANDS

CHEROKEE CULTURAL
ENRICHMENT TECHNICAL
ASSISTANCE TRAINING

EMPLOYEE SPOTLIGHT

READ ACROSS AMERICA

HOLIDAYS &
CELEBRATIONS AROUND
THE WORLD CALENDAR
2024

HOME SAFETY TIPS



WHEN AND HOW TO WASH YOUR HANDS



Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals like pesticides from hands.

Caution! Swallowing alcohol-based hand sanitizer can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use

Scrubby Bear

Cold and flu season is here!

Are you having trouble getting kids to wash their hands? Make it fun! Give us a call and invite Scrubby Bear to your program for a short presentation on proper hand washing techniques.

If you would like Scrubby Bear to visit your program, call Amber at 918-453-5079 or Andria at 918-453-5055 to schedule a visit.



How to Use Hand Sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount.)
- Cover all surfaces of hands.
- Rub your hands and fingers together until they are dry. This should take around 20 seconds.

For more information on handwashing, visit CDC's Handwashing website or call 1-800-CDC-INFO.

Cherokee Cultural Enrichment Technical Assistance Training

Silas from Bear's Cub House in Sallisaw participated in Margaret Tyner's Cherokee Cultural Enrichment TA and decorated a flute. He entered it in a 4-H competition at his school and won first place. He was very proud to display his Cherokee Nation handmade flute that he decorated. Congratulations Silas!

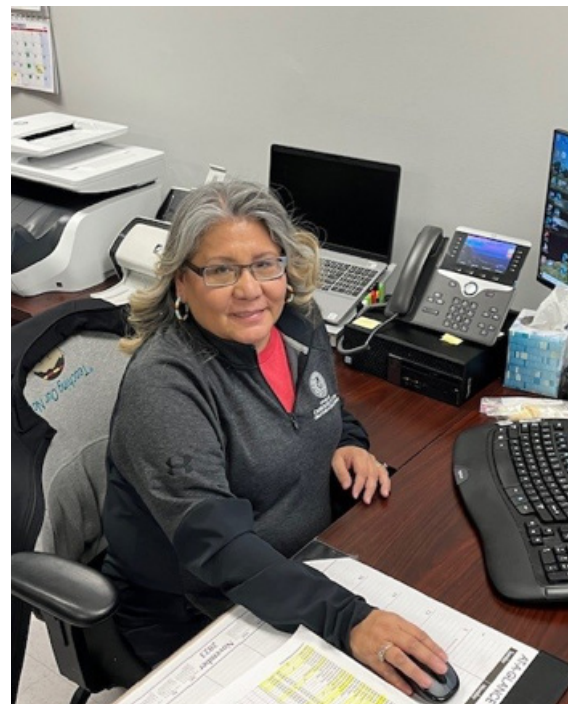


Employee Spotlight

Alicia Ingram was raised in Tahlequah, Oklahoma and now resides in Tulsa, Oklahoma. She is married to Kendall and together they have four children. Alicia loves her family and is blessed with five grandchildren. She loves to travel and just recently went back to reading (listening) to books after a long break from it. She just recently took up crafting with the encouragement of her co-workers in the Catoosa office. She also loves to watch sports, her favorite teams are the Kansas City Chiefs, St. Louis Cardinals, and the Oklahoma State Cowboys.

Alicia began her career with Cherokee Nation in January 1994 as a Certification Clerk for the Child Care Subsidy Program. In 1997, she was promoted to Supervisor. On January 10, 2024, she will celebrate her 30th anniversary working for the Child Care & Development Program.

"I am truly blessed to serve our community by working with our families and blessed beyond measure to have such wonderful co-workers." Ingram said. "Our Childcare family is a big reason I have continued to work in this department. Not only are they my co-workers but I consider them my friends."





READ ACROSS AMERICA

National Read Across America Day is celebrated every year on March 2, which is also the birthday of American author Dr. Seuss. This is a day dedicated to encouraging children and young people to read, and motivating parents and teachers to help them do so. The day was created and is hosted annually by the National Education Association.



Read Across America Activities:

Many schools, libraries, and hospitals will have special events happening on this day, such as group readings, or inviting authors to come and read their books to children. Young people are incentivized to make reading pledges, where they commit to reading a certain amount of books in the year, for special prizes. Schools will also host book fairs or have mobile libraries come around so students can pick new books to read.

The National Education Association has a website with resources to help teachers organize reading activities in their classrooms. Some schools choose to take it a step further and have Read Across America Week.

Ideas of books to read

Schools often have lists of books to read for each age bracket, that they believe will initiate a love for reading in their students, these are some of them.

- Alice's Adventures in Wonderland by Lewis Carroll
- The Very Hungry Caterpillar by Eric Carle
- Coraline by Neil Gaiman
- The Harry Potter series by J.K. Rowling
- The Diary of a Young Girl by Anne Frank
- To Kill a Mockingbird by Harper Lee
- The Catcher in the Rye by J.D. Salinger
- Of Mice and Men by John Steinbeck



Holidays & Celebrations Around the World Calendar 2024

January 20

Let's Take a Walk! Neighborhood Scavenger Hunt

Make the most of neighborhood walks with this fun scavenger hunt. To play along, print a copy of this family scavenger hunt, decide where your family will and head off with a pencil and clipboard to see what they can find.

You can also invite your children to use a phone or camera to take photographs of the things they find in your neighborhood that suit each item on the checklist.



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February 17

Random Acts of Kindness Day

Here is an awesome list of 24 acts of kindness that are simple enough for kids to do with just a little guidance. Just print them out and cut them out – choose one, five, ten or use all 24. Add them to a jar and pick one every day or every week to spread a little extra kindness.

When printing, select “Fit to printable area” (or similar) depending upon your printer type and local paper size. It is suggested to print tags onto cardstock or photo paper for durability.



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Every parent wants their children to grow up healthy and strong in the place where they deserve to feel safest: at home. The good news is that there are simple and easy steps that families can take to protect their children.

Preventing Falls

- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
- Keep babies and young kids strapped in when using high chairs, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of tables or other furniture.
- Properly install window guards and stops to prevent window falls. Windows above the first floor should have an emergency release device in case of fire.



Water Safety

- Actively supervise children in and around water. Avoid distractions of any kind, such as reading or talking on the phone.
- Once bath time is over, immediately drain the tub. Keep toilet lids closed and keep doors to bathrooms and laundry rooms closed to prevent drowning.
- Make sure home pools have four-sided fencing that's at least 4 feet high with self-closing, self-latching gates to prevent a child from wandering into the pool area unsupervised.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach young children from an early age not to go near or in water without an adult. Older children should swim with a partner, every time.



Poison Prevention

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- Keep cleaning products in their original containers. Don't put a potentially poisonous product in something other than its original container (such as a plastic soda bottle) where it could be mistaken for something else.
- Put the toll-free Poison Help Number into your phone in case of emergency: 1-800-222-1222.

Safety from Fire

- For the best protection, install smoke alarms on every level of your home, especially near sleeping areas. Test batteries every six months.
- Create and practice a home fire escape plan with two ways out of every room. In the event of a fire, leave your home immediately. Once you're out of the house, stay out.
- Keep anything that can catch fire, such as dish towels or wooden spoons, away from your stovetop. Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works.
- Blow candles out when you leave the room or before you go to sleep.



Every year, more than 2,200 children die from injuries that happen at home.

Preventing Burns

- Don't carry a child while cooking on the stove. It's better to put your child in a high chair where you can still see them.
- Keep an eye on appliances such as irons, curling irons or hair dryers that can heat up quickly or stay warm. Unplug and safely store these items after use.
- Keep appliance cords out of children's reach, especially if the appliances produce a lot of heat.

Preventing Scalds

- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting. Check the water with your wrist or elbow before giving your baby a bath.
- To prevent hot food or liquid spills, use the back burner of your stove and turn pot handles away from the edge. Keep hot foods and liquids away from the edge of your counters and tables.



Safety from Carbon Monoxide

- Make sure your home has a carbon monoxide alarm. For the best protection, install a carbon monoxide alarm on every level of your home, especially near sleeping areas.
- Don't use a grill, generator or camping stove inside your home, garage or near a window. Don't use your oven or stovetop to heat your home.
- If you need to warm a vehicle, remove it from the garage immediately after starting. Don't leave a car, SUV or motorcycle engine running inside a garage, even if the doors are open.



Medication Safety

- Put all medicine and vitamins up and away and out of sight after every use.
- Use the dosing device that comes with the medicine, not a kitchen spoon. Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount as the dosing device.



Preventing TV and Furniture Tip-overs

- Mount flat-panel TVs to the wall to prevent them from falling off stands. Follow the manufacturer's instructions to ensure that you have a secure fit.
- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.
- If you have a large, box-style cathode ray tube (CRT) TV, place it on a low, stable piece of furniture. If you no longer use your CRT TV, consider recycling it. To find a recycle location, go to www.GreenerGadgets.org.

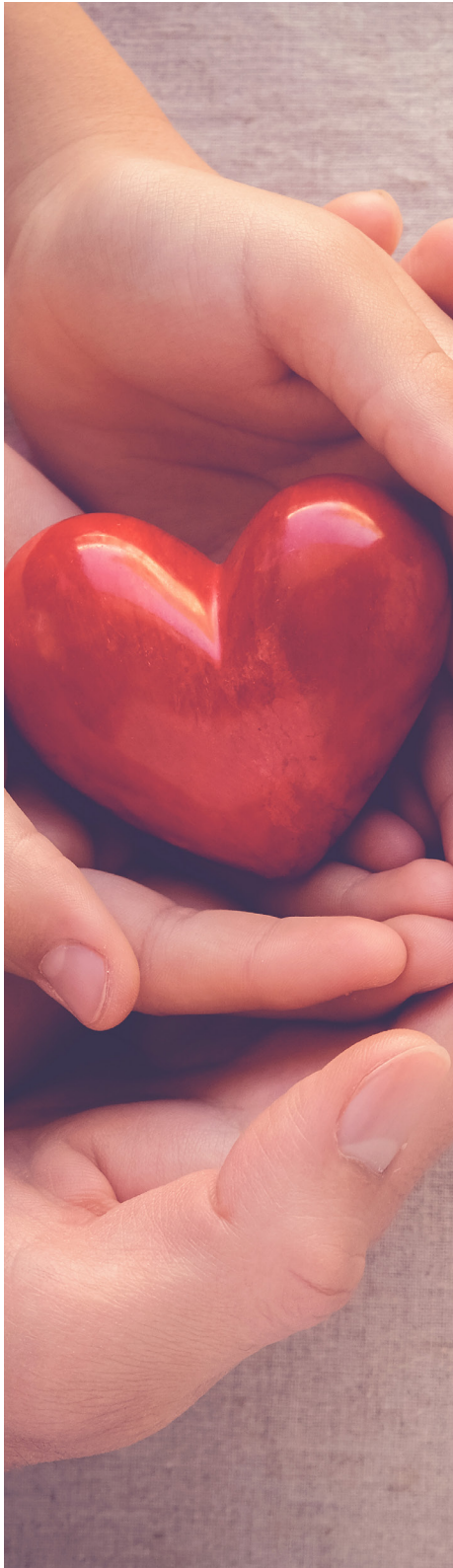


Sleep Safety

- Make sure babies sleep on their backs and in their own crib, bassinet or play yard. Room sharing is a safer option than having your baby sleep in bed with you.
- Choose a firm mattress covered with a tight-fitting crib sheet for your baby's crib. Avoid using soft bedding, pillows, stuffed animals and bumpers in the crib.



RESOURCES



CHEROKEE NATION CHILD CARE RESOURCE CENTER

1-888-458-6230

CATOOSA OFFICE:

Sherri Schwab - *Child Care Resource and Referral Specialist*

Office: 918-266-5626

Cell: 918-525-2105

PRYOR OFFICE:

Office: 918-453-5000 ext. 2393

Cell: 918-570-9269

Margaret Tyner - *Cherokee Nation Early Childhood Educator*

Office: 918-453-5000 ext. 2394

Cell: 918-822-2483

Trish Engel - *Child Care Resource and Referral Specialist*

Office: 918-453-5000 ext. 2396 Cell: 918-772-7872

TAHLEQUAH OFFICE:

Tina Smith - *Manager, Child Care Resource and Referral*

Office: 918-453-5054

Cell: 918-207-6920

Amber Walls
Lead Educator

Office: 918-453-5079

Cell: 918-316-2659

Andria Hummingbird - *Child Care Resource and Referral Specialist*

Office: 918-453-5055

Cell: 918-316-0074

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 Resources & Referral (OCCRRA)

1-888-962-2772

www.oklahomachildcare.org

The Stars Program

Misti Denton - QRIS Administrator

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Brianne Dies - Northwest

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Brianne.Dies@okdhs.org

Georgia Smith - Southwest

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Scholars for Excellence in Child Care (S.E.C.C.)

Verna Corley - Carl Albert State College

918-647-1252

Sharon Brown - Northeastern Oklahoma

A&M College

918-540-6172

Gina McPherson - Career Technology Centers

1-866-343-3881

WARMLINE: 1-888-574-5437

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

