

CHEROKEE NATION

Child Care & Development
2025 Winter Edition



When and How To Wash
Your Hands

Winter is Coming

Winter-Themed Activities for
Toddlers and Preschoolers

Say Yes to the Mess! Snow
Time

Read Across America Week

NCPMI: Communication is
Key

Make A Positive Ideas Jar!

Resources Page

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.

Winter is Coming

Here are tips to help you prepare!



1 Review policies related to winter weather closings at your workplace and your child care program/school.

2 In your vehicle, keep blankets/clothing and a cell phone charger.

4 Ensure smoke alarms and carbon monoxide detectors are working.

3 Make sure your furnace, or heating source is in working order.
Check/change filters.

5 Review the emergency supplies that you have on hand, such as flashlights, food, medications, and infant specific items such as diapers and formula.



For more preparedness tips, visit childcareprepare.org

WINTER-THEMED ACTIVITIES FOR TODDLERS AND PRESCHOOLERS



LITERACY

These books will capture children's interest as they learn about the wonders of Winter.

- The Mitten, by Jan Brett
- The Three Snow Bears, by Jan Brett
- Snowmen at Night, by Caralyn Buehner
- Stella, Queen of the Snow, by Marie-Louise



MATH

Use these counting cards to teach children about one-to-one correspondence.



Hot chocolate counting mats #1-20 - The Measured Mom



SENSORY/FINE MOTOR

Create a winter-themed sensory bin using insta-snow powder (available on Amazon or stevespanglerscience.com) or snow dough. Add some arctic animals for creative play or scoops for fine motor development.



Edible Snow Dough - Wildflower Ramblings



Winter Activities for Kids: A Snowman Factory!



MUSIC AND MOVEMENT

Get kids moving with the Penguin Song and Winter dice game.



*Penguin Song
Penguin Dance Song
Brain Breaks
Kids Action Songs
by The Learning Station*

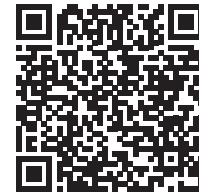


Free Printable Winter Gross Motor Cube for Brain Breaks



SCIENCE

Children will learn about the properties of oil and water and chemical reactions with this fun science experiment.



How to Make a Snowstorm in a Jar Experiment - Taming Little Monsters



ART



How to Make a Snowstorm in a Jar Experiment - Taming Little Monsters



Fun and Easy Igloo Art for Children



Ice Painting Bin for Preschoolers

Say Yes to the Mess! Snow Time



Playing with snow can be an important winter-time experience for preschoolers. When children play with snow, they can strengthen their fine- and gross-motor skills. They can also apply basic principles of art, science, and engineering.



Help children to study snow as they play.

- Remind families to send children with warm clothing to allow outdoor snow play. Keep extra “winter work clothes” (mittens, snow pants, and boots) on hand for children who come to school without those items. Be sure to follow safety guidelines when deciding how long to stay outside in cold or snowy weather.
- Encourage safety and respect for others’ work by inviting children to help make rules for using snow on the playground. Factors to consider include not throwing snow, not stepping on someone else’s workspace, and keeping snow away from faces.
- Ask questions that invite children to investigate: “Which do you think is heavier—this bucket of snow or that bucket of water?” “Where is the snow deepest on the playground? Where does it melt first?” “Do you think this pile of snow will be here tomorrow?”
- Bring snow indoors for some experiments. For example, how long does it take for a snowball to melt on the playground? In the refrigerator? In the classroom?
- Try snow art. Place some snow on the sensory table and let children add large drops of colored water using basters.



Encourage children to build with snow.

- Introduce words such as *pack*, *freeze*, *melt*, and *snowdrift*. Show the class photographs of snowflakes and natural snow formations. Share nonfiction books, magazines, websites, and videos about ways that people have used snow to make structures or art.
- Let children plan structures or designs that they want to create with snow. How much space will they need? How will they shape and pack the snow? Do they want to include other items, such as sticks, sand, or ice?
- Provide sturdy buckets and shovels. Add shallow bins or pans for making bricks or blocks of snow. Some children may enjoy using yardsticks to measure snow depth.
- Throughout the winter, help children notice and describe different types of snow—dry, wet, slushy, etc. Ask them to compare what it’s like to make structures or designs with each type of snow.



Talk about snow with the children.

- During class meetings, invite children to report on their play with snow. Ask challenging questions: “How do you know that something is snow and not ice?” “What are some things you notice about snowflakes when you catch them on your gloves?”
- Let children create models of their snow structures and designs with air-drying modeling compound. Display the models along with children’s comments about their snow creations. Children may enjoy describing what they have learned in a presentation for parents or classroom visitors.



Read Across America Week

Read Across America Week is celebrated from March 2 to 6 — it begins on the birthday of the beloved author, Dr. Seuss. The entire month of March, in fact, is dedicated to reading. The National Education Association (N.E.A.) aims to encourage reading and educate people about its benefits, especially among children and young adults. Events are organized across the nation by schools and organizations to promote the same.

READ ACROSS AMERICA WEEK ACTIVITIES

1. Read

This one is a no-brainer. There is no better way to celebrate Read Across America Week than to read a book. Whether it is a classic you've been waiting to get to, or a self-help book recommended by a friend, grab a book and read!

2. Remember Dr. Seuss

Dr. Seuss has made remarkable contributions to the world of reading. Pick up one of his books during Read Across America Week. You could even watch an on-screen adaptation of his work, or even a live Broadway musical! He has given something for everyone.

3. Participate in Read Across America

During this week, numerous events are organized across the nation to promote reading among children. Attend, or get your children to attend, if you can. You could even volunteer at or host your own reading event to celebrate.



National Bubble Week

National Bubble Week comes annually during the first week of spring and this year, it takes place from March 16 to 23. Hasbro started the week-long event to celebrate and welcome the spring season. It comes as no surprise that bubbles are used to welcome each new spring during National Bubble Week, a holiday that has now been celebrated over 20 times. The fun iridescence of bubbles has become synonymous with spring, making them an apt symbol. The week is a great time to invite kids and adults alike to kick off the season by blowing bubbles in the great big outdoors! A holiday this joyful is always a welcome transition from the cold winter in our opinion.

History of National Bubble Week
Bubbles occur in nature although fleeting and unreproducible. The man-made version has been around for millennia, first recorded in coincidence with the first record of soap in 3000 B.C. when Sumerians began production. This discovery of bubbles kickstarted a tradition of playing with soap and colors. As soap began to spread across the world, bubbles followed with their beautiful iridescence. Soap bubbles made bath time more fun for children in Medieval Europe, helped da Vinci

ponder the concept of surface tension, and dazzled Newton with their colors. The soap bubble has even made itself a staple in literary devices across the globe, often used as a symbol of the “transience of human life,” or to represent beauty.

Since time immemorial, soap bubbles have fascinated children. While younger children may be content with watching, as they get older, they are quick to participate in creating the bubbles. Playing with soap bubbles has several developmental advantages as well. It helps children develop dexterity, social skills, and an understanding of the basic laws of physics.

National Bubble Week Activities

1. Start a bubble painting project
Bubble painting is a fun way to engage both adults and kids. Start a bubble painting project and create a masterpiece.
2. Pop some bubble wrap
If staying indoors is your thing and art isn't, try finding some leftover bubble wrap from an old shipping package. Popping the bubbles is an underrated delight that may also relieve stress.
3. Go out and blow bubbles
Simply go outside and blow some bubbles around. You may stroll to a

nearby park to celebrate with other people in your community or stay in your front yard for some private fun and reflection.

5 Important Facts About Bubbles

1. The source of bubble colors
The colors come from iridescence; light gets distorted when it passes through a bubble.
2. Many bubbles make foam
Many bubbles come together to form foam.
3. Bubbles have three layers
A layer of water is sandwiched between two layers of soap.
4. The goal is to become a sphere
Bubbles always try to become a sphere because of their surface tension.
5. Heat is the enemy
Bubbles often burst because the water between the two layers of soap evaporates, thus bubbles last longer in cold temperatures.

1. Tell a child what to do instead of what not to do.
2. Show the child by modeling or using a picture of the action.
3. Clearly and simply state what you expect the child to do.
4. Remember young children might have inappropriate behavior because they don't understand the social rules of an activity or interaction.
5. Communicate, with words, signs, or pictures, using language they might understand.
6. Encourage children in a way that lets them know that they are exhibiting the desired behavior
7. Be enthusiastic and generous with encouragement. Children can never get enough!

Examples:

Avoid	Say/Model	Remember
Don't run!	Walk; Stay with me; Hold my hand	Way to go! Look at you moving safely. Thanks for walking!
Stop climbing!	Keep your feet on the floor	Wow! You have both feet on the floor!
Don't touch!	Keep your hands down; Look with your eyes	You are being safe; you are looking with hands down!
No Yelling!	Use a calm voice; Use an inside voice	(In a low voice) Now I can listen; you are using a calm (inside) voice.
Stop whining!	Use your words/signs/pictures/device so I can help you	Now I can hear you; that is so much better. Show or tell me what's wrong.
Don't stand on the chair!	Sit on the chair	You are sitting on the chair! Wow you're sitting up big and tall!
No coloring on the wall	Color on the paper	Look at what you've colored! Tell me about your picture.
Don't throw your toys!	Play with the toys on the floor	You're playing nicely and keeping the toys on the floor. Your friends are having fun playing with you!
Stop taking big bites!	One bite at a time; chew first, and then you can have another bite.	Great job taking small bites, you are eating safely!
Don't play in the water/sink!	Wash your hands	Thanks for washing your hands! I can tell they are really clean!
No biting!	We only bite food; Show or tell me if you're upset (give the child appropriate words, signs, or visuals to use to express emotion)	You're upset, thanks for sharing that with me!
Don't hit!	Hands are for playing, eating, and hugging; Use your words or signs (give the child appropriate words, signs, or visuals to use to express emotion)	You are being gentle! Good for you!

Make a positive ideas jar!

Even when doing something fun, children can have big feelings.
Children can feel....



Frustrated when
they lose a game



Sad when they cannot
play with friends



Upset when they
have to go to bed



Worried about
making a mistake

When your child has big feelings, take a slow deep breath together,
then pick an activity out of your positive ideas jar.



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:

Contact Tahlequah

Office at 918-453-5300

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

RESOURCES

Center for Early Childhood
Professional Development (CECPD)
1-888-446-7608

www.cecpgd.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
Misti Denton - QRIS Administrator
918-344-4368
Misti.Denton@okdhs.org

Jennifer Mallery - North East
918-348-6516

Jennifer.Mallery@okdhs.org

Tiffany Ziegler - *Assistant QRIS
program manager*

918-348-8518

Tiffany.McPherson@okdhs.org

Brianne Dies – North West
580-216-1372

Brianne.Dies@okdhs.org

Amanda Rietz – South West
405-837-9199

Amanda.Rietz@okdhs.org

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

Verna Corley - Carl Albert State
College
918-647-1252

Mary Jordan - Northeastern
Oklahoma A&M College
918-540-6172

Jennifer Bachhofer - Career
Technology Centers
405-225-9133

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

