

Child Care & Development

2023 Fall Edition

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Halloween Safety Tips

Everything you need to know to keep your kids safe on Halloween.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.



On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year

Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.



Toy Safety Tips

Everything you need to know to keep your kids safe around toys.

Toys and games are tons of fun for kids and adults. Whether your kids are working on a puzzle, playing with building blocks or even inventing their own games, here are a few things to think about to help them stay safer and have a blast.

Find the Perfect Toy for the Right Age

- Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.



Don't Forget a Helmet for Riding Toys

- If your children have their hearts set on a new bike, skateboard, scooter or other riding equipment, be sure to include a CPSC certified helmet to keep them safe while they're having fun.
- [Learn more](#) bike safety tips and watch our [helmet safety video](#).



Store Toys After Play

- After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers.



Sign Up to Receive Product Recalls

- Safe Kids compiles product recalls specific to children and sends twice-monthly e-mail alerts for recent recalls. Sign-up for the [latest recall information](#).
- Go to www.recalls.gov for additional information about product recalls related to kids.



In 2016, 174,100 children under the age of 15 years were seen in emergency rooms for toy-related injuries. That's 477 kids every day. Almost half of those children were younger than 5 years of age.



AN EGG-CITING SUCCESS STORY!



This summer, child care facilities across the Cherokee Nation reservation had the opportunity to participate in a chicken egg-hatching project. Cherokee Nation Resource and Referral staff delivered egg incubators, fertilized eggs, and brooder houses to the participating child care facilities. Resource and Referral staff introduced the project in a fun and interactive way by reading books, answering questions, and by teaching the children how to do the chicken dance with help from, Cluck the giant chicken.

With this project, children were given the opportunity to learn firsthand about the life cycle of a chicken. Everyone at each of the child care facilities became very invested in the hatching process. When it was time for the chicks to be adopted, providers had a difficult time letting the baby chicks go.

Thank you to all the child care providers that helped make this project a success. Thank you to OSU Extension by partnering and supplying incubators. Thank you to Carol and Carolyn Chaney, Alyssa Nichols, Cindy Price, and Ron and Vicki Nofire with Okie Chicks N Eggs for graciously donating fertilized eggs. We look forward to hatching with you again next year!

If you would like more information about how to participate in this project, please contact the resource and referral office in your area.



DO YOU NEED HELP PAYING FOR CHILD CARE?

You may qualify for Cherokee Nation Child Care & Development
child care subsidy!

ELIGIBILITY GUIDELINES

- Parents must be working/going to school
- Meet income guidelines
- Proof of citizenship in a federally recognized tribe
- Live within 14-county Cherokee Nation reservation
- Children must be age 12 or under
(children with special needs up to age 19)

85% STATE MEDIAN INCOME

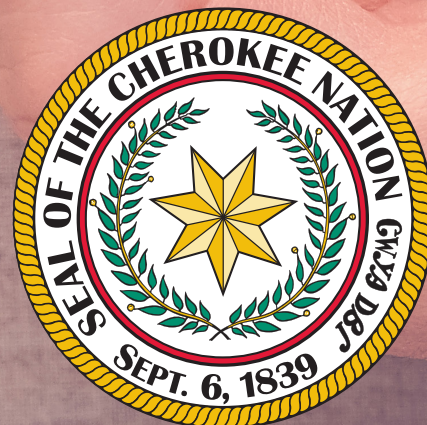
NOTE: CLIENTS NOT CLASSIFIED AS SELF-EMPLOYED ARE
ELIGIBLE FOR A WORK-RELATED EXPENSE DEDUCTION OF 35%
OF THE TOTAL GROSS INCOME.

FAMILY SIZE	YEARLY	MONTHLY
1	\$36,732	\$3,061
2	\$48,034	\$4,003
3	\$59,336	\$4,945
4	\$70,638	\$5,887
5	\$81,940	\$6,828
6	\$93,242	\$7,770
7	\$95,361	\$7,947
8	\$97,480	\$8,123
9	\$99,600	\$8,300
10	\$101,719	\$8,477

Household income must be at or below the amount listed
below for your family size to receive assistance with paying
child care. Contact a Child Care & Development Subsidy
Caseworker for more information at 918-453-5300.

918-453-5300

childcare.cherokee.org/subsidy



EMPLOYEE SPOTLIGHT

Lisa has worked for the Cherokee Nation Child Care & Development Resource and Referral and has served as supervisor for the last four years. Lisa has a true passion for child care and works diligently to provide support to child care providers. She recognizes the importance of quality child care and has helped hundreds of child care providers by providing technical assistance, training on early childhood best practices, and assistance with the STARS program.

Lisa has been instrumental in developing and implementing programs such as Learn to Grow and the Children's Farmer's Market, which enhance children's learning, growth and development. Through the Learn to Grow program, children learn firsthand about how to plant and grow vegetables.

Children who participate in the Farmer's Market program learn about nutrition, gardening, and physical fitness through hands-on activities, and all families who participate in the Farmer's Market are given the opportunity to take home fresh vegetables. Thank you, Lisa, for your support of children and child care providers!



Happy 20th Anniversary Lisa Evans!

Shape Your Future

HEALTHY HABITS

REWARD CARD

Need help helping your kids stay healthy? Add a little encouragement! For every 5 healthy choices they make throughout the week, reward them with a fun family activity! Healthy habits will follow your kids for life, so start today!

Hang this on your fridge, check off the boxes... and don't forget to share photos of your activities and tag them with #ShapeFutureOK!

 Drink water	Played for 60 minutes 	 Filled 1/2 of plate with fruits & veggies	Tried a new physical activity* 	 Tried a new fruit	ACTIVITY Family walk or bike ride
 Played for 60 minutes	Ate a healthy lunch* 	 Learned about dangers of tobacco	Helped cook a healthy meal* 	 Drink water	ACTIVITY Indoor obstacle course
 Tried a new veggie	Tried infused water recipe* 	 Played for 60 minutes	Filled 1/2 of plate with fruits & veggies 	 Tried a new physical activity*	ACTIVITY Basketball, soccer or football
 Ate a healthy breakfast*	Drink water 	 Completed Be Tobacco Free coloring page*	Played for 60 minutes outside 	 Tried a new fruit	ACTIVITY Cook a healthy meal together*
 Tried a new veggie	Played for 60 minutes inside 	 Filled 1/2 of plate with fruits & veggies	Tried infused water recipe* 	 Tried a new physical activity	ACTIVITY Make a list and go on a scavenger hunt

*Coloring pages, recipes and activities available at ShapeYourFutureOK.com.

Eat better. Move more. Be tobacco free.

 ShapeYourFutureOK.com

 TSET

CERTIFIED HEALTHY EARLY CHILDHOOD PROGRAM



Certified Healthy Oklahoma is a statewide recognition program that offers a free assessment tool allowing businesses, campuses, communities, congregations, early childhood programs, restaurants, and schools to gauge where they stand on supporting health with an annual certification award showcasing their commitment to actively promoting wellness.

Benefits

- ◆ Recognition as a program that goes “above and beyond” to create a healthy, nurturing environment
- ◆ Your staff will benefit: healthier employees are proven to be more productive employees and have a direct impact on a program’s success
- ◆ Recipients are invited to a special recognition awards event
- ◆ Enhance your program’s image in the community and add credibility to your program

Eligible Applicants

- ◆ Any OKDHS licensed early childhood program is encouraged to apply
- ◆ Categories: • Child Care Center • Part-Day Program • Out-of-School-Time Programs • Summer Day Camp • Head Start (Tribal or Other) • Early Head Start • Family Child Care Home: (Small: 1-7; Large: 8-12 children)

Application Sections

- ◆ Nutrition
- ◆ Health Promotion
- ◆ Community and Family Involvement
- ◆ Staff Health
- ◆ Physical Activity
- ◆ Safe and Healthy Environment
- ◆ Professional Development

Scoring

Early childhood programs are scored according to type of program, and each criterion selected is worth one point. Certification status is assigned according to the percentage of criteria selected by the applicant in EACH category. As a reminder, a smokefree policy is required for Basic, and a tobacco-free policy submitted with the application is required for Excellence.

Program Classification	Basic	Merit	Excellence
Part-Day Program	35%	50%	65%
Out-of-School-Time Program	35%	50%	65%
Summer Day Camp	35%	50%	65%
Family Child Care Home	40%	55%	70%
Head Start (Tribal or Other)	50%	65%	80%
Child Care Center	50%	65%	80%
Early Head Start	50%	65%	80%

Application Information

- ◆ Visit www.certifiedhealthyok.com today!
 - ◆ Applications are open August 1-November 1
- Questions? Contact the Center for Chronic Disease Prevention and Health Promotion at CenterTA@health.ok.gov



OKLAHOMA
State Department
of Health

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

918-344-4368

Misti.Denton@okdhs.org

Tiffany McPherson - Program Manager

918-348-8518

Tiffany.McPherson@okdhs.org

SOS:

Amanda Hatcher - Southeast

405-567-5462

amanda.hatcher@okdhs.org

Jennifer Mallery - Northeast

918-348-6516

Jennifer.Mallery@okdhs.org

Brianne Dies - Northwest

580-216-1372

Brianne.Dies@okdhs.org

Georgia Smith - Southwest

405-301-0097

Georgia.Smith@okdhs.org

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.

