



GWYD DBP

# CHEROKEE NATION®

## Child Care Resource Center

### DINIYOTHLI KANOHEDA

(Dee-nee-youth-lee Kaw-no-head-ah - Children's News)

Volume XXI, Issue II

Apr/May/ June 2017

## Nutrition: Build Good Eating Habits to Side-Step Picky Eaters

Making sure kids are fed is one of parents' strongest instincts — as it should be. Children must be well-nourished to support their very rapid brain development. Only when children get required nutrients can they reach their potential in physical growth and motor coordination. Children also need nourishment to sustain energy for expanding social development and all the activities it involves.

While Parents have primary responsibility for children's nutrition, we also have another very important goal to meet. We must help children gradually become responsible for their own nutrition and eating habits so they eat wisely as adults. The habits of making wise food choices is most easily learned in childhood. When good nutrition is consistently practiced throughout childhood, kids are much more likely to adopt the habits for life.

Following are dos and don'ts to lead your child along the path of wise nutrition. These tips will also reduce your chances of raising a picky eater.

- \*Build positive attitudes toward all foods by being a good role model. If you eat a wide variety of foods, your child is likely to follow your lead. Eat what you want kids to eat. Don't eat what you don't want them to eat — at least not in their presence.
- \*Set a predictable, scheduled time for snacks and meals. Children and their stomachs thrive on routine. Overly hungry kids are more likely to be whiney and uncooperative, so regular meals have multiple benefits.
- \*Keep food in perspective, Teach children food is merely fuel for the body. It provides nutrients we need to grow. It's a birthright; not a special privilege, a weapon, or a substitute for love.
- \*Make mealtimes a warm, welcoming family ritual. Turn off the television and play a relaxing instrumental CD instead. Make togetherness and conversation the focus, not rating the food or dissecting it. Children can help set out (or even make) place mats or a small centerpiece. And, like adults, kids enjoy a special meal by candlelight.
- \*Encourage vigorous daily play to build good appetites. Limit television and computer time!
- \*Keep snack portions modest and avoid high fat and high sugar snacks.
- \*For regular meals a low fat protein, whole grain item, fruit and vegetables with a glass of milk is a great meal for kids; a sugary dessert would merely add low nutrient calories.
- \*Teach children to eat until they feel full, not stuffed. Trust young children's appetites. Research shows that until age 3 children do a very good job of eating just until they feel full. As a result, they rarely overeat.
- \*However, from age 4, most of us continue to eat for reasons other than continued hunger. And so we consume more calories than our body needs to fuel normal daily activity. As a result, about 60% of our adult population is overweight, and for the first time in our history, childhood obesity in the school years is a major national health problem.
- \*Gradually introduce a variety of food to your menus. Variety increases nutrients.
- \*Introduce one new food at a time, not several. Introduce a new food with preferred and favorite foods.
- \*Don't argue about food tastes; they are intensely personal. Mealtimes aren't for debates. State your preferences, "I like the bumpy feel of the tapioca," then move on to other talk.

*\*Continued on page 3\**

## O-SI-YO

### Child Care Resource Center Library

Our resource library is available to child care providers, relative providers, and parents. This service is free of charge, however if you are going to be using our copier for copies, please bring your own copy paper.

We are open

**Monday through Friday 8:00 am — 5:00 pm.**

## INTERNATIONAL MUD DAY

The World Forum Nature Action Collaborative for Children has designated June 29th as International Mud Day. It is a fun day to raise awareness about the importance of children experiencing nature. We encourage child care programs to join the fun and provide mud experiences and activities for the children. Some ideas might include: mud pies, mud painting, mud pits, and mud races. Children will enjoy splashing, rolling, squishing, and sliding in the mud. For more information on International Mud Day visit

<https://connect.worldforumfoundation.org/mud-day/>



**DINIYOTHLI KANOHEDA**  
Child Care Programs

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## Provider Recognition

Sharon Brown recently received her Associate's Degree in Early Childhood Education, and is currently working on her Bachelor's Degree. Sharon has been providing child care services from her family child care home in Ketchum for the past 7 years.

(Pictured Sharon Brown and Ruby)



### Inside this issue:

<b>Resource Library.....</b>	<b>2</b>
<b>International Mud Day.....</b>	<b>2</b>
<b>Provider Recognition.....</b>	<b>2</b>
<b>Nutrition: Build Good Eating Habits .....</b>	<b>3</b>
<b>April &amp; May Trainings.....</b>	<b>4</b>
<b>May trainings cont. &amp; June Trainings.....</b>	<b>5</b>
<b>Scholars &amp; Early Childhood information.....</b>	<b>6</b>
<b>Week of the Young Child .....</b>	<b>7</b>



**Oklahoma Child Care**  
RESOURCE & REFERRAL ASSOCIATION, INC.

- \*Tantalize taste buds by offering foods of different textures, smells, and colors. Be patient when they aren't at first to your child's liking. Say, "Maybe someday you'll find it more enjoyable," and leave it at that.
- \*Be creative. Offer foods of another culture to liven up mealtime.
- \*Be alert to possible food allergies. There is no sense forcing food into children if it makes them break out in a rash (or worse!) There are healthy alternatives, even for cow's milk.
- \*Don't become a short order cook; cook one meal for the family. Hungry children will eat.
- \*Children like to discover new foods on their own, at their own pace. Place meal items on their plate, but resist announcing. "I have a new food for you!" That sets kids on edge right away. Let them approach foods in their own easy-does-it style.
- \*Serve foods prepared by various methods—raw, steamed, broiled, baked, roasted — so children can discover a way to enjoy them.
- \*Bite-sized finger foods appeal to children most. Serve at least one at each meal.
- \*Make vegetables more appealing by serving with small amounts of low fat sauce.
- \*Don't serve huge portions. One tablespoon of each food is a good beginning; build gradually from there.
- \*Avoid strong spices and food served too hot; children's taste buds are very sensitive.
- \*Don't jump to conclusions when your child doesn't at first like a food. It can take several exposures to a new food before kids decide if they like it or not.
- \*Involve children in snack and meal preparation. Participation builds pride and motivates them to try new foods.
- \*By age 3 most children can participate in family-style service, meaning they can pass small bowls and spoon food onto their plates. This encourages independence and allows a sense of control. Simply state each person must have a small amount of each food on their plate. (And yes, some strong-willed kids will cut a pea in half to meet that requirement. If so, accept it and resist the invitation to a power struggle.)
- \*Don't panic if your child misses a meal by refusing to eat. I've never met a child who wouldn't eat if hungry. Sidestep power-struggles with children who try to manipulate your emotions with their eating habits. If you play into power struggles, children learn how to push your aggravation buttons. Remember, you've done your part by offering good food in a nice setting. (And silently chant the truism that, "You can lead a horse to water but you can't make him drink.")
- \*Be matter of fact at meal times. Don't beg or badger children into trying food. State that you expect them to take one taste of everything and leave it at that. Don't force children into cleaning their plates. Taking even a very small taste is compliance enough.
- \*Avoid tug-of-war bribery such as, "You won't get dessert if you don't clean up your asparagus." Sugary desserts should only be for infrequent special occasions.
- \*Don't over-react and become personally offended if your child makes faces and cries, "Gross!" when seeing a particular food. Unemotionally tell them to give their opinion in a more polite way. Remain calm and continue your meal. Respond to children's "I hate this!" by saying, "You don't have to like green beans, just take a taste. They have fuel your body needs to grow."
- \*Teach proper behavior if your child finds a food so distasteful that he spits it out. Nonchalantly say, "I see you're surprised by its taste (or texture). If you have to spit out food, please spit into your napkin."
- \*Don't panic or over-react if your child seems to focus on one type of food. Research has shown that children may occasionally go on a binge with one type of food. Over a week or two they go back to getting their nutrients from a wider food array.
- \*Don't set the stage for eating problems by using food or trips to a fast food restaurant as a reward or punishment for a particular behavior. Food is fuel not a bargaining chip.
- \*Plant a vegetable garden and/or fruit trees together. Children will try foods they plant and harvest.
- \*Address preschooler's picky eater issues by reading a children's book together. *Bread and Jam for Frances* by Russel Hoban (New York: HarperCollins Trophy, 1993) and *Gregory the Terrible Eater* by Mitchell Sharmat (New York: Scholastic, 1989) are both good choices.

\*Continued from page 1\*

*From Child Care Information Exchange*

## APRIL & MAY Trainings

You must register to attend any of these trainings.

Please call Amber Walls at (918) 453-5079 or 1-888-458-6230.

**We must have at least 5 participants for the class to make, or the class will be cancelled.**

You will receive 2 hours of Formal training credit for each training you attend.

You will be notified if the class is cancelled due to weather, lack of participation, or unforeseen circumstances.

April 6, 2017

Professionalism in Child Care  
(McIntosh County)  
Checotah Creek Nation Head Start  
302 B St.

Checotah, OK 74426

6:30 p.m.— 8:30 p.m.

Trainer: Andria Hummingbird

As with good health, the absence of professionalism is usually more obvious than its presence. Who will notice whether you have this quality or not? Your boss definitely will, as will your co-workers and the parents of the children in your care, and it can affect your ability to keep your job and advance in your career. So what can you do to make sure you exhibit professionalism, and what can you do to ensure that you don't show a lack of it?

April 10, 2017

Homelessness and Young Children:  
Dealing with Trauma  
(Delaware County)

Community Action Training Room

856 E. Melton Drive

Jay, OK 74346

6:30 p.m.— 8:30 p.m.

Trainer: Lori Monroe

This course will help participants to define homelessness according to the McKinney-Vento definition and to discover how being homeless affects the child's health and development. Participants will also be provided guidance strategies to support young children experiencing homelessness.

April 22 & 29, 2017

Early Learning Guidelines  
Infant, Toddlers, and Twos  
(Cherokee County)

CN CCRC

16957 W. Cherokee

Tahlequah, OK 74464

8:30 a.m.— 4:30 p.m.

This course counts toward  
The Stars Requirements for  
Early Learning Guidelines (ELG).  
This training consists of the introduction and  
implementation of the  
Oklahoma Early Learning Guidelines.

Participants **MUST** attend both sessions.

*\*There is a \$20 fee for the training and you must register through the CECPD website. \**

May 8, 2017

Professionalism in Child Care  
(Adair County)

Cherokee Nation CDC (Stilwell)

398 N. 8th St.

Stilwell, OK 74960

6:30 p.m.— 8:30p.m.

Trainer: Andria Hummingbird

As with good health, the absence of professionalism is usually more obvious than its presence. Who will notice whether you have this quality or not? Your boss definitely will, as will your co-workers and the parents of the children in your care, and it can affect your ability to keep your job and advance in your career. So what can you do to make sure you exhibit professionalism, and what can you do to ensure that you don't show a lack of it?

If you are interested in enrolling in the CDA-Pathway to Professional Growth Classes please call Gina McPherson at 866-343-3883. For information about online classes go to [www.okhighered.org/secc](http://www.okhighered.org/secc).

# MAY Trainings cont...& JUNE Trainings

You must register to attend any of these trainings.

Please call Amber Walls at (918) 453-5079 or 1-888-458-6230.

**We must have at least 5 participants for the class to make, or the class will be cancelled.**

You will receive 2 hours of Formal training credit for each training you attend.

You will be notified if the class is cancelled due to weather, lack of participation, or unforeseen circumstances.

May 15, 2017

SIDS and Safe Sleep

CN Health Clinic (Craig County)

27371 S. 4410 RD. Vinita, OK 74301

6:30 p.m.— 8:30 p.m.

Trainer: Amber Walls

The goal of this training is to educate Early Child Care Providers and others about the causes of sleep related infant death, safe sleep practices to reduce the risk for sudden unexpected sleep-related infant deaths, and ways to motivate parents and caregivers to provide safe sleeping environments for infants.

May 25th, 2017

Creative Cooking

Mayes County Fair Grounds

2200 NE 1st St. Pryor, OK 74361

6:30 p.m.— 8:30 p.m.

Trainer: Lisa Evans

Join us as we explore ways to prepare healthy snacks and meals. We will show you recipes that can be prepared in a waffle iron and cost efficient meals in a crockpot. We will demonstrate snack ideas the kids can make, and show activities to expand the learning experience. Be prepared to let your culinary juices flow as you will taste the healthy meals and snacks and take away recipes, ideas, and activities to implement into your facility.

June 5, 2017

Professionalism in Child Care

CN CCRC (Cherokee County)

16957 W. Cherokee Tahlequah, OK 74464

6:30 p.m.-8:30 p.m.

As with good health, the absence of professionalism is usually more obvious than its presence. Who will notice whether you have this quality or not? Your boss definitely will, as will your co-workers and the parents of the children in your care, and it can affect your ability to keep your job and advance in your career. So what can you do to make sure you exhibit professionalism, and what can you do to ensure that you don't show a lack of it?

May 23, 2017

Fascinating Science Activities

(Muskogee County)

Muskogee Public Library

801 W. Okmulgee St.

Muskogee, OK 74401

6:30 p.m.— 8:30 p.m.

Trainer: Amber Walls

You don't have to be a Mad Scientist to introduce your little ones to science! This workshop will focus on cheap and easy ways to integrate developmentally appropriate science into your centers, group times, and outdoor activities while still meeting the standards and early learning guidelines.

June 13, 2017

Outdoor Play

(Delaware County)

Community Action Training Room

856 E. Melton Drive

Jay, OK 74346

6:30 p.m.— 8:30 p.m.

Trainer: Lisa Evans

Join us as we explore new and creative ideas that are cost efficient to put in your outdoor learning environment. We will explore new ways to offer play opportunities outside, and you will take back ideas that will turn your outdoor play space into a fun and inviting learning space for children.

If you are interested in enrolling in the CDA-Pathway to Professional Growth Classes please call Gina McPherson at 866-343-3883. For information about online classes go to [www.okhighered.org/secc](http://www.okhighered.org/secc).

**A Friendly Reminder:**  
**SCHOLARS FOR EXCELLENCE IN CHILD CARE**

Scholarships are available for staff working in child care facilities.

**What is the Scholars program?**

The Scholars for Excellence in Child Care is a scholarship program with support and motivation for that extra push to stay focused as you pursue a credential or degree.

**Apply and let us help.**

We make the application process easier. We will help you with the application, admissions (including choosing a professional development program—Pathway, Certificate of Mastery, or a degree), and filling out the FAFSA form.

**We make it affordable.**

The scholarship pays 70% tuition and fees, and 100% of books. You only pay 30% of tuition and fees.

**Be independent.**

Take control of your professional development and career in child care. Call today. We help with professional development, career counseling, and academic advisement, as well as provide on-going support from application through program completion.

For more information contact the Scholarship office at: 405-225-9395 or 866-343-3881

**EARLY CHILDHOOD INFORMATION**

**CHEROKEE NATION CHILD CARE RESOURCE CENTER** 1-888-458-6230

**OKLAHOMA CHILD CARE RESOURCE & REFERRAL (OCCRRA)** 1-888-962-2772 [www.oklahomachildcare.org](http://www.oklahomachildcare.org)

**CHILD CARE AWARE OF AMERICA** 1-800-424-2246 [www.childcareaware.org](http://www.childcareaware.org)

**LICENSING RECORDS OFFICE** 1-800-347-2276 OR 405-521-2355

**REACHING FOR THE STARS**

Misti Denton	1-800-225-9868	Eastern Oklahoma
Tiffany McPherson	1-866-900-1659	Western Oklahoma

**CENTER FOR EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT (CECPD)** 1-888-446-7608 [www.cecpd.org](http://www.cecpd.org)

**SCHOLARS FOR EXCELLENCE IN CHILD CARE (S.E.C.C.)**

Verna Corley	918-647-1252	Carl Albert State College, Sallisaw
Gina McPherson	1-866-343-3881	Career Technology Centers

**WARMLINE: 1-888-574-5437**

\*\*\*\*\*WARMLINE UPDATE\*\*\*\*\*

Effective March 31, 2017, the pre-recorded topic library will be temporarily unavailable. However, you will still be able to speak to a live consultant Monday-Friday 8:00 am – 5:00 pm by calling the Warmline at 1-888-574-5437. Questions can also be emailed in to the Warmline at [warmline@health.ok.gov](mailto:warmline@health.ok.gov). Any voicemails or emails left will be returned by the next business day. All topics can also still be accessed by visiting our website at <http://warmline.health.ok.gov/>.

**CHILD CARE SERVICES/Quality Rating and Improvement System (QRIS), Training and Technical Assistance Coordinator**

Vikki Dobbins 580-673-5952

## Week of the Young Child April 24-28, 2017

### What is the Week of the Young Child™?

The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 80,000 members and a network of over 300 local, state, and regional Affiliates.

The purpose of the Week of the Young Child™ is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child™ in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child™ is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.

### Here are some ideas to celebrate this week:

#### \*Music Monday! Sing, Dance, Celebrate, and Learn

Through Music children develop math, language and literacy skills—All the while having fun and being active. This year, make up and record your own unique version of a song or write you own, and share it on NAEYC's Facebook page or post to Twitter using the hashtag #woyc17.

**Try This:** Find the beat to connect music, movement, and math. Practice clapping, drumming, or stomping to the beat of the music while counting.

#### \*Tasty Tuesday: Healthy eating and fitness at home and school

This fun, food-themed day is about more than just cheese and crackers. Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom. Create your own healthy snacks and share the recipes and photos of your creations on NAEYC's Facebook page or post to Twitter using the hashtag #woyc17.

**Try This:** Measure your ingredients while making your snacks! Ask children if they'd like the same or different amounts of each ingredient.

#### \*Work Together Wednesday: Work together, Build Together, Learn together

When children build together they explore math and science concepts and develop their social and early literacy skills. Children can use any building material—from a fort of branches on the playground to a block city in the classroom, or a hideaway made from couch pillows at home. Build and share pictures of children's creations on NAEYC's Facebook page or Twitter using the #woyc17 hashtag.

**Try This:** Practice organizing blocks by size! Try building a block tower with large blocks on the bottom and little blocks on top!

#### \*Artsy Thursday: Think, Problem Solve, Create

Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands. On Artsy Thursday celebrate the joy and learning children experience when engaged in creative art making. Use any materials—from crayons to paint, clay to crafts! Create and share photos of your children's creations on NAEYC's Facebook Page or Twitter using the #woyc17 hashtag.

**Try This:** Bring art outdoors! Offer dark and light paper, chalk and pastels, and suggest children create their own versions of day and night sky.

#### \*Family Friday: Sharing Family Stories

Engaging and celebrating families is at the heart of supporting our youngest learners. NAEYC applauds family members' role as young children's first and most important teachers. Share pictures and stories about your family on NAEYC's Facebook page or post to Twitter using the hashtag #woyc17 as we celebrate the unique role families play in their children's learning and development.

**Try This:** Invite parents for a Family Friday breakfast, where Children can prepare and share breakfast treats with their families!

From [www.naeyc.org/woyc](http://www.naeyc.org/woyc)



Celebrate NAEYC's Week of the Young Child™ April 24-28, 2017

naeyc  
Week of the  
Young Child™



3230000 230045201717  
DINIYOTHLI KANOHEDA  
Cherokee Nation  
Child Care Resource Center  
P.O. Box 948  
Tahlequah, OK 74465  
(888) 458-6230



## FREE TECHNICAL ASSISTANCE

**Did you know we offer one-on-one Technical Assistance in your Family Child Care Home or Center Classroom?**

Topics include, but are not limited to:

- Room Arrangement
- Behavior and Guidance
- Creating Policies/Handbooks
- Communication with Families
- Customer Service
- STARS Information
- Story Time Strategies
- Transition Ideas
- Die Cut Services
- Eco Friendly Environment Assessment
- Guidance on NAFCC Accreditation and much more!



**We also offer consultation over the phone and email. We are here to help!**  
If you are interested in these services, please contact Amber in Tahlequah at 918-453-5079 or Lisa in Jay at 918-253-4219.