

OCTOBER-DECEMBER  
2025

# CHILD CARE RESOURCE & REFERRAL

A PROGRAM OF CDSA  
FUNDED THROUGH OKLAHOMA PARTNERSHIP FOR SCHOOL READINESS

# NEWSLETTER



## SERVING NORTHWEST OKLAHOMA

Cimarron, Texas, Beaver, Harper, Woods, Alfalfa, Grant, Ellis, Woodward, Major, Garfield, Dewey, & Blaine, Canadian, & Kingfisher

## OUR PURPOSE

Supporting families and child care providers in our northwest communities.

## OUR VISION

All northwest Oklahoma families have access to quality care and education for their children through community-based resource and referral services.



### INSIDE THIS ISSUE:

Page 2  
CCR&R Contact Information  
How we can support you

Page 3  
Professional Development & Training Opportunities, Feeling Faces learning activity  
Telehealth Enrollment  
Facebook Marketing

Page 4  
Video Instructions for Updating Your Program's Information Family Resource on Helping Your Child Transition

Page 5  
QRIS & Partner Contact Information  
Scholars for Excellence Brochure  
NWCCR&R Website Link

Page 6  
Networking Opportunities for FCCH's and Centers, Regulations & Policies Update, and Advocay Opportunity

Page 7  
Thrive Network  
NEW-Center Director/Owner Networking Meeting

CDSA Child Care  
Resource & Referral Staff  
Contact Information



Cheila Armour  
NW Region Manager  
580-242-6131  
Cheila.Armour@cdsaok.org

Stephanie Gray  
Child Care Consultant  
580-242-6131  
Stephanie.Gray@cdsaok.org

Mary Beth Williams  
Child Care Consultant  
580-231-6064  
Marybeth.Williams@cdsaok.org

Kimberly Burnett  
Child Care Consultant  
Focus Infants & Toddlers  
580-747-3217  
Kimberly.Burnett@cdsaok.org

Jesse Bailey  
Business Consultant  
580-231-6255  
Jesse.Bailey@cdsaok.org

New Website:  
[www.nwoklachildcare.org](http://www.nwoklachildcare.org)

CDSA CCR&R Office  
580-231-6131  
114 S. Independence  
Enid, OK 73701



## Northwest Child Care Resource & Referral

We offer support, training, and resources to  
licensed child care providers.

- Provide on-site coaching and technical assistance to FCCH's, center directors and staff. Provide support on child development, early childhood best practice, behavior & guidance, infant/toddler development, room arrangement and business practices and many more. Contact us for assistance on any topic/issue.
- Offer training on current topics such as Pyramid Model Practices, CPR, Safe Sleep and addressing challenging behaviors.
- Provide coaching to directors or owners on best business practices, accreditation readiness support, creating a budget, finding resources to help you increase your income with stipends, meal reimbursement programs, and access to OK Shared Services.
- Maintain a resource lending library to enhance a program or classroom. (theme tubs, outdoor equipment)

Connect you with partner resources such as  
CECPD, Warmline, Autism Foundation of  
Oklahoma, Health Department, OKDHS CCS  
and other early childhood resources available in  
our region.

**[Click for support or resources!](#)**

## Professional Development Opportunity

Would you like to increase your knowledge in a specific area of early childhood and earn a stipend for completing the training?

Check out the **Oklahoma Registry Certificate of Achievement and Stipend Program** for information on how to apply and receive the stipends they have available.

<https://cecpd.org/Provider-Programs/Certificate-of-Achievement-and-Stipend-Program#1093406947-eligibility-requirements>

## Best Practice and Resources

### Emotional Literacy: Using Feeling Faces

Teaching children to label their feelings using words will help decrease challenging behavior. Use these links to download the Feeling Faces poster with tips on how you can use it in your program and watch the YouTube video to see it being used in a center.

<https://www.challengingbehavior.org/document/feeling-faces-this-is-how-i-feel-today-chart-and-template-english-spanish/>

<https://www.youtube.com/watch?v=a-H1NB0tcGM>

## Upcoming training provided by NW Child Care Resource & Referral

Visit our website for provider training. <https://nwoklachildcare.org/provider-trainings/>

Training specific to FCCH's can be found using: <https://nwoklachildcare.org/staff-family-child-care-network/>

## Health and Wellness

Have you signed up for **FREE Telehealth for Child Care Professionals?**

Enroll now for access to Telemedicine, Teletherapy and Mental Health support.

<https://www.okschoolreadiness.org/telehealth>

## NEW Process to Complete CPR with NWCCR Providing the Hands-on Assessment

NW CCR&R has updated the process providers will use to complete CPR coursework, sign up for hands on assessment and receive their CPR card. A clickable CPR Process PDF can be found on the last page of the newsletter, or you can click the link below to download it.

[\*\*CPR Process Document\*\*](#)

## Business Support

Do you know that OK Shared Services has great ideas for how to market your childcare business?

Check out this link information on how to setup a business Facebook page and use its features to market your childcare care business.

<https://www.oksharedservices.org/successful-program-management/marketing-your-program/facebook-marketing/>



You can update your program's information online!

Watch a video on how to update your information in the state database that families use to search for child care.

<https://stage.worklivesystems.com/program/23>



Create an account by clicking on the UPDATE graphic or use the link below it.

Download a Helpful Pyramid Model Resource for Families from the Challengingbehavior.org Website.



**Backpack Connection Series**

**About this Series**  
The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

**The Pyramid Model**  
The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

**More Information**  
More information and resources on this

**How to Help Your Child Transition Smoothly Between Places and Activities**

Alyson Jiran, Brooke Broglio & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.



**Try This at Home**

- Use a timer, an instrument or a funny noise to give your child advance warning of routine transition events. If possible, ask him to help "alert" everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.
- Let your child pick out a special object or toy to transition with to the next activity or place. "Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?"
- Use a visual schedule to show your child the plan for the day. "First, you have school and then we are going to take Aunt Rachel's gift to the post office and mail it to her."
- Make the transition a game or activity where the child has the opportunity to move around. "I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?" If possible, let him think of the game. "I wonder how we could get to the car today?" You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.
- Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.
- Give your child a job. Children are more

**Practice at School**

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them to move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

**The Bottom Line**

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.

JOIN OUR CHILD CARE RESOURCE & REFERRAL FACEBOOK PAGE



## PARTNER RESOURCE LINK AND CONTACT INFORMATION

The Scholars for Excellence program is still offering scholarship opportunities for child care professionals. View their brochure and contact them for more information on what might be available to you.

<https://okhighered.org/wp-content/uploads/2025/08/SECC-statewide-brochure.pdf>

## VISIT OUR WEBSITE

Find information on how we support families and child care providers in the northwest region.

<https://nwoklachildcare.org/>



## Partner Contacts

Stars Outreach Specialist  
Bree Dies  
Brianne.dies@okdhs.org

Quality Coaches  
OKDHS/CCS  
Laura Marrufo  
405-290-8713

Adamir Nater  
405-343-7636

Alecia Finley  
405-693-2076

Chris Myers  
405-659-8633

Scholars for Excellence  
Jayme Elam  
NOC Enid  
1-405-372-2404

Amanda Greenfield  
Redlands  
1-405-422-1286

CECPD  
Velma Gould  
vgould@ou.edu  
1-405-799-6383

Warm line  
Kim Quinn  
1-888-574-5437  
[OK Warmline Online](#)

# NETWORKING OPPORTUNITIES

NW CCR&R has two networking groups available for child care providers. The THRIVE NETWORK is for FCCH's and meets each month for networking and/or training. The networking group for center owners/directors is on January 15<sup>th</sup> in person in Okarche! Click on the links below the flyers to register.

If you would like more information about Thrive, please contact Jesse Bailey at [jesse.bailey@cdsaok.org](mailto:jesse.bailey@cdsaok.org)  
For information about the Center Support Networking meetings contact Cheila Armour at [Cheila.Armour@cdsaok.org](mailto:Cheila.Armour@cdsaok.org)

[REGISTER HERE FOR CENTER SUPPORT MEETING](#)

[REGISTER HERE FOR THRIVE MEETING](#)

Support & Networking Group  
JANUARY 15, 2026  
6:00 PM - 8:00 PM  
In Person  
KE Childcare  
201 S. 5<sup>th</sup> Street  
Okarche, OK 73762  
Networking | Resources | Professional Development  
Business Practices | Support  
REGISTER FOR MEETING HERE  
[HTTPS://FORMS.OFFICE.COM/R/IPEN4NFCT5](https://forms.office.com/R/IPEN4NFCT5)

PBS Edcamp  
Thrive Network January Event:  
OETA Edcamp  
Date: January 10th, 2026  
Time: 9 a.m. - 1 p.m.  
Address: El Reno Safety Center  
2707 Fath Ave,  
El Reno, Ok 73036  
Topic: You Choose!  
Pre Lun  
SCAN ME  
EARLY CHILDHOOD EDUCATORS  
PBS Edcamp provides educators who work with children in schools, daycare centers or homes - with a space to share, collaborate and learn from each other.  
RESOURCES  
Learn about PBS KIDS resources that support social and emotional development, math and literacy skills.  
FORGE RELATIONSHIPS  
Connect with educators facing similar challenges, learn new tips and share ideas. Leave energized and inspired!  
To Register, scan QR Code or go to:  
[bit.ly/OETAEdcamp](https://bit.ly/OETAEdcamp)

## Updates on Regulations & Policies

**Safe Sleep Training Updates**  
Two of the updated 2022 recommended changes made by the American Academy of Pediatrics

“no co-sleeping” to “no bed-sharing” meaning you should not share a sleeping surface with a baby.

Safe Sleep training is preferred to be in-person

## Advocacy Opportunity

**Save the Date**  
**INK Day at the Capitol**  
**(Invest in Kids)**  
**April 9, 2026**

Join us at the Capitol to meet with our representatives and senators to advocate for the youngest of our state and their families.

# CPR CERTIFICATION

## Step 1. Take CPR course online through American Heart Association

- ✔ Register for course using this link, cost of the course is \$23 paid online when you register.  
<https://shopcpr.heart.org/heartsaver-first-aid-cpr-aed-online>
- ✔ Complete all optional material to be certified in infant, child and adult
- ✔ Print certificate

## Step 2. Complete your hands-on assessment to obtain your CPR card

- ✔ Pay for card here  
<https://www.paypal.com/ncp/payment/7MWXUA85NTK9G>
- ✔ Use this link to let us know you are ready to schedule your hands-on assessment  
<https://forms.office.com/r/NJncDm8vuv>



Child Care Resource & Referral



580-242-6131



<https://nwoklachildcare.org/>