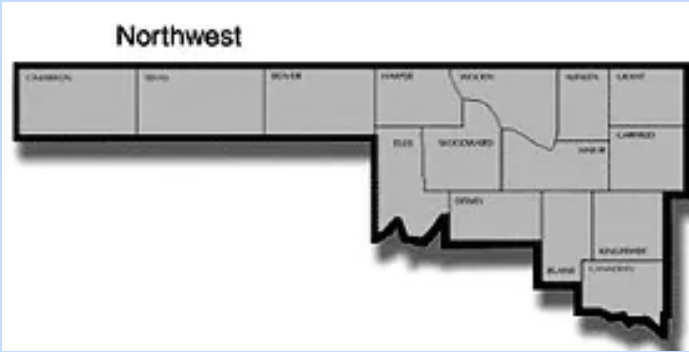


JANUARY-MARCH  
2026

# 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.

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

CDSA CCR&R Office  
580-231-6131  
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**Northwest Child Care  
Resource & Referral**

We offer *support, training, and resources* to licensed child care providers. CCR&R staff names and contact information are listed to the left.

Click on this link to access our [Role & Responsibilities](#) page. It provides details of the ways in which CCR&R consultants can assist you.

We can also connect you with partner resources such as CECPD, Warmline, Autism Foundation of Oklahoma, Health Department, OKDHS CCS and other early childhood resources available in the region. You can send us an email with any questions you may have by [clicking on this link.](#)

**JOIN OUR  
CHILD CARE  
RESOURCE &  
REFERRAL  
FACEBOOK  
PAGE**



## PROFESSIONAL DEVELOPMENT OPPORTUNITY

Click [Oklahoma Registry Resource Sheet](#)

that has helpful information for child care providers and directors regarding the Oklahoma Registry and CECPD. It has all the links to the various registry resources in one document.

Super handy resource!

Upcoming training provided by NW Child Care Resource & Referral

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

Training specific to FCCH can be found using:

<https://nwoklachildcare.org/staff-family-child-care-network/>

### NEW Process to Complete CPR with NWCCRR 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](#)

Are you a Family Child Care Home Provider?  
Make Plans to Join Us for the 2026 Thrive Summit!

# WIRED FOR PLAY: WHY PLAY MATTERS

May 1-2, 2026  
Embassy Suites in Norman, OK



**Attention FCCH providers!**

**You won't want to miss out on the 2026 Thrive Summit!**

**Wired for Play:**

**Why Play Matters**

**May 1 & 2 - Embassy Suites Norman**

**May 1 - Evening Event**

**May 2 - Dr Erin Casey Keynote**

**Click the link to find out more about the summit, hotel reservation and to register for the event.**

**<https://lp.constantcontactpages.com/ev/reg/bk82yts>**



**INVEST IN KIDS DAY 2026**

Oklahoma Partnership for School Readiness

## Advocacy Opportunity

### Join us for INK Day at the Capitol

INK Day 2026 will be held on Thursday, April 9, 2026, at the Oklahoma State Capitol. The day will begin with registration at 8:30 a.m., followed by a brief presentation at 9:00 a.m.

After the presentation, advocates are encouraged to meet with their elected officials to reinforce the importance of investing in children. A stronger workforce, more stable families, and a healthier economy all start with meaningful investments in kids.

[Click here to register.](#)

## BEST PRACTICE AND RESOURCES

Scripted stories can help children learn a new skill.

Use this scripted story to help children find solutions to problems they encounter.

### [Suri Spider Selects a Solution](#)

Watch a [video of the practice](#) being used in a preschool age group.

## HEALTH AND WELLNESS

### Milestones matter!

Track milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging child development; and find out what to do if there is ever a concern.

Download the [CDC Milestone Tracker App](#)

## BUSINESS SUPPORT

### Leadership Academy

CECPD is accepting applications for their upcoming Leadership Academies. They offer business and leadership training for both FCCHs and centers. Find out more about the training and how to apply using this link:

<https://cecpd.org/Training/Leadership-Academy>

# 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.

[Watch Video](#)



To create an account click on the UPDATE button.

[Download a Helpful Pyramid Model Resource for Families from the Challengingbehavior.org Website.](#)

Child Care Licensing

Licensing Specialists

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## Backpack Connection Series

### How to Help Your Child Understand and Label Emotions

Brooke Brogle, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



#### Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling. "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."
- Use books as teaching tools. There is a huge selection of children's books that focus on emotional literacy. Visit <http://icsefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.

#### The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement

#### Practice at School

Talk with your child's teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies. Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.

Reproduction of this document is encouraged. Permission to copy is not required.

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## PARTNER RESOURCE LINK AND CONTACT INFORMATION

### OK WARMLINE

Because kids don't come with instructions. The Oklahoma Warmline is a program for families, child care providers, and other caregivers where callers can receive consultation and support around the difficult job of caring for and nurturing infants, toddlers, and school-aged children birth to 13 as they grow and develop.

A team of consultants trained in child health, child development, and behavioral health are here to take your calls, help to generate ideas and solutions for the challenges we face daily as we care for kids, to offer support, and to help you find additional resources and referrals if you are needing them.

Call [1-888-574-KIDS \(5437\)](tel:1-888-574-KIDS) to ask a professional about concerns you have with your child.

### UPDATES ON REGULATIONS & POLICIES

You may be hearing about Safe Sleep training becoming an annual requirement. We will be offering FREE Safe Sleep training monthly at various locations throughout the region.

Check out our website's [Provider Training](#) page to see details of upcoming trainings. If you are needing Safe Sleep for a large group, let us know. We may be able to accommodate a training in your area.

### Partner Contacts

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Warm line  
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[OK Warmline Online](#)

# NETWORKING OPPORTUNITIES

## WHAT ARE THE BENEFITS OF JOINING A NETWORKING GROUP?

Through networking, childcare owners and directors can share ideas, strategies, and practices that enhance their business knowledge and leadership skills.

Networking groups also create a support system where members can exchange advice, discuss challenges, and find encouragement in the often-demanding field of early care and education.

### NW CCR&R has two networking groups available for child care providers.



#### Center Network

Thrive Network meetings are held monthly on a Saturday for 4 hours. Each meeting consists of training, lunch, and networking time to discuss challenges facing FCCH and to share successes. Resource materials are given at each meeting. Topics for training are relevant to the FCCH setting and needs of FCCH providers.

Any center director, owner or administration staff are welcome to attend. Discussion is participant-led and supported by CCRR consultants. The group meets monthly either virtually or in-person. In-person Saturday meetings are held quarterly at various locations within the region. Virtual meetings are monthly during the afternoon.

Thrive meeting information is emailed to all FCCH. Information can also be found on our website.  
[Thrive Network Link](#)

The Center Network meeting has not been set for April. An invite will be sent to all centers when the next meeting is scheduled.

For more information about network meetings, please contact

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