

Summer 2010

Child Care News



Staff

Dianne Juhnke

Early Childhood Director

Brenda Salladay

Resource & Referral
Specialist

Kate Jordan

Resource & Referral
Specialist

Paul Deppeler

Web Master

Woodward Office

Christi Waggoner
Resource Specialist

Enid Office:

580-548-2285

580-548-2318

1-800-401-3463

Woodward Office:

580-571-7138

El Reno Office:

580-422-1249

Numbers To Know

Center for Early Childhood
Professional Development

(CECPD) 1-888-446-7608

Warmline 1-888-574-5437

Scholars for Excellence

NOC Enid Linda Sutherlin
580-548-2360

Redlands CC Karen Huett
405-422-1286

Published by CDSA Child Care Resource and Referral

Sun Sense

Summer sunshine is here and with it, lots of opportunities to get kids outside to play. Are you aware of how vital it is to protect kids from sun exposure?

- **80% of the most dangerous lifetime cancer causing sun damage occurs before age 18.**
- **Childhood exposure to sun changes the skins genes or DNA permanently. This can cause the skins cells to stop functioning properly.**
- **Just one blistering sunburn doubles a child's risk of developing melanoma as an adult.**

The sun has two types of rays:

- UVA which can cause melanoma and non-melanoma skin cancers
- UVB which can suppress the immune system, cause skin damage and wrinkles and can also cause skin cancers.

You can protect children from developing skin cancer later in life by implementing these sun sense tips now.

Insist on daily use of sunscreen. Sunscreen isn't just for at the beach or pool. Kids need sunscreen whenever playing outside for 20 minutes or more-even if it's cloudy.

Keep babies out of direct sunlight. Infants need a generous application of sunscreen. A wide brimmed hat or bonnet is also necessary to protect babies' eyes and scalp.

Apply sunscreen before going outside. It takes about 20 minutes for most sunscreens to soak in and become effective. Reapply sunscreen every two hours, even if you are not swimming.

Choose a sunscreen with an SPF of 15 or higher. Make sure that your sunscreen also has broad-spectrum coverage from both UVA and UVB rays.

More is better. Applying a thin layer of sunscreen will not provide the amount of protection listed on the product label. If you have a sunscreen with an SPF of 15, but you only put a small amount on each child, they will only be receiving protection of about SPF 5. For optimum protection apply about the equivalent of 2 tablespoons of lotion onto each child.

All children need sunscreen. Skin pigmentation does not provide protection from skin cancer.

Wear sunglasses. Both adults and children need to protect their eyes from the sun. Toddlers and infants who won't keep sunglasses on should wear a hat.

Sources: American Cancer Society Parent's Magazine.com Fitness

In spite of the heat, hope that you are making some outdoor time a priority. Remember these tips apply to adults, as well as children!

CDSA Child Care Resource and Referral
2615 East Randolph
Enid, OK 73701



Win a gift card to Hobby Lobby

It is Provider Update Time!

Return your completed update form or contact us by August 15th to have your name entered in the drawing for a Hobby Lobby gift card.

We are required through our contract with DHS to update provider information twice a year beginning in July and again in January.

If we do not receive your updated information, we will contact you by phone to update your file. **However, you are only eligible for the drawing if you contact us.**

GOOD LUCK!

We are currently providing a regular newsletter by mail. Please remember to give us your email address when updating your child care provider information!!
