

## **Child Care Warmline 1-888-574-5437**

The Warmline for Oklahoma Child Care Providers offers free telephone consultation to child care providers on numerous topics of concern. Consultants can also refer providers to appropriate services and resources within their communities and can help generate ideas and clarify problems.

*My class is out of control. What can I do?  
How can I tell if a child has ringworm?  
A child is biting other children. How can I help?  
I'm worried about a child's development.  
How can I talk to the parents about my concerns?*

Anyone who cares for children needs someone to talk to occasionally about those puzzling questions regarding behavior, child development, health, safety, working with parents and more.

The Child Care Warmline is as close as a telephone and is available to help child care providers find solutions to the daily dilemmas of caring for children.

Trained professionals in child development, guidance, parent education, health and safety are available to assist providers in finding answers to questions and the resources needed to provide quality care for children. Consultants are available Monday through Friday from 8:00 a.m. until 5:00 p.m. Messages left after hours will be answered as soon as a consultant is available.

The automated Warmline Library has pre-recorded messages on a variety of topics related to child care, health, and development and is available 24 hours a day. A list of topics can be accessed at <http://warmline.health.ok.gov/>. **Questions can also be emailed to the Warmline at [warmline@health.ok.gov](mailto:warmline@health.ok.gov).**

The Child Care Warmline is a service provided by Child Guidance Service, Oklahoma State Department of Health, and the Department of Human Services, Child Care Services.

## Child Care Warmline Phone Codes

### Behavior, Development, and Parenting Issues

- 3706 Bedwetting in Children
- 1304 Biting in the Toddler Years
- 1305 Biting: What to do When a Child Bites
- 1306 Biting: Strategies to Prevent Biting in Child Care
- 1308 Children's Fears
- 4313 Disciplining Your Child
- 1301 "Good" Byes: Helping Children Adjust to Child Care
- 4809 Sleep Patterns in Newborns
- 3739 New Baby Creates Jealousy
- 3743 Normal Development 15 to 18 Months Old
- 3744 Normal Development 18 to 24 Months Old
- 3747 Normal Development 2 Years Old
- 3748 Normal Development 3 Years Old
- 3750 Normal Development 4 Years Old
- 3751 Normal Development 5 Years Old
- 3223 Pigeon Toe
- 4344 Self-Esteem: Your Child's Self-Esteem
- 4329 Separation Anxiety Prevention
- 3801 Sexual Behaviors in Children
- 4333 Sibling Relationships
- 1310 Sleep & Children: How Much is Enough?
- 3766 Sleep Disorders in Children
- 3764 Sleep Patterns in Children
- 3344 Sleep: Nightmares & Night Terrors
- 3769 Speech Development in Newborns to 5 Year Olds
- 1307 Tantrums
- 3775 Temper Tantrums
- 3777 Thumb-Sucking
- 3779 Toddler Discipline
- 1302 Toddler Practicing Independence in Child Care
- 1303 Toilet Learning
- 3780 Toilet Training

### Behavior continued: Infant Behavior and Development

- 3715 Crying Baby
- 3722 New Father
- 3736 New Mother
- 3746 Normal Development 2 Weeks to 2 Months
- 3745 Normal Development 2-4 Months
- 3749 Normal Development 4-6 Months
- 3752 Normal Development 6-9 Months

- 3753 Normal Development 9-12 Months
- 3765 Sleep Apnea in Babies
- 3765 Sleep Patterns in Babies
- 3771 Sudden Infant Death Syndrome or SIDS
- 3774 Teething

### **Care & Safety**

- 3113 Allergic Reaction (Severe) or Anaphylaxis
- 4900 Bites: Animal & Human
- 3105 Bites: Bites & Stings
- 4943 Bites: Tick
- 4851 Blisters
- 4909 Choking
- 4906 CPR or Cardiopulmonary Resuscitation
- 4934 Cuts, Scrapes & Scratches
- 3852 Dental Care for Children
- 4656 Drowning Prevention in Children
- 3107 Drug Allergy
- 4912 Electric Shock
- 4206 Eyes: Scratch on the Surface of the Eye or Corneal Abrasions
- 4915 First Aid for Superficial or First-Degree Burns
- 3109 Food Allergy
- 4918 Food Poisoning
- 4922 Frostbite
- 3413 Head Trauma
- 4728 Healthy Diet
- 4737 Healthy Snacks for Children
- 1314 Heat Exhaustion or Heat Stroke
- 3192 Hip Dislocation in Childhood
- 4925 Home First Aid Supplies
- 4663 Immunization Schedule for Children
- 4945 Insect Repellent Use
- 4129 Exercise for Kids
- 4270 Medications: Nonprescription
- 3735 Medications: Safety in Children
- 4669 Preventing Burns & Scalds
- 3271 RICE: Rest, Ice, Compression, Elevation
- 4674 Safety Seats for Children
- 4940 Splinters
- 3245 Sprains
- 4871 Sunburn

## Common Childhood Health Issues & Infectious Diseases

- 3100 Allergies
- 4402 Anemia
- 4801 Asthma
- 4545 Chicken Pox
- 4506 Common Cold
- 3714 Croup
- 3950 Ear Infection or Otitis Media
- 3108 Eczema or Atopic Dermatitis
- 4508 Fifth Disease
- 4522 Flu or Influenza
- 4513 Group A Strep Invasive Diseases
- 4514 Hand-Foot-and-Mouth Disease
- 3110 Hay Fever or Seasonal Allergic Rhinitis
- 4024 Hepatitis A
- 4025 Hepatitis B
- 4026 Hepatitis C
- 4516 HIV Infection & AIDS
- 4860 Impetigo
- 4524 Lice
- 4525 Lyme Disease
- 4550 Measles
- 3705 Meningitis: Bacterial Meningitis in Children
- 3785 Meningitis: Viral Meningitis in Children
- 4551 Mumps
- 4218 Pinkeye
- 4811 Pneumonia
- 3106 Rashes: Contact Dermatitis
- 3718 Rashes: Diaper
- 3112 Rashes: Poison Ivy, Oak, and Sumac
- 3794 Respiratory Syncytial Virus (RSV)
- 4528 Ringworm
- 4530 Rubella or German Measles
- 4509 Salmonellosis
- 4531 Scabies
- 4534 Shingles or Herpes Zoster
- 3770 Spitting Up in Infants
- 3960 Strep Throat
- 4538 Tetanus
- 3858 Thrush
- 4540 Tuberculosis or TB
- 3713 Viral Infections in Children
- 4873 Warts
- 4542 West Nile Virus
- 3787 Whooping Cough or Pertussis

## **Help for Families**

- 1313 Child Care Consultation for Facilities Experiencing Challenging Behaviors in the Classroom
- 1319 Oklahoma Child Care Resource & Referral Agency: Help Finding Child Care
- 1312 What is Infant Mental Health?
- 1311 Where to Go When You have a Concern about the Development of a Child: What is SoonerStart and How do I Refer a Family?

## **Mental Health Concerns**

- 3302 Aggressive Behavior in Children
- 3788 Anger & Teaching Children to Manage It
- 3310 Anxiety
- 3370 Bullying: How to Help the Victim
- 3369 Bullying: When Your Child is a Bully
- 3300 Child Abuse & Neglect
- 3772 Depression in Children & Teens
- 3321 Depression Overview
- 3326 Emotional Abuse: Effects on Children
- 3330 Grief & Loss
- 3350 Post-Traumatic Stress Disorder (PTSD)
- 3360 Sexual Abuse & Children
- 4425 Stress
- 4426 Stress Management
- 4427 Stress Management with Deep Breathing

## **Special Health Care Needs**

- 3312 ADHD or Attention Deficit-Hyperactivity Disorder in Children
- 4822 Asthma & How to Use Inhalers
- 3701 Asthma in Children
- 3704 Autistic Spectrum Disorder (ASD)
- 3711 Childhood Cancers
- 4203 Common Vision Problems
- 4207 Crossed or Misaligned Eyes or Strabismus
- 3905 Diabetes: Type 1
- 3782 Diabetes: Type 1 in Children
- 3906 Diabetes: Type 2
- 4314 Down Syndrome
- 3109 Food Allergy
- 3727 Hearing Loss in Children
- 4721 Overweight Children
- 3767 Speech & Language Problems

## Symptoms of Illness

- 5050 Abdominal Pain
- 3406 Concussion
- 4008 Constipation
- 4809 Cough
- 4910 Dehydration
- 4010 Diarrhea
- 5054 Dizziness & Vertigo
- 3963 Ears: Earache
- 3953 Ears: Earwax
- 3957 Ears: Ruptured Eardrum
- 5072 Ears: Tinnitus (Ringing in the Ears)
- 5056 Fatigue
- 5057 Fever
- 3418 Headaches: Migraine
- 3427 Headaches: Sinus
- 3629 Heart Palpitations
- 4021 Heartburn
- 4029 Indigestion
- 5060 Insomnia
- 5065 Nausea and Vomiting
- 3956 Nosebleed or Epistaxis
- 5071 Swallowing Difficulty or Dysphagia

## County Health Departments

<b>County</b>	<b>City</b>	<b>Telephone</b>
Adair	Stilwell	(918) 696-7292
Atoka	Atoka	(580) 889-2116
Beaver	Beaver	(580) 625-3693
Beckham	Elk City	(580) 225-1173
Beckham	Sayre	(580) 928-5551
Blaine	Watonga	(580) 623-7977
Bryan	Durant	(580) 924-4285
Caddo	Anadarko	(405) 247-2507
Canadian	El Reno	(405) 262-0042
Canadian	Yukon	(405) 354-4872
Carter	Ardmore	(580) 223-9705
Carter	Healdton	(580) 229-1291
Cherokee	Tahlequah	(918) 456-8826
Choctaw	Hugo	(580) 326-8821
Cleveland	Moore	(405) 794-1591
Cleveland	Norman	(405) 321-4048
Coal	Coalgate	(580) 927-2367
Comanche	Lawton	(580) 248-5890
Cotton	Walters	(580) 875-6121
Craig	Vinita	(918) 256-7531
Creek	Bristow	(918) 367-3341
Creek	Drumright	(918) 352-9581
Creek	Sapulpa	(918) 224-5531
Custer	Clinton	(580) 323-2100
Custer	Weatherford	(580) 772-6417
Delaware	Jay	(918) 253-4511
Garfield	Enid	(580) 233-0650

<b>County</b>	<b>City</b>	<b>Telephone</b>
Garvin	Lindsay	(405) 756-2928
Garvin	Paul's Valley	(405) 238-7346
Grady	Chickasha	(405) 224-2022
Grant	Medford	(580) 395-2906
Greer	Mangum	(580) 782-5531
Harmon	Hollis	(580) 688-3348
Harper	Buffalo	(580) 735-6100
Harper	Laverne	(580) 921-2029
Haskell	Stigler	(918) 967-3304
Hughes	Holdenville	(405) 379-3313
Jackson	Altus	(580) 482-7308
Jefferson	Waurika	(580) 228-2313
Johnston	Tishomingo	(580) 371-2470
Kay	Blackwell	(580) 363-5520
Kay	Ponca City	(580) 762-1641
Kingfisher	Kingfisher	(405) 375-3008
Kiowa	Hobart	(580) 726-3316
Latimer	Wilburton	(918) 465-5673
LeFlore	Poteau	(918) 647-8601
Lincoln	Chandler	(405) 258-2640
Logan	Guthrie	(405) 282-3485
Love	Marietta	(580) 276-2531
McClain	Blanchard	(405) 485-3319
McClain	Purcell	(405) 527-6541
McCurtain	Idabel	(580) 286-6628
McIntosh	Checotah	(918) 473-5416
McIntosh	Eufaula	(918) 689-7774
Major	Fairview	(580) 227-3362

<b>County</b>	<b>City</b>	<b>Telephone</b>
Marshall	Madill	(580) 795-3705
Mayes	Pryor	(918) 825-4224
Murray	Sulphur	(580) 622-3716
Muskogee	Muskogee	(918) 683-0321
Noble	Perry	(580) 336-2257
Okfuskee	Okemah	(918) 623-1800
Oklahoma City-County	Oklahoma City	(405) 427-8651
Okmulgee	Beggs	(918) 267-3606
Okmulgee	Henryetta	(918) 652-8250
Okmulgee	Okmulgee	(918) 756-1883
Osage	Pawhuska	(918) 287-3740
Ottawa	Miami	(918) 540-2481
Pawnee	Cleveland	(918) 358-2546
Pawnee	Pawnee	(918) 762-3643
Payne	Cushing	(918) 225-3377
Payne	Stillwater	(405) 372-8200
Pittsburg	McAlester	(918) 423-1267
Pontotoc	Ada	(580) 332-2011
Pottawatomie	Shawnee	(405) 273-2157
Pushmataha	Antlers	(580) 298-6624
Pushmataha	Clayton	(918) 569-7973
Rogers	Claremore	(918) 341-3166
Seminole	Seminole	(405) 382-4369
Seminole	Wewoka	(405) 257-5401
Sequoyah	Sallisaw	(918) 775-6201
Stephens	Duncan	(580) 252-0270
Texas	Guymon	(580) 338-8544
Tillman	Frederick	(580) 335-2163
Tulsa City-County	Tulsa	(918) 582-9355

<b>County</b>	<b>City</b>	<b>Telephone</b>
Wagoner	Coweta	(918) 486-2845
Wagoner	Wagoner	(918) 485-3022
Washington	Bartlesville	(918) 335-3005
Washita	Clinton	(580) 323-2100
Woods	Alva	(580) 327-3192
Woodward	Woodward	(580) 256-6416

## Developmental and Behavioral Resources for Children

### **Birth to 5: Watch Me Thrive!**

<http://www.acf.hhs.gov/programs/ecd/child-health-development/watch-me-thrive>

*Birth to 5: Watch Me Thrive!* is a coordinated federal effort to encourage healthy child development, universal developmental and behavioral screening for children, and support for the families and providers who care for them. This initiative draws heavily on previous developmental and behavioral screening efforts by consolidating materials from a wide array of federal agencies and their non-federal partners. They have published a list of research-based developmental screening tools appropriate for use across a wide range of settings

### **The Survey of Wellbeing of Young Children**

<http://www.theswyc.org>

The Survey of Wellbeing of Young Children (SWYC) is a freely-available, comprehensive screening instrument for children under 5 years of age. The SWYC was written to be simple to answer, short, and easy to read. The entire instrument requires 15 minutes or less to complete and is straightforward to score and interpret.

### **Watch Me! Celebrating Milestones and Sharing Concerns**

<http://www.cdc.gov/ncbddd/watchmetraining/index.html>

This FREE, online training course, offered through the Center for Disease Control and Prevention (CDC) *Watch Me! Celebrating Milestones and Sharing Concerns*, helps early childhood professionals by providing tools and best practices for monitoring the development of children in care and talking about it with their parents.



## Health and Safety Resources for Children

**California Childcare Health Program** produces quality materials on health and safety in early care and education settings for professionals and families.

- <http://www.ucsfchildcarehealth.org/html/pandr/pandrmain.htm>

### **Center for Disease Control and Prevention (CDC)**

- Developmental Milestones <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>
- Safety in the Home and Community <http://www.cdc.gov/parents/children/safety.html>

### **Consumer Product Safety Commission (CPSC)**

- Current Safety News & Infant Crib Safety <http://www.cpsc.gov/>
- Recalled products <http://www.cpsc.gov/en/Recalls/>
- Safety education <http://www.cpsc.gov/en/Safety-Education/>

**Healthy Child Care America (HCCA)** The HCCA Child Care & Health Partnership is a collaborative effort of health professionals and child care providers working to improve the early education and health and safety of children in out-of-home child care. This includes increasing access to preventive health services, safe physical environments, and a medical home for all children. The program also strives to increase pediatrician participation and effectiveness in providing high-quality care and promoting early education and children's health and well-being. <http://healthychildcare.org>

**HealthyChildren.org**, from the American Academy of Pediatrics (AAP), is the only parenting website backed by 64,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children and adolescents. <http://www.healthychildren.org>

***Let's Move!*** – an initiative launched by the First Lady, dedicated to solving the challenge of childhood obesity. *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years. Giving parents and providers helpful information and fostering environments that support healthy choices. <http://www.letsmove.gov/>

Sign up to participate in ***Let's Move! Child Care***: <http://healthykidshealthyfuture.org/> and receive ideas and resources to use in your program.

### **National Resource Center for Health and Safety in Child Care and Early Education (NRC)**

- The NRC website has information for caregivers and teachers, parents, regulators, child care health consultants, and home visitors: <http://nrckids.org/>
- *Caring for Our Children, National Health and Safety Performance Standards* (CFOC) <http://cfoc.nrckids.org/>
- Healthy Weight Resources <http://nrckids.org/index.cfm/products/healthy-weight-resources/>

### **The Oklahoma Caring Van Program**

The Oklahoma Caring Van Program is designed to eliminate barriers that commonly prevent children from receiving on-time, age-appropriate immunizations. The Caring Vans travel to licensed child care programs, schools, and community locations statewide.

<http://www.oklahomacaringfoundation.org/>

### **The Oklahoma Center for Poison & Drug Information: 1(800) 222-1222**

The Oklahoma Center for Poison & Drug Information (OCPDI) provides information about the prevention and management of potential toxic exposures. The OCPDI is a free, confidential resource that is open 24 hours a day, 7 days a week, 365 days a year, and is staffed by pharmacists, doctors and nurses who are nationally certified as Specialists in Poison Information.

<http://www.oklahomapoison.org/>

**The Oklahoma State Department of Health** has many helpful resources for working with children, including the online version of the *Good Health Handbook*. <http://www.ok.gov/health>  
Be sure to look at the information in the following areas:

Acute Disease Service created a Resources for Schools and Child Care Settings web page:

[http://www.ok.gov/health/Disease, Prevention, Preparedness/Acute Disease Service/Disease Information/School and Childcare Setting Resources/](http://www.ok.gov/health/Disease_Prevention_Preparedness/Acute_Disease_Service/Disease_Information/School_and_Childcare_Setting_Resources/)

Certified Healthy Oklahoma Programs

Child Guidance Service

Immunization Service

Injury Prevention Service

Maternal and Child Health Service

Preparing for a Lifetime, It's Everyone's Responsibility

**The Period of Purple Crying** is a program for parents of newborns to understand why babies cry, and what they can do. Read more about it at: <http://purplecrying.info/>.

**Safe Kids Worldwide** is a global organization dedicated to protecting kids from unintentional injuries through research, education and awareness programs, and public policy.

<http://safekids.org/>

**Safe Kids Oklahoma** provides dedicated and caring staff, operation support, and other resources to assist in achieving the goal of keeping kids safe. They can be reached at (405)945-6709.

**Safe to Sleep<sup>®</sup> Public Action Campaign:** the Safe to Sleep<sup>®</sup> campaign, formerly known as the Back to Sleep campaign, focuses on actions you and others can take to help your baby sleep safely and to reduce your baby's risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. <http://www.nichd.nih.gov/sts/>

**SoonerCare** (Oklahoma Medicaid) is a health coverage program jointly funded by the federal and state government. This program helps pay some or all medical bills for many people who can't afford them. The Oklahoma Health Care Authority (OHCA) is the state agency that administers the program and determines financial eligibility for the program.

<http://www.okhca.org/>

**SoonerStart** is Oklahoma's early intervention program. It is designed to meet the needs of families with infants or toddlers with developmental delays. In accordance with the Individuals with Disabilities Education Act (IDEA) the program builds upon and provides supports and resources to assist family members to enhance their infant's or toddler's learning and development through everyday learning opportunities.

[http://www.ok.gov/health/Child and Family Health/SoonerStart/](http://www.ok.gov/health/Child_and_Family_Health/SoonerStart/)

**Stop Bullying** – a website to help you understand bullying, the many types, who is at risk, how to respond, and prevention efforts. <http://www.stopbullying.gov/>

**Text4Baby** – Text4baby is a free cell phone text messaging service for pregnant women and new moms. Text messages are sent three times a week with information on how to have a healthy pregnancy and a healthy baby. The text messages are timed to the pregnant woman's due date or the baby's date of birth, and continue through the baby's first year of life. The free text messages provide tips on subjects including breastfeeding, car seat safety, developmental milestones, emotional well-being, exercise and fitness, immunizations, nutrition, and safe sleep. Share this information with parents: Text **BABY** to **511411** to sign up for English text4baby messages, or **BEBE** al **511411** for Spanish text messages.

**United States Department of Agriculture (USDA) Food and Nutrition Service:** a resource for the **Child and Adult Care Food Program (CACFP)** guidelines and resources for healthy meals and menu planning. <http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

**ZERO TO THREE** is a national, nonprofit organization that provides parents, professionals, and policymakers the knowledge and know-how to nurture early development.

<http://www.zerotothree.org/>

