

# CROSSROADS

All **Roads Lead to Home**



Back to School  
Edition

August 2021  
[crossroadsyfs.org](http://crossroadsyfs.org)

We support the healthy lifestyles and emotional well-being of children, youth, and families through the provision of effective, community-based programs.

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# "All roads unite us"



*All roads  
lead to home*

2021-22

*"You matter. Your service does not go unnoticed."*

Collectively, we touch over **4,000** square miles of Oklahoma soil. We care for children, grandchildren, and the future citizens of over **500,000** Oklahomans. If you're an early childhood caregiver, counselor, or youth specialist, then you create a safe and stimulating environment for children to grow during the most formative years of their lives.

Our programs also play a crucial role in caring for youth displaced from their homes or after setbacks to help them build new pathways to hope for a better future.

Together, we provide resources for our families to navigate their lives with a map and the resources needed to create healthy, whole citizens.

As we add another county to our family, let us remember that not only do *"all roads lead to home,"* but **"ALL ROADS UNITE US."**

**You matter. Your service does not go unnoticed. We thank you everyday for your dedication to our mission.**

We wish all of our staff a wonderful year. We know you create the best foundation for the young lives we touch and their families.





## Tips for Teachers

BY JUANITA BOSTICK, EDUCATION COORDINATOR

### Tips:

- \* For teachers to use the TSR-Environment and the High Scope curriculum book to guide them as they set up their classroom environments.
- \* Use the "Loose Parts" book for innovative ideas for new learning experiences for children.

### Reminders:

They are all great teachers and we believe in their capabilities to provide the highest quality of education and care to the children in our program. And when the days start to become long or just a bit overwhelming to remember to Actively calm them self with these 3 steps...

1. S.T.A.R. Smile, Take a deep breath And Relax.
2. Affirm. "I am safe, Keep breathing, I can handle this."
3. Wish the child, adult, or situation well.

We wish all our teachers well and look forward to a wonderful year 😊

# Head Start/ Early Head Start Updates

## Back to School Training!

So it begins. The new year is underway and training is happening all over our five counties.

*"I remember reading this book."*

Thanks to the EPIC interns, (including Andrea's daughters and Stacy's daughters), Wendy's talented sons, and another volunteer, all Crossroads reading bags are packed with great books inside to build memories for families.

While packing, one of the volunteers picked out the books he remembered reading as a kid.

Not only are the books ready for rollout in the late fall, but they are organized.

## Early Head Start/ Head Start Start Dates

**Early Head Start begins Wednesday, August 18.**

**Head Start begins Monday, August 23**



**We are still enrolling families in the program.**

**We are still actively hiring for all counties.**





# Please, Don't Go!

## Tips to help with Separation Anxiety

**BY GAYLE VOYLES, HEALTH AND NUTRITION  
COORDINATOR**

Starting Head Start

Starting Head Start is a big transition for both child and parent. For some, it's the first time they've ever left their child in someone else's care and maybe the first time their child has been with a larger group of children. In either case, the first few weeks can be stressful for parents and the child. There are some things you can do to lessen the separation anxiety that your child (and you) may experience.

**Stick to a Routine.** Having a bedtime routine and a morning routine is vitally important with young children. Knowing what to expect can reduce anxiety. This will not only help their body clock with sleeping but will also let them know what's coming next.

**Send Them with a "Lovey".** At Head Start, we encourage parents to provide family photos so the child can see mommy and daddy when they're sad or anxious. Also bringing a special blanket for nap time often helps. Having comfort from home can reduce symptoms of separation anxiety. **"The Kissing Hand"** by Audrey Penn is a wonderful children's book that we highly recommend for families on this topic.

**Make a Clean Break.** As much as you may want to linger and "sneak out" of the classroom when your child is not looking, psychologists will tell you that it's best to make a clean break. Say goodbye, give your hugs and kisses and then leave. Even if your child starts to cry- eventually they'll stop. Remember, making your child comfortable about starting head start is going to take time. Eventually, they'll get used to being away from you and you'll both look forward to spending time together when you pick them up from school!



# Youth Services Updates



## Enjoying life and making memories!

The residents at Crossroads' Emergency Resource Center traveled to the University of Oklahoma's campus to experience a bit of college life. The day ended with a cool dip in the pool after enjoying the sunshine.

On August 7, Victory Family Church returned to Crossroads to help build desks and finish the new craft room for residents.

Crafting is a part of the psycho-educational groups the counseling team provides residents each year. According to art therapists, Kathy Evans and Janek Dubowski, through using trauma-informed projects, youth have a "safe place to express their negative feelings and emotions."



*"Art therapy for kids can be used to help a child cope with a major life event [or those] who struggle with low self-esteem, anxiety, depression, and learning disabilities. and has been shown to help children with behavioral issues and developmental delays like autism and ADHD."*

Who doesn't love a little pampering? Moore/Norman VoTech provides haircuts for residents. This partnership allows each child to feel their best.





# CROSSROADS

## EMERGENCY RESOURCE CENTER

How you can help us!



### Wish Lists

- Craft Supplies
- Hygiene Items
- School Supplies
- Classroom Needs
- Beauty Supplies
- Shelter Supplies



### Gift Cards

- Amazon
- Walmart
- Target
- Sally's Beauty Supply
- Ulta



### Transitional Living

- Build Tiny Homes
- Vocational Training
- Life Skills
- Financial Literacy

**Thank you for supporting our youth!**

[www.crossroadsyfs.org](http://www.crossroadsyfs.org)

Andrea Marler 405-808-4435 [andream@crossroadsyfs.com](mailto:andream@crossroadsyfs.com)

## Craft Supplies

- glue sticks
- acrylic paint
- paint brushes
- canvas
- fabric paint
- art kits
- glitter
- squeeze glue
- sta-flo liquid starch
- food coloring
- corn starch
- water beads
- charms for bracelets
- string for bracelets

## School Supplies

- paper notebooks
- pencils
- dry erasers
- dry erase markers
- colored pencils
- skin colored pencils
- markers

## Shelter Supplies

- black ink pens
- sharpies
- file folders with prongs at the top
- scotch tape
- duct tape
- packing tape
- pencils
- shopping bags
- small tote bags
- duffle bags for kids
- personal items
- string back packs
- trash bags
- kleenex
- disinfectant wipes

## Hygiene Items

- hand soap
- hair brushes
- combs
- toothpaste
- lotion
- body wash
- deoderant

## Classroom Needs

- 2 bulletin boards
- big print of world map
- 2 big desks for kids
- 4 small conference style tables
- 8 chairs
- 2 partitioned desks for computer work
- colorful rug for younger area
- cabinets
- workspace with storage
- cubbies for storage

## Beauty Supplies

- eye brow kits with tweezers
- eye shadow applicators
- wax strips for eyebrows
- wax strips for legs
- make up (eye shadow, eye liner, mascara, lip gloss, foundations)
- make up brushes
- make up beauty blenders
- make up sponges
- make up bags
- hair clips
- hair bows and head bands
- Carol's Daughter (moisture and shine edge control)
- braiding hair
- twist up combs
- velvet bonnets/velvet hair muffins/do rags
- blue magic coconut oil



**REMEMBER TO ADD  
CROSSROADS AND SHOP  
SMILE.AMAZON.COM. A  
PORTION OF YOUR  
PURCHASES WILL BE  
DONATED TO  
CROSSROADS.**



# Fidget Gadgets on a Budget

- 1 Get a pool noodle of your choice. They usually are \$1-2 brand new, but with the end of summer quickly approaching, you may be able to snag a few for under a dollar.
- 2 Use extremely sharp scissors or a serrated knife to cut 1.5-inch segments of the pool noodle.  
  
Be sure to place noodles on a stable, flat surface if using the knife to cut.
- 3 That's it! They are ready to squeeze and take all that stress out.

“Thank you to our hand model. You don't get paid enough. :)”



## DID YOU KNOW?

For an estimated 40 million U.S. adults, anxiety has also been diagnosed in more than 7 percent of U.S. children and teenagers aged 3 to 17, according to the Centers for Disease Control and Prevention (CDC). That figure translates to approximately 4.4 million children and adolescents who are living with some form of anxiety, over a third of whom – nearly 37 percent – also exhibit “behavior problems.”



# Kitchen Activities

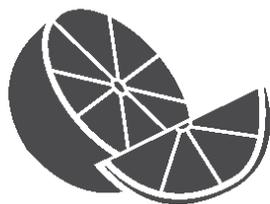
Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.



## At 2 years:

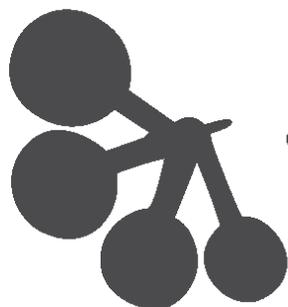
- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans



## At 3 years:

All that a 2-year-old can do, plus:

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



## At 4 years:

All that a 3-year-old can do, plus:

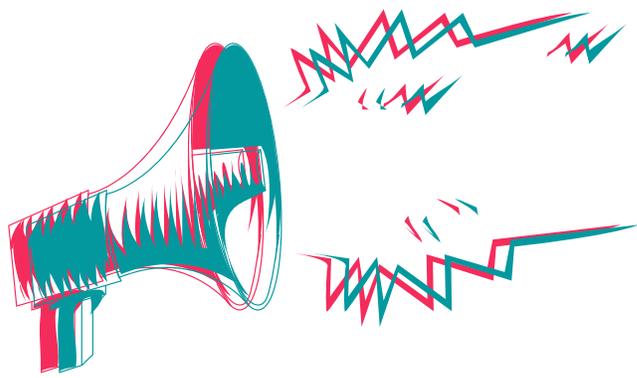
- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads



## At 5 years:

All that a 4-year-old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater



# Staff Shoutouts!

Ty B.

## HR Team!



What can we say other than the HR team Rocks?

**Kate, Darlene, Laurie, and Melissa** handled growth and trying to fill positions like complete pros.

-We appreciate all the work you do as a team.

There are still many positions available. We plan to do a big push over the next couple of weeks. Please encourage anyone you feel will be a good fit to apply.



Thank you for coming over to the shelter, Ty!

"Ty fit in immediately with our culture of care and works really well with the kids."

Thank you for all you do!

-Ty L. and Christabel

# Work Anniversaries

*Thank you!!!*

## 10, 11, 12 Years

Natalie J. →

Angela N. ↑

Ashlee A. ↗  
Michael H. ↗

## 13, 14, 15 Years

Nanette S.  
Natalie A.  
Charmaine D.  
Camrhea S.  
Gary C.

17 Years

Mary M.

## 5 Years

Renita C.  
Karyn H.  
Tabitha K.  
Jennifer Moore  
Tonya S.

6  
Years

Dalisha H.  
Savannah R.  
Ruth S.  
Melody S.  
Cheryl Todd

## 7 Years

Temika B.  
Elizabeth C.  
Erika M.  
Tammy R.  
Jessica S.  
Valeria W.

18 Years

Amy G.

## 4 Years

Jennifer Melter

Laura B..

Emma M..

Stephanie S.

18 Years

Darlene R.

## 2-3 Years

Breanna J.  
Marcy R.  
Lisa W

Michele A.  
Frances D.  
Melissa G.

## 1 Year

Christopher C.  
Margarita G.  
Meghan H.  
Emily J.  
Kristina J  
Barbara K.  
Kelly M.  
Sharon S.  
Lora S

# August Birthdays

**1** Naroba C.

**11** Katherine T.

**10** Paola E.

**2** Melissa M.  
**3** John G.

**13** Genesis G.

**5** Shilah B..

**15** Melissa G.  
Melissa R.  
Kathryn w..

**7** Savannah T.  
Latoya T.

**8** Angela C.  
Tiffany A.

**16** Carrie B.  
Juanita K..  
Ester M.  
Jillion P..

**9** Donna D.

**18** Valerie W.

**19** Wendy S..  
Lisa W.

**20** Erika A..  
Marinel S..

**22** Karlee M.  
Kaylee M..

**27** Renita S.

**23** Terri D..  
Brooke W.

**24** Shamika D

**31** Derease W..



# POOL PARTY



**Thank you Westwood!** 

Westwood Aquatic park provided passes to allow youth at the Emergency Resource Center great memories this summer. This was a huge impact on their summer vacation.

The City of Norman graciously provided funds for anxiety camps for young people in Norman. These camps help build life skills to help youth have increased opportunities for the future with tools to help handle anxiety.



# Community Partners



Victory Family Church helped make some much needed updates for the craft room. They are committed partners to ensure great life experiences for youth in our Emergency Resource Center.



CenterPoint Energy helped fund the Lawton Early Childhood Program. We appreciate all CenterPoint does for the community and helping us make a difference for babies in Lawton.



United Way of Norman



United Way of Norman funded excursions for residents at the Emergency Resource Center last year and increased their support this year. They also provided the seed funding for the EPIC Box project.