

A stylized globe is the central focus, rendered with thick, expressive brushstrokes in various shades of green and blue. The globe is set against a solid dark green background. Overlaid on the globe is a dark blue rectangular border. Inside this border, the text "Baby Branches" is written in a large, white, cursive font with a blue outline. Below it, the word "Book" is written in a similar white cursive font with a blue outline. To the right of "Book", the years "2017-2018" are written in a yellow, sans-serif font.

Baby Branches  
Book 2017-2018

# Welcome

The Office of Off-Campus Life, Bronchos with Kids and the Off-Campus Ambassadors would like to welcome you to the City of Edmond and the University of Central Oklahoma. Our community may be home to the third largest university in the state, but rest assured, you would be hard pressed to find a better place to begin or raise a family. Family Circle magazine recently named Edmond one of the top communities in America to raise a family. This just goes to show you, there are a wide variety of services in the area and on campus to help make Edmond not only the place where you attend school, but somewhere you can call home.

This guide will provide you with information on the services in the surrounding area considered child or family friendly. Our hope is to provide you with useful information which we hope will aid you in making wise decisions about childcare, finding fun things to do with your kids and tips on winning the balancing act of being a student/parent.

Again, the Office of Off-Campus Life and our student organizations would like to welcome you to Edmond. If there is anything we can do to make your time here more enjoyable, please do not hesitate to ask. We are here for you.

Sincerely,

A handwritten signature in black ink that reads "Jasmyn Scott". The signature is written in a cursive, flowing style.

Jasmyn Scott  
Coordinator, Off-Campus Life

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# Type of Childcare

## In Home Care

### Listed Family Homes

- Provides childcare for 1-3 unrelated children
- Must complete application and background check
- No minimum requirements, orientation or training
- Not inspected unless alleged child abuse is reported

### Registered Childcare Homes

- Provides childcare for up to six children under the age of 14
- May also care for up to 6 or more school-aged children
- (no more than 12 children total, including care giver's children)
- Application process requires orientation class, background check, and on-site inspection
- Re-inspected every 1-3 years and/or if child abuse is reported

### In-home Daycares

- Provides care for less than 24 hours daily, for 7-12 children under the age of 14 years old
- Have published standards they must follow and are inspected and monitored periodically
- Orientation and background checks are required
- On-site inspection must be completed prior to beginning of care giving

## Out of Home Care

### Licensed Care Facilities

- Providers care for 13 or more children under the age of 14 years old
- Have published standards they must follow and are inspected and monitored periodically
- Orientation and background checks are required
- On-site inspection must be completed prior to beginning of care giving

# The Search

Many experts say when searching for a child care facility you should not limit yourself by ruling out types of facilities too early. Many parents state making the decision of a private home versus a non-home facility should be made after careful consideration.

## Starting the Child Care Search

- Ask friends and family members for referrals.
- Make a list of all the child care facilities you would like to consider.
- Set up a telephone interview with each of the facilities.
- If you are satisfied with the interview, schedule a visit to the facility.
- It is suggested that parents visit a child care facility multiple times, at different hours, before making a final decision.
- After evaluating a number of facilities, choose the one you believe fits your child's needs best.

## Questions to Consider When Determining Child Care Needs

- What are the developmental needs of your child's age group?
- What qualities are you looking for in a care giver? Be sure to consider experience, religious preferences, etc.
- What days will you need child care? Will you need child care on any holidays?
- How much can you spend on child care per month?
- Can you pay weekly or monthly?
- Does the daycare accept DHS assistance and do you qualify?

# Selecting Childcare

## Suggested Telephone Interview Questions

### **In Home Providers**

- Are you accredited through the National Association of Family Childcare?
- Do you have space for a child in my son/daughter's age group?
- What are the ages of the other children in your home?
- Can you give me three references?
- What are your fees, hours, holidays/vacations?
- What is the policy for sick childcare?
- How many years experience do you have?
- What training have you had?
- Do you plan to continue home care for at least a year?
- Are nutritious meals/snacks provided?
- Is transportation provided?

### **Out of Home Facilities**

- Are you a licensed care facility?
- Are you accredited through a national program?
- Do you have space for a child in my son/daughter's age group?
- What are the ages of the other children in your facility?
- Can you give me three references?
- What are your fees, hours, holidays/vacations?
- How many years has the facility been open?
- How experienced are the childcare givers?
- What training do your care givers complete?
- What is your adult to child ratio for my child's age level?
- Is food provided?
- What is your star rating?
- Is there a room to breast feed/pump at the facility?
- Does the facility offer transportation?
- What kind of security measures are in place to assure the safety of the children?

# Visiting the Facility

## Things to Consider When Visiting

- Observe how the teachers interact with the children. Pay attention to their tone of voice, responsiveness and how they assist children with activities.
- Observe the overall cleanliness and appearance of both the teachers and the building.
- Are hand washing and other cleanliness procedures followed correctly?
- Are entrances/exits from the building secured, both to children sneaking out and strangers coming?
- If there is an outside playground, is it gated and secured?
- Make sure there are ample opportunities to play: both educational and fun-based.
- Outside play areas: Are they free of splintering wood?
- Do they use the proper surface and fencing?

## Recommended Adult to Child Ratios

- Infant (up to 12 months): 1 adult for every 4 babies. No more than 8 in a group.
- Toddlers (12-24 months): 1 adult for every 4 babies. No more than 12 in a group.
- Older Toddlers (24-30 months): 1 adult for every 6 toddlers. No more than 12 in a group.
- Preschoolers (30 months-5years): 1 adult for every 10 children. No more than 20 children in a group.

## Questions to Ask When Visiting

- How long do employees typically stay with your facility?
- What are the educational backgrounds of the employees?
- Is training/professional development required?
- Are criminal background checks performed on employees?
- How do employees talk with parents regarding a child's needs or conduct?
- What do you try to accomplish with the children?
- How are the developmental needs of each child met?
- What is your typical daily routine?
- What kinds of food are provided?
- How many meals or snacks are provided?
- What is the policy on television use?
- Are children allowed to watch television or are they engaged in other ways?
- Are places available for quiet play?
- What are the disciplinary procedures and/or guidelines?
- What happens when a child hits, bites or uses inappropriate language?
- What is the policy regarding a child who is ill and the parents cannot be reached?
- Are "parent-teacher" conferences held? If so, how often?
- What are the policies and procedures for after school care?
- Can parents drop in?
- Is there a daily method of communication between the childcare provider and parents?
- What materials are I required to supply ?

## Warning Signs

There are some signs that should indicate to a parent that a child care facility may not be the best for their children. These things, whether seen during a visit, or after the child is in the facility's care, should be red flags.

- The staff avoids or does not answer questions.
- Parent cannot be involved in child care practices.
- Child speaks of problems or is not happy.
- Activities are not planned, and children are left to entertain themselves.
- There are not enough toys for the children to play with appropriately, and they are fighting over what toys are present.
- Adults speak in negative ways.
- The adults caring for the children do not seem interested in children and the kids do not seem to be having fun.
- You feel uncomfortable in the facility.
- The caregiver has lied or stolen from you.
- Your child is unsupervised.
- Your child becomes moody, withdrawn or has difficulty sleeping.
- Center does not have a license or if the license is expired.

# Safe Playground Rules

Outdoor play is essential to developing motor skills in young children, but it can also be dangerous. Here are playground safety rules to look for:

- Adequate fall zones – should be covered with a minimum of 12 inches of protective material (like mulch, rubber, etc.) and cover a minimum of 6 feet around the structure. Fall zones for swings should extend out twice the length of the swing chain, both forward and backward.
- Space between playground equipment – there should be adequate space between play structures.
- Guardrails present when necessary – should be on any type of elevated surface, such as walkways, ramps, etc. to prevent any accidental falls.
- Openings in railings – should be no wider than 3 inches to prevent children from getting their heads or other body parts stuck or injured.

## What If My Child Is Ill?

### When You Should Keep Your Child Home

Does he or she feel well enough to participate in activities?

Does the center have the ability to care for sick children? If no, your child should stay home.

Is the child's illness contagious? If yes, the child should stay home.

- A fever greater than 100 and child looks and/or acts ill
- Vomiting-should stay home for 24 hours after last episode
- Rash of any kind, especially when accompanied by a fever
- Chicken Pox
- Uncontrollable coughing or wheezing, persistent crying, lethargy, difficulty breathing
- Lice
- Pink Eye
- Diarrhea
- An upper respiratory illness such as the flu
- Strep Throat

## Metro Area Childcare

### **Adventure Learning Academy**

405-340-8727  
729 W. 2nd Street  
Edmond, Ok 73003  
6 minutes/ 1.7 miles from UCO  
Ages: 2 years –5th grade  
Hours: 6:00 a.m. - 6:00 p.m.

### **Blessed Ones Child Development Center**

405-562-4322  
1130 Chowning Ave.  
Edmond, OK 73034  
2 minutes/ 0.6 miles from UCO  
Ages: 0 - 11 yrs.  
Hours: 6:00 a.m. – 6:00 p.m.

### **Camelot Child Development**

405-749-2262  
24 N.W. 146th St.  
Edmond, OK 73013  
9 minutes/ 4.56 miles from UCO  
Ages: Infancy – 5th grade  
Hours: 6:30 a.m. – 6:00 p.m.

### **Childcare Network, Inc. #200**

405-348-1491  
1909 SE 15th Street  
Edmond, Oklahoma 73013  
8 minutes/2.7 miles from UCO  
Ages: All ages  
Hours: 6:30 a.m.-6:00 p.m.

### **Childtime**

405-340-5895  
425 N. Bryant Ave.  
Edmond, OK 73034  
3 minutes/ 1.11 miles from UCO  
Ages: Infancy – 5th grade  
Hours: 6:30 a.m. – 6:00 p.m.

### **Churchill Pre School Academy**

405-341-4314  
724 W. 15 St.  
Edmond, OK 73013  
6 minutes/ 2.44 miles from UCO  
Ages: 3 – 10 yrs.  
Hours: 6:30 a.m. – 6:00 p.m.

### **Edmond Head Start**

405-359-7155  
717 Churchill  
Edmond, OK 73034  
2 minutes/0.6 miles from UCO  
Ages: 3-5 years  
Hours: Daytime Hours

### **First Christian Church Childcare Center**

405-341-2626  
206 E. 1st St.  
Edmond, OK 73034  
3 minute/ 0.7 miles from UCO  
Ages: 6 weeks - 5th grade  
Hours: 6:45 a.m. – 6:00 p.m.

## Metro Area Childcare

### **First Presbyterian School**

405-341-3602 x5  
1001 S. Rankin St.  
Edmond, OK 73034  
5 minutes/ 1.89 miles from UCO  
Ages: 3 yrs. – Kindergarten  
Hours: 9:00 a.m. – 3:00 p.m.

### **First United Methodist Preschool**

405-341-1230  
305 E. Hurd St.  
Edmond, OK 73034  
2 minutes /0.4miles from UCO  
Ages: 1 – 5 yrs.  
Hours: 9:00 a.m. – 2:45 p.m.  
(varies with age)

### **Friendly Circle CDC**

405-359-3148  
401 S. Fretz Ave. #A  
Edmond, OK 73003  
6 minutes/ 1 mile from UCO  
Ages: 0 – 17 yrs.  
Hours: 6:00 a.m. – 12:00 a.m.

### **Gateway Learning Center**

405-341-2817  
704 W 18th  
Edmond, OK 73013  
9 minutes/ 2.7 miles from UCO  
Ages: 6 weeks - 6 yrs.  
Hours: 6:30 a.m.—6:00 p.m.

### **Goddard School**

405-348-4442  
17440 N. Western Ave.  
Edmond, OK 73012  
11 minutes/ 4.1 miles from UCO  
Hours: 7:00 a.m.—6:00p.m.  
Ages: 6 weeks – School Age  
Hours: 7:00 a.m. – 6:00 p.m.

### **High Flyers Child Care**

405-341-1644  
1200 S. Kelly Ave. Ste. A  
Edmond, OK 73003  
8 minutes/ 2.5 miles from UCO  
Ages: 6 weeks – 12-years-old  
Hours: 6:30 a.m. – 6:00 p.m.

### **Kids World**

405-348-3888  
3201 Clay Dr.  
Edmond, OK 73034  
8 minutes/ 2.8 miles from UCO  
Ages: 10 months – 6th grade  
Hours: 6:30 a.m. – 6:00 p.m.

### **La Petite Academy**

405-348-0009  
1100 N. Kelly Ave.  
Edmond, OK 73034  
6 minutes/ 1.8 miles from UCO  
Ages: 6 weeks – 12 yrs.  
Hours: 6:15 a.m.. – 6:15 p.m.

## Metro Area Childcare

### **La Petite Academy**

405-340-9466  
100 E. 33rd St.  
Edmond, OK 73013  
9 minutes/ 3 miles from UCO  
Ages: 6 weeks – 12 yrs.  
Hours: 6:15 a.m. – 6:15 p.m.

### **La Petite Academy**

405-341-7079  
16301 N. Santa Fe  
Edmond, OK 73034  
11 minutes/ 3.9 miles from UCO  
Ages: 6 weeks – 12 yrs.  
Hours: 6:15 a.m. – 6:15 p.m.

### **Pathways Preschool**

405-341-3422  
17 E. Ayers St.  
Edmond, OK 73034  
2 minute/ 0.48 miles from UCO  
Ages: 6 weeks – 12 yrs.  
Hours: 6:30 a.m. – 6:00 p.m.

### **My Small Wonders Childcare and Development Center**

405-285-7752  
733 Village Parkway  
Edmond, OK 73003  
7 minutes/ 2.8 miles from UCO  
Ages: 6 weeks – 4 yrs.  
Hours: 7:00 a.m. – 6:00 p.m.

### **One Step At A Time**

405-330-3077  
1724 Renaissance Blvd.  
Edmond, OK 73013  
11 minutes/ 3.1 miles from UCO  
Ages: Infancy – 5th grade  
Hours: 7:00 a.m. – 6:00 p.m.

### **Santa Fe Child Development Center**

405-751-2711  
14401 N. Santa Fe Ave.  
Edmond, OK 73013  
15 minutes/ 5.2 miles from UCO  
Ages: 6 weeks – 12 yrs.  
Hours: 6:30 a.m. – 6:00 p.m.

### **Small Miracles Christian Childcare Center**

405-844-6023  
729 W. 2nd St.  
Edmond, OK 73003  
7 minutes/ 1.7 miles from UCO

### **Special Care Inc.**

405-752-5112  
12201 N. Western Ave.  
Oklahoma City, OK 73114  
16 minutes/ 6.8 miles from UCO  
Ages: 6 weeks – 21 years  
Hours: 7:00 a.m. – 6:00 p.m.

**UCO Child Study Center**

405-974-5788

100 N. University Drive

Box 118 HES Building

Edmond, OK 73034

On UCO campus

Ages: 3-5 years

Hours: half day program, 3-4 year olds from

## Childcare Resources Centers

**Citizens Caring for Children**

405-753-4099

730 Wilshire #112

Oklahoma City, OK 76113

18 mins/ 8.9 miles from UCO

Ages: 0-21 yrs.

Hours: 9:00 a.m. - 5:00 p.m.

**Edmond Family Services Inc.**

405-341-3554

1251 N. Broadway #C

Edmond, OK 73034

3 minutes/ 1 mile from UCO

Ages: All

Hours: 9:00 a.m. – 8:00 p.m. (Monday-Thursday),

9:00 a.m. – 12:00 p.m. (Friday)

**Edmond Home Child Care Association**

405-341-1588

1301 N.W. 171st St.

12 minutes/ 5.62 miles from UCO

Ages: Infancy – 5th grade

Hours: 5:30 a.m. – 7:00 p.m.

**Oklahoma Child Care Resource and Referral Association**

405-942-5001

4200 Perimeter Center Dr. # 235

Oklahoma City, OK 73112

24 minutes/ 15 miles from UCO

Ages: All

Hours: 8:00 a.m. – 4:30 p.m.

**Rainbow Fleet Childcare Resource and Referral**

405-525-3111

3024 Paseo

Oklahoma City, OK 73103

13 minutes/ 12.4miles from UCO

Ages: All

Hours: 8:30 a.m. – 4:30 p.m.

(or by appointment)

# After School Care

## What Are My Choices?

- **School Site Care** – This is often the simplest choice since there is no need for transportation from one site to another. Some schools rearrange the cafeteria or similar space to include activities, homework and snack stations.
- **At Home Provider** – A baby-sitter or nanny who can either pick up the child or be at home waiting for them to get off the bus. This provides a lot of flexibility between quiet play at home and after school activities.
- **Local Day Cares with Bus Pick-Up** – It can be difficult to find quality child care with an after school option. Day cares provide children with lots of play options, as well as other children to play with. This option is often most appealing when needing to make child care decisions for school and non-school aged children. Not all day care centers provide transportation to and from school.
- **After School Programs** – Some churches, community centers and synagogues provide after school programs. These programs vary greatly in cost and activities offered.
- **Other Parents** – Some neighborhood parents are willing to watch others' children until they get home from school, or are available to carpool children after school activities such as music lessons.

# Off-Campus Life Office Resources

## Publications

- **Off-Campus Housing and Living Guide**– the Off-Campus Housing and Living Guide is published annually by Off-Campus Life. The guide provides students with information about housing and living resources in the Edmond and North Oklahoma City area.
- **Baby Broncho Book**– the Baby Broncho Book provides student parents with various resources about childcare in the Edmond area. The book also provides suggestions for child friendly entertainment options in the area.
- **Metro Family Magazine**– This is a monthly publication available for students to pick up in Off-Campus Life. This magazine provides information about all things children related in the metro area. This magazine is great resource for parents with all ages of children.
- **OKC Kids' Directory**– This is a monthly directory of kid friendly activities available for students to pick up in Off-Campus Life. The guide's listings are suited for parents with all ages of children.
- **Edmond Living Guide**– The living guide is available for all students and is provided by the Edmond Area Chamber of Commerce.
- **Citylink Maps**– Citylink is Edmond's public transportations system. This service is offered free to UCO students.

## Services

- **Student Parent Luncheons**– Off-Campus Life and Bronchos with Kids host a luncheon each semester to provide student parents opportunities to connect with other student parents and to help them stay informed about the activities are taking place at UCO.
- **UCO's Off-Campus Housing Service**- Visit [uco.edu/offcampus](http://uco.edu/offcampus) to search off-campus housing listings, create and view roommate profiles, and to post a search for sublets, furniture, carpools and more.
- **Off-Campus Life Website**- The Off-Campus Life website is a rich resource of useful information and contacts that all off-campus students will find useful.

# On-Campus Assistance

**Student Counseling Center**— The counseling center is located on fourth floor of the Nigh University Center, room 402. The center is open to all students. The center is open from 8:00 a.m.-5:00 p.m. Monday-Friday, excluding university holidays. To schedule an appointment or if you have questions, please visit the office or call (405) 974-2215.

**Alcohol and Drug Abuse Prevention (ADAP)**— provides prevention strategies for alcohol and drug abuse on the UCO campus. Its services are support groups and access to FREE online self-assessment tools, e-CHUG and e-TOKE. Here, students learn how their usage compares to other people in college, their spending habits, and how to get assistance with their concerns, comprehensive alcohol and drug assessments that will include differential diagnosis and treatment planning, and consultation to faculty and staff regarding student related alcohol and/or drug abuse.v

**Disability Support Services**— The Office of Disability Support Services (DSS) provides and coordinates mandated support services, auxiliary aids, and accommodations for students with disabilities, which allow them to gain equal access to education. The office also serves as a resource to the University community and promotes awareness so that these students can participate in all facets of University life. Contact DSS via voice or teletypewriter at (405) 974-2516. They also have a video phone, (405) 562-8875.

**Project SPEAK**— a federally funded program at the University of Central Oklahoma (UCO) designed to make the campus a safer place. This initiative is one of the programs offered by the Student Counseling Center, a Division of Student Affairs. The program objectives operate to effectively minimize the incident of violent crimes including sexual assault, intimate partner violence/abuse, and stalking. For more information, please contact Michelle Stansel at (405) 974-2244.

**Veteran Student Support**— a Department of Student Affairs, is designed as a centralized office to support veteran and military student success in post-secondary education by coordinating services to address the academic, financial, physical, and social needs of veteran students. Contact VetHero@uco.edu or visit uco.edu/vethero.

**UCO Career Services**— leads and empowers current and former UCO students in their career development. The staff and services are available to help students choose plans of study (i.e. majors,) to find internships, and to ultimately find full-time employment upon graduation. No matter where you are on your career path, Career Services can assist you. Visit the Career Services website at careers.uco.edu or call (405) 974-3346.

**Women's Outreach Center**— the UCO Women's Outreach Center celebrates women's achievements, explores the role gender plays in human experience, and provides resources for women as they empower themselves and each other. The center provides opportunities for reflection, engagement, and personal growth of all UCO students with a particular emphasis on honoring women's voices and encouraging the full, active, and equal participation of women in life at UCO. You can contact the center by visiting room 113 in the Nigh University Center or calling (405) 974- 3626.

# On-Campus Assistance

**Central Pantry**— at the University of Central Oklahoma, we value community. We take care of each other. In this vein of thinking, we operate Central Pantry, a food pantry for UCO students, faculty and staff. All that is needed to utilize the pantry is proof that you are currently enrolled or employed at UCO. Central Pantry is a choice-model pantry. You choose the food you want to take home – much in the same way you would choose in a grocery store. Central Pantry is a partner agency of The Regional Food Bank of Oklahoma and is staffed completely by volunteers. We are able to help those in need through the donations we receive from the very community we are assisting. Please consider donating to Central Pantry. Donations are always accepted in the Volunteer and Service Learning Center (VSLC). Central Pantry is located in the Nigh University Center Room (NUC) 203. If a volunteer is not present, please go to The VSLC, NUC 212, email [centralpantry@uco.edu](mailto:centralpantry@uco.edu) or call (405) 974-2621 for assistance .

**Lactation and Changing Rooms**– There are two lactation rooms located on the third floor of the Nigh University Center. One next to the Heritage Room and the other in room 305I. Also, all bathrooms in the Nigh University Center and Wellness Center have changing stations.

**Wellness Center**— The Wellness Center at the UCO is committed to encouraging the life-long pursuit of healthy lifestyles and provides quality recreational opportunities to meet the ever-changing needs of a diverse community. We strive to link positive healthy lifestyles and intellectual growth, so that participants can reach their full potential. Membership for UCO students is free!

**OU Medical Center at UCO**– The OU Medical Center at UCO is located on the first floor of the UCO Wellness Center. The center offers a full range of primary care services. The center is open to all students, faculty, staff, and the general public. Please contact the clinic at (405) 974-3115 for appointment and fee information. The clinic is open Monday-Friday from 8:00 a.m.- 5:00 p.m. and on most University holidays.

**Outdoor Adventure**— The Center for Outdoor Adventure Recreation offers multiple activities engaging you in the outdoors. Whether you are looking to bring your family out for a birthday party in our conference room or wanting to go on a week-long backpacking trip to Colorado, we have everything in between! Our facility is located at Arcadia Lake in Edmond, Ok, so it's nearby for fun lake activities!

**Group Fitness**— Wellness Center Group Fitness classes are FREE to all members of the UCO Wellness Center including students, faculty, and staff. The FREE Group Fitness classes do not require pre-registration and are available on a first come, first serve basis. Classes include indoor cycling, strength, Yoga, Pilates, Zumba, and more!

**Speech and Hearing Clinic**—The Speech and Hearing Clinic, located in the library, offers free hearing screenings for children of UCO students. Children must be over age 1 to participate in this service. To schedule an appointment, call (405)-974-5419 or email Dr. Brandon Vincent at [bvincent1@uco.edu](mailto:bvincent1@uco.edu). The professionals at the Speech and Hearing Clinic can also provide parents with great resources on Pediatric Audiologists in the state of Oklahoma.

# Off-Campus Assistance

## Edmond Area Resources

- Hope Center of Edmond– HOPE Center has been providing assistance to members of the Edmond community since 1984. Our name is our mission - it stands for Helping Our People in Emergencies. Our mission is to meet the basic needs of the people in our community who are having personal emergencies or crises. It is difficult enough to ask for help but imagine how hard it would be to have to go to every church in town to get enough assistance to pay a utility bill. The combined support of many of the churches, businesses, and individuals in the community means that we have the resources to provide food, clothing, and utility assistance from a single community agency. The HOPE Center and HOPE Clinic are located at 1251 N. Broadway in Edmond. You can contact the HOPE Center by phone at (405) 348-1340. **hopecenterofedmond.com**
- Hope Clinic of Edmond– In 1990 the HOPE Health Clinic was established to assist with a growing need for prenatal care for area patients who could not afford adequate health care. The HOPE Clinic provides prenatal care, pediatrics, WIC (Women, Infant, and Children) a federal nutrition program, and immunizations. The Clinic staff includes a Full Time Director, Part Time Nurse Practitioner, two Part Time RN's, two registered Dieticians, Nutritionist, Nutrition Assistant, WIC Clerk, and a translator. The address of the HOPE Clinic is the same as the HOPE Center, but you may contact the HOPE Clinic at (405) 348-4680.
- OKC HeartLine 2-1-1– This is a referral and advocacy helpline sponsored by the Oklahoma Department of Human Services, United Way, and The Alliance for Information and Referral Systems (AIRS). 2-1-1 is open to use by anyone. They can provide information and referral for a variety of services. This includes, but is not limited to, food, clothing, employment, housing, mental health, and medical. You may contact 2-1-1 by dialing 2-1-1 on any landline or cell phone and you will be connected to the call center that serves your geographic area.

# Student Discounts

Many businesses offer discounts to college students. Your student id is a very valuable resource. Below is a list of businesses that offer discounts. This by no means is comprehensive. Ask about student discounts every chance you get!

- **Academic Superstore:** provides student discounts on electronics and other necessary things for college.
- **Amazon Student:** Amazon student members get exclusive discounts on a variety of products and categories, six months of free two-day shipping with Amazon Prime, and email alerts for discounts and promotions.
- **AMC Theatres:** discounted tickets every Thursday.
- **Amtrak:** Buy one full-fare ticket for high school juniors and seniors who want to visit a campus.
- **Apple:** 8% off (online and in-store).
- **AT&T:** ask your local store for a discount
- **Best Buy:** sign up with your .edu address for discount codes
- **Burger King:** 10% off in-store with a valid student ID.
- **Dairy Queen:** 10% off in-store with a valid student ID.
- **Dell University:** Savings differ by college.
- **Dominos Pizza:** Discounts based on location. Ask your local store representative before you order.
- **The GM College Discount:** Gives discounts on Chevrolet, Buick and GMC vehicles.
- **Harkins Movie Theatre:** Discount depends on location, times and dates.
- **HP Academy Store:** offers exclusive student discounts on laptops and desktop computers. Sign up online.
- **J. Crew:** 15% off selected items.
- **JourneyEd:** Save up to 85% on computers, electronics, software and other necessities.
- **McDonald's:** 10% off at select locations with a valid student ID.
- **Papa John's:** Student discounts vary by location.
- **Pizza Hut:** Discount depends on location.
- **Qdoba:** Discounts vary depending on the day.

# Oklahoma Department of Human Services Resources

- **Oklahoma Childcare Locator**– This is an excellent search engine to find childcare providers in the Edmond and Oklahoma City area. The filter allows you to search by name, town, type, rating, ages, and if it accepts subsidy payments. The filter can be found at the following site.  
**<http://childcarefind.okdhs.org/childcarefind/>**
- **Childcare Subsidy Program**– This program is provided by the OKDHS to help subsidize childcare benefits for parents in Oklahoma.  
<http://www.okdhs.org/programsandservices/cc/asst/default.htm>
- **Supplemental Nutrition Assistance Program (SNAP)**–The Supplemental Nutrition Assistance Program (SNAP) serves as the first line of defense against hunger. It enables low-income families to buy nutritious food with Electronic Benefits Transfer (EBT) cards. SNAP recipients spend their benefits to buy eligible food unauthorized retail food stores. The Supplemental Nutrition Assistance Program Nutrition Education (SNAP Ed) is a partnership between Oklahoma State University- Cooperative Extension Service, the Oklahoma Department of Human Services, and the USDA Food and Nutrition Service. The SNAP Ed provides nutrition education to food stamp recipients and other eligible low-income individuals and families. You may find out more about SNAP benefits on their site.  
**<http://www.okdhs.org/programsandservices/snap/>**
- **General Services Guide**– You can find a listing of all services offered through Oklahoma Department of Human Services on their site.  
**<http://www.okdhs.org/programsandservices>**

# Area School Information

## Public Schools

**Edmond Public Schools**– You can contact the school district by visiting their main district office located at 1001 W. Danforth Rd. Edmond, OK 73003. You can also contact the district by phone at (405)340-2800. [www.edmondschools.net](http://www.edmondschools.net)

**Oklahoma City Public Schools**– You can contact the school district by visiting their main district office located at 900 N. Klein, Oklahoma City, OK 73106. You can also contact the district by phone at (405) 587-0000. [okcs.schooldesk.net](http://okcs.schooldesk.net)

**Deer Creek Public Schools**– You can contact the school district by visiting their main district office located at 20701 N. MacArthur, Edmond, OK 73012. You can also contact the district by phone at (405) 348-6100. [www.deercreekschools.org](http://www.deercreekschools.org)

**Guthrie Public Schools**– You can contact the school district by visiting their main district office located at 802 E. Vilas, Guthrie, OK 73044. You can also contact the district by phone at (405) 282-8900. [www.guthrie.k12.ok.us](http://www.guthrie.k12.ok.us)

## Private Schools

**Edmond Christian Academy**- [edmondchristianacademy.com](http://edmondchristianacademy.com)

**Oklahoma Christian School**– You can contact the school district by visiting their main district office located at 4680 E. 2nd St., Edmond, OK 73034. You can also contact the district by phone at (405) 341-2265. <http://www.ocssaints.org/>

**Oklahoma Christian Academy**– You can contact the school district by visiting their main district office located at 1101 East 9th St., Edmond, OK 73034. You can also contact the district by phone at (405) 844-6478. [www.ocacademy.org](http://www.ocacademy.org)

**Heritage Hall**– You can contact the school district by visiting their main district office located at 1800 NW 122nd St. Oklahoma City, OK 73120. You can also contact the district by phone at (405) 749-3001. [www.heritagehall.com](http://www.heritagehall.com)

**Harding Charter Preparatory High School**– You can contact the school district by visiting their main district office located at 3333 N. Shartel Ave, Oklahoma City, OK 73118. You can also contact the district by phone at (405) 528-0562. [www.hardingcharterprep.org](http://www.hardingcharterprep.org)

**Bishop McGuinness Catholic High School**– You can contact the school district by visiting their main district office located at 801 NW 50th St., Oklahoma City, OK 73118. You can also contact the district by phone at (405) 842-6638. [www.bmchs.org](http://www.bmchs.org)

**Saint Elizabeth Ann Seton Catholic School (Pre-K-8th grade)**– You can contact the school district by visiting their main district office located at 925 S. Boulevard, Edmond, OK 73034. You can also contact the district by phone at (405) 348-5364. <http://stelizabethedmond.org/school>

## Camps and Activities for Kids

- **Oklahoma Children's Theatre**—2501 N. Blackwelder Ave. Oklahoma City, OK  
With live performances and interactive educational classes and camps, the Oklahoma Children's Theatre gives kids an introduction to the stage. Productions are performed on the campus of Oklahoma City University in both the Burg and Kirkpatrick Theatres.  
405-606-7003      [www.oklahomachildrenstheatre.org](http://www.oklahomachildrenstheatre.org)
- **Oklahoma City Zoo**—2101 Northeast 50th, Oklahoma City, OK  
Ranked the third-best family-friendly zoo in the nation, the Oklahoma City Zoo serves as an accredited living museum and botanical garden.  
405-424-3344      [www.okczoo.com](http://www.okczoo.com)
- **Oklahoma Heritage Association**—1400 Classen Drive, Oklahoma City, OK  
The Oklahoma Heritage Center allows visitors to meet Oklahomans past and present through high-tech, interactive exhibits. Both famous and everyday Oklahomans are represented.  
405-235-4458      [www.oklahomaheritage.com](http://www.oklahomaheritage.com)
- **Young Chef's Academy**—3209 S. Broadway, Suite 101, Edmond, OK  
Young Chefs Academy is a cooking school created just for kids! Children learn cooking and baking techniques, proper food handling, food preparation, and presentation, kitchen safety, table setting, manners, and more. The Academy offers a variety of hands-on cooking classes, including mini-camps and field trips.  
405-285-5939      [www.youngchefsacademy.com](http://www.youngchefsacademy.com)
- **Science Museum Oklahoma**—2100 NE 52nd, Oklahoma City, OK  
Day camp with themes such as space, movies, bugs, etc. Also with hands on learning environment  
for families and general science enthusiasts  
405-602-3760      [www.sciencemuseumok.org](http://www.sciencemuseumok.org)

- **City Arts Center in OKC**—3000 General Pershing Blvd. Oklahoma City, OK  
Day camps in which kids get hands-on experience in nearly every medium of art including clay, acting, painting, puppetry, video production, photography, and more.  
405-951-0000      [oklahomacontemporary.org](http://oklahomacontemporary.org)
- **OKC Museum of Art**—415 Couch Drive, Oklahoma City, OK  
Offers many activities, some of which including movie-making, photography, sculptures, and painting. Thematic based camp based on the museum's collection and special exhibitions.  
405-236-3100      [www.okcmoa.com](http://www.okcmoa.com)
- **Edmond Historical Society & Museum**—431 S. Boulevard, Edmond, OK  
Learn about Edmond's rich culture and enjoy family activities.  
405-340-0078      [www.edmondhistory.org](http://www.edmondhistory.org)
- **Hafer Park**—1034 S. Bryant, Edmond, OK  
Hafer Park is a picturesque park full of trails and rentable pavilions for family outings.
- **Mitch Park**—1501 W. Covell Rd., Edmond, OK  
Mitch Park has lots of safe family fun activities for any occasion. With lots of different walking trails to get in a nice exercise. There are several different playground equipment areas for the kiddos to enjoy. They also offer a free Frisbee golf course for you to enjoy.
- **Pelican Bay**—1034 S. Bryant, Edmond, OK  
Come to Pelican Bay and enter a tropical paradise! Colorful cabanas surround a water playground with features such as a climbing wall, a current channel, a swirling vortex, and waterslides. You should contact them to verify admission prices and open dates.  
405-359-4630
- **Boulevard Bowling**—3501 S. Boulevard, Edmond, OK  
AMF Boulevard Lanes offers traditional bowling on 40 lanes and features a new flooring package and a recently repainted interior Relax in their huge lounge that includes a dance floor as well as ample seating, or you can challenge your friends to pool on one of four billiard tables. Arcade-style video games are available in their game room.  
405-348-3210      [amf.com/boulevardlanesok](http://amf.com/boulevardlanesok)

- **POPS**—660 Oklahoma 66, Arcadia, OK

Dive right into the biggest, coolest soda pop selection anywhere and this one's on the one-and-only Route 66!

877-233-2020      [www.pops66.com](http://www.pops66.com)

- **Elevation Trampoline Park and Family Fun Center**—14402 N. Lincoln Blvd., Edmond, OK

The facility houses five separate trampoline courts available for, open jump, games, and more! They cater to groups of all sizes for every kind of event including birthday parties, corporate team-build events, fraternity/sorority socials, family gatherings, church and youth groups, school outings, fundraising events, and much more. Contact them to hear how they can make your group outing exciting, fun, and memorable.

405-463-3335      [www.elevationtp.com](http://www.elevationtp.com)

- **Artic Edge**—14613 N. Kelly Ave., Oklahoma City, OK

An ice skating facility open to the public. The facility also has hockey league play, figure skating, and hosts parties. It is also the home to the UCO Broncho Ice Hockey team.

405-748-5454      [www.arctic-edge.com](http://www.arctic-edge.com)

- **Orr Family Farm**—14400 S. Western Ave., Oklahoma City, OK

Orr Family Farm is an original Oklahoma destination for an agri-education and agri-tainment experience. It was created to provide families, groups and school children a glimpse of their heritage, history and good, old-fashioned values.

405-799-3276      [www.orrfamilyfarm.com](http://www.orrfamilyfarm.com)

- **Frontier City**—11501 N. I-35 Service Rd., Oklahoma City, OK

A western-themed amusement park with over fifty rides and attractions including four roller coasters, water rides, and shows.

405-478-2140      [www.frontiercity.com](http://www.frontiercity.com)

- **White Water Bay**—3908 W. Reno Ave., Oklahoma City, OK

The states largest water park. With water slides and a lazy river there is something for every part of the family to enjoy.

405-943-9687      [www.whitewaterbay.com](http://www.whitewaterbay.com)



# Kid Friendly Recipes

## Banana Bread

- 2 eggs
- 1<sup>3</sup>/<sub>4</sub> c. sifted flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 1/3 c. vegetable oil
- 2/3 c. sugar
- 1 c. mashed bananas (about 3 bananas)

Preheat the oven to 350°F (180°C). Beat eggs well in a small bowl. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt. In a large bowl, add the vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy. Add the eggs to the mixture in the large bowl and beat well. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in. Pour mixture into the baking pan. Bake for 70 minutes. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices (about 16) to eat and share!

## Chic' Penne

- 1 box whole-wheat penne pasta (14 ounces)
- 3 cups of raw broccoli florets
- ¾ cup of precooked chicken strips (4 ounces)
- ½ cup reduced-fat cheddar cheese, shredded (2 ounces)
- ½ cup mozzarella cheese, shredded (2 ounces)
- 3 tablespoons skim milk (1.5 oz.)
- 2 tablespoons low-sodium chicken broth
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper

Preheat oven to 350°F.

Cook pasta according to directions until crisp-tender. Drain pasta. Place drained pasta in a 13x9 baking dish. Place broccoli in a stockpot of boiling water or a steamer for about 5 minutes. Rinse with cool water. Add the drained broccoli and the precooked chicken strips to the pasta. Sprinkle shredded cheeses over pasta mixture. In a mixing bowl, combine milk, chicken broth, salt, and pepper. Pour milk mixture evenly over the pasta mixture and mix in with a spoon. Cover baking dish with foil. Bake 30 minutes, until mixture is bubbly and cheese is melted. Makes about 6 servings.

**Awesome Applesauce**

2 small red apples  
2 tbsp. lemon juice  
2 tsp. sugar  
2 pinches of cinnamon

Peel the apples and cut them into small pieces. Throw out the core. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth. Pour the mixture into two small bowls and stir in the sugar and cinnamon. Enjoy your awesome applesauce!

**Pizzadillas with Red Sauce**

4 whole-wheat tortillas (8 inches)  
2/3 cup fresh or frozen spinach, finely chopped  
2/3 cup part-skim mozzarella cheese, shredded  
1 cup marinara sauce (store-bought or homemade)  
Cooking spray

Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas. Top with remaining 2 tortillas. Place skillet over medium heat. Lightly coat pan with cooking spray. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes). Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla. Serve with marinara sauce for dipping. You can wrap and refrigerate leftovers to take to school for lunch.

**Frozen Yogurt Pops**

1 8-oz. container of your favorite flavor of yogurt  
small paper cups  
wooden popsicle sticks (available in craft stores)  
plastic wrap

Pour yogurt into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using the Popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid. Remove the plastic wrap, peel away the paper cup, and eat your pop!

For more fun, kid-friendly recipes visit:  
[kidshealth.org](http://kidshealth.org)