

# How to Use Warmline, Step by Step

1. To speak to a child care professional, dial 1-888-574-5437.
2. Don't get through immediately to a child care professional? Leave a message, and you will be called back as soon as possible, definitely within 24 hours.
3. Another option – Any time you want to go directly to a topic, just press in the topic number.
4. Want information on another subject? Press in its number.
5. Want to hear part of the message again? Press 2 to back up. You may do this any time during a message.
6. Decide not to listen to a topic you have entered? Press 4 and the number of the next topic you want to hear.
7. Want to jump ahead by exiting the topic you are listening to? Press 5 and you can choose either to speak to a child care professional, or pick a new topic.
8. Like to hear a topic repeated? Press 7 and you will hear the whole topic again.
9. Made a mistake entering a number? Simply press 5 and enter the correct topic number.
10. If, after hearing an automated topic, you still want to speak to a child care professional, press the star (\*) key.
11. Ready to end your call? Just hang up.
12. Need help with the system? If you don't have a Warmline Information and Instruction Guide, dial 1000 to find out how to use the system.

*The information provided is available to educate child care professionals about health and development topics. It does not replace licensing requirements or the information provided by a health care provider.*

The Warmline for Oklahoma Child Care providers offers free telephone consultations to child care providers on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.

A consultant can help:

- Clarify a problem.
- Provide information, including printed materials, if available.
- Help generate ideas and solutions.
- Offer guidance on developmentally appropriate practices.
- Provide referrals to meet individual needs and requests.
- Direct providers to relevant resources to assist with a concern.
- Provide follow-up when needed.

Consultants answer the Warmline Monday through Friday from 8 a.m. until 5 p.m. Messages left after hours will be answered as soon as a consultant is available.

Prerecorded topics can be accessed anytime.

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# Child Care Warmline

Behavior and Development Topics



See our other brochures  
for these topics.

- Health Topics
- Care and Safety Topics

888-574-5437



# Child Care Warmline 1-888-574-5437

## Behavior, Development and Parenting

7715 Bedwetting (Enuresis)  
 1304 \*Biting in the Toddler Years  
 1305 \*Biting: What to do When a Child Bites  
 1306 \*Biting: Strategies to Prevent Biting in Child Care  
 4841 Building Your Child's Self-Esteem  
 4532 Child Spacing  
 1310 \*Children and Sleep: How Much is Enough?  
 1308 \*Children's Fears  
 6713 Children's Insecurities  
 7720 Choosing Child Care  
 4310 Development Milestones: 4 to 6 Years  
 4327 Development Milestones: Birth to 3 Years  
 4843 Discipline and Punishment  
 6722 Family Communication  
 7731 Feet: What is Normal for Children?  
 1301 \*"Good" Byes: Helping Children Adjust to Child Care  
 4844 Helping Siblings to Get Along  
 5134 How Friends Buffer Stress  
 5135 Mental Exercises for Stress Management  
 7743 New Baby Creates Jealousy  
 7744 Nightmares and Night Terrors: Why Do Children Have Them?  
 6747 Nightmares and Sleep Terrors  
 7747 Parenting Roles  
 7634 Pigeon Toe (In-Toeing)  
 5136 Power of a Positive Attitude  
 5137 Relaxation Techniques  
 6764 Self-Esteem  
 4845 Separation Anxiety: Leaving Your Child With Caregiver  
 7757 Sleep Patterns in Children  
 7758 Sleeplessness  
 6769 Sleepwalking  
 7759 Speech Development in 0-2 Year Olds  
 7760 Speech Development in 2-5 Year Olds  
 5138 Stress  
 5131 Stress: 10 Ways to Manage it  
 7458 Stress: Its Effects on the Body  
 4847 Surviving as a Single Parent  
 1307 \*Tantrums  
 7764 Temper Tantrums  
 7765 Terrible Twos  
 7766 Thumb-Sucking

1302 \*Toddler Practicing Independence in Child Care  
 1303 \*Toilet Learning  
 7750 Toilet Training  
 7745 What Does "No" Mean to a Toddler?

## Mental Health Concerns

6701 Aggressive Behavior  
 6702 Agoraphobia  
 7712 Alcohol-Affected or Drug-Addicted Babies  
 6703 Amnesia  
 6974 Anorexia  
 6706 Antisocial Behavior  
 6707 Anxiety  
 6780 Attention Deficit Disorder: Children  
 7735 Attention Deficit/Hyperactivity Disorder (ADHD)  
 6912 Binge Eating Disorder (Compulsive Overeating)  
 6905 Bulimia  
 6717 Depression and Its Symptoms  
 6718 Disappointment  
 6721 Explosive Behavior  
 6725 Grief and Loss  
 6729 Hypochondria  
 6736 Lying: Pathologic  
 6737 Manic or Bipolar Depression  
 6748 Obsessions and Compulsions  
 6749 Panic Attacks  
 6753 Phobias: Causes and Symptoms  
 6754 Phobias: Treatment  
 6755 Post-Traumatic Stress Disorder  
 4797 Sexual Abuse and Children  
 6773 Suicide  
 4846 Suicide Warning Signs  
 7767 Tics and Tourette's Syndrome

## Infant Behavior and Development

7701 02-Month-Old Child  
 7702 03-Month-Old Child  
 7703 04-Month-Old Child  
 7704 05-Month-Old Child  
 7705 06-Month-Old Child  
 7706 07-Month-Old Child  
 7707 08-Month-Old Child  
 7708 09-Month-Old Child  
 7709 10-Month-Old Child  
 7710 11-Month-Old Child

7711 12-Month-Old Child  
 7714 Baby Teeth: Are They Important?  
 4802 Crying Baby  
 4804 Fathering an Infant  
 4807 Mothering an Infant  
 7737 Newborn Screening Tests  
 7751 Premature Baby  
 4809 Sleep Patterns in Newborns  
 7762 Sudden Infant Death Syndrome  
 7763 Teething

## Special Needs

7713 Autism  
 4591 Cerebral Palsy  
 4504 Color Blindness  
 4503 Common Vision Problems  
 4506 Crossed Eyes/Outward Turning Eye/Lazy Eye  
 4593 Down Syndrome  
 7727 Dyslexia  
 7734 Hearing Loss in Children  
 6969 Overweight Child  
 7638 Scoliosis  
 7761 Speech Problems in Children

## Help for Families

6741 Mental Health Professionals  
 6715 Therapy Can Help  
 7646 What is Occupational Therapy?  
 7647 What is Physical Therapy  
 7648 What is Speech Therapy?  
 1311 \*Where to Go When You Have a Concern  
 About the Development of a Child:  
 What is Sooner Start and How do I Refer a Family?

## \* New for Child Care Providers

Pre-recorded messages on a variety of topics related to child care, health, and development are available 24 hours a day. Call the Warmline and speak with an operator if you would like a complete list of the 1,500 topics available.