



NEWS

FALL 2013

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Resource & Referral Specialist

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Resource & Referral Specialist

Hispanic Services

Heather Mellor

QEI Specialist

15 Simple Ways to Get Moving

1. Spread paper plates on the ground. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.
2. Work on moving in different ways- go outside and practice walking, running, galloping, skipping, jumping and hopping.
3. Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing? Bring real instruments outside and march in a band with friends.
4. Rainbow Run- talk about the colors of the rainbow as you name colors, run & touch 3 things that are that color.
5. Go for a walk- breath in the air as you swing your arms and hold your head high.
6. Take a walk; first go in straight lines, then curvy lines, and then try walking backwards.
7. Get outside and practice running. When you are running work on pumping your arms front and back and moving in a straight line.
8. Set up an obstacle course using things to jump over, go around, and even under. See how fast you can do it.
9. Find an open space and work on rolling in different ways...long, straight body and a curled up small body. Rolling down a hill is fun!
10. Blow bubbles outdoors. Chase and catch the bubble before it pops.
11. Pretend you are at a zoo. Identify an animal- move and sound like that animal
12. Pretend to be a growing flower. First you are a tiny seed in the ground and then grow into a big flower.
13. Pretend to be a balloon – first without air, being blown up, floating around, and then being popped.
14. Motions of the weather- use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.
15. Pretend to move like different foods- melt like a popsicle or pop like popcorn.

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<http://www.aahperd.org/headstartbodystart/activityresources/>

Rainbow Fleet Training Schedule

Rainbow Fleet Policies & Procedures for training and appropriate learning environments:

Cell phones & pagers must be turned off while attending training.

Children may NOT attend. Space is limited & children distract participants.

Reserving your space can be made by submitting a completed registration form and payment with check, cash or money order. A space is only guaranteed when payment is received. A receipt will be issued to complete your enrollment. Please bring your receipt to class.

Rainbow Fleet Training Vouchers or a refund will be issued if we cancel a class due to low enrollment. No refunds are made unless we cancel the course. If you withdraw from a workshop, the withdrawal must be made at least 24 hours in advance to receive a voucher. The vouchers are good for 1 year from the date of issue and cannot be transferred. A voucher must accompany the registration form when using it as tender.

Physical Location Rainbow Fleet Child Care Resource & Referral is located at 3024 Paseo OKC, Ok 73103. This location is at the SW corner of the intersection at NW 30th & Dewey (Paseo) between Walker & Classen. Please park in the lot directly across the street to the North, or in the back of the building.

First Aid and CPR

"Injury Prevention and First Care" is a Pediatric First-Aid course for child care providers. This class offers Emergency Medical Services for infants and children. The class covers burns, medication administration, child abuse, Shaken Baby Syndrome, SIDS and much more. The course meets all of the DHS requirements including Rescue Breathing and Foreign Body Air-Way Obstruction. Upon successful completion, American Heart Association Pediatric Basis Life Support CPR Cards will be issued, plus DHS Certificates for First-Aid

Fee: \$50.00 – for First-Aid & CPR
\$45.00 – for First-Aid only

Trainer: Rick Kernes

Dates: Saturday, September 14, 2013
Saturday, October 12, 2013
Saturday, November 16, 2013
Saturday, December 14, 2014
Time: 9:00 am – 5:00 pm

Clock Hours: 7

Doors Open at 8:45 am; Class begins promptly at 9:00 am

When Bad Things Happen

Helping children cope and thrive in difficult situations.

Fee: \$20.00

Trainer: Amy Huffer

Date: Tuesday, September 24, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

Planning Your Day the ELG-I/T Way

This training will focus on how to use the Early Learning Guidelines for Infant, Toddlers and Twos as a foundation tool for supporting your curriculum activities.

Fee: \$20.00

Trainer: Amie Stubbs.

Date: Thursday, Oct., 10, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

Routine Care for Infants

Fee: FREE

Trainer: Susan Bradley, CATSS

Date: October 14, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

Social & Emotional Dev. For I/T

Fee: \$20.00

Trainer: Kadion Lilly

Date: Tuesday, Oct. 15, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

Revisiting Mr. Rogers

Enhancing young children's emotional well-being.

Fee: \$20.00

Trainer: Gay Snyder

Date: Wednesday, Oct. 16, 2013

Time: 7:00 to 9:00 pm

Clock hours: 2

Child Care Emergency Training Tier II

Fee: FREE

Trainer: Jessica Burton

Date: Saturday, Oct. 19, 2013

Time: 9:00 am to 1:00 pm

Clock Hours: 4

Story Stretcher for Infants & Toddlers

Fee: \$20.00

Trainer: Cecila Pittman

Date: Wednesday, Oct., 23, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

Active Learning—for School Ageds

Do you know the difference between active learning and "hands-on" learning? Learn how to create more powerful learning opportunities by incorporating this strategy.

Fee: \$20.00

Trainer: Peju Faboro

Date: Wednesday, Oct. 30, 2013

Time: 7:00 to 9:00 pm

Clock Hours: 2

Transitions

Fee: \$20.00

Trainers: Kadion Lilly

Date: Thursday, November 7, 2013

Time: 7:00 PM – 9:00pm

Clock Hours: 2

Classroom Management

Fee: \$20.00

Trainer: Kadion Lilly

Date: Thursday, November 14, 2013

Time: 7:00pm to 9:00 pm

Clock Hours: 2

If you are looking for child care or providing child care, we have the resources to help!

Rainbow Fleet Training Schedule and News

I Scream You Scream –But Why Are We All Screaming?

Understanding social emotional development.

Fee: \$20.00

Trainer: Amy Huffer

Date: Tuesday, November, 19, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

Planning Your Day the ELG 3-5 Way

This training will focus on how to use the Early Learning Guidelines for Children Ages 3-5 as a foundation tool for supporting your curriculum activities.

Fee: \$20.00

Trainer: Amie Stubbs

Date: Wednesday, November 20, 2013

Time: 7:00 to 9:00 pm

Clock Hours: 2

Language and Literacy for Infants and Toddlers

Fee: \$20.00

Trainer: Kadion Lilly, MS

Date: Thursday, December 5, 2013

Time: 7:00 to 9:00 pm

Clock Hours: 2

DHS Inquiry Training at

Rainbow Fleet

DHS conducts the Inquiry Training classes in Rainbow Fleet's training room. Please reserve your spot by calling 767-2650 in advance because seating is limited. Also, promptness is essential or you will have to reschedule.

Fee: No Charge, but you must reserve your spot.

Trainers: Child Care Licensing Specialist

Dates:

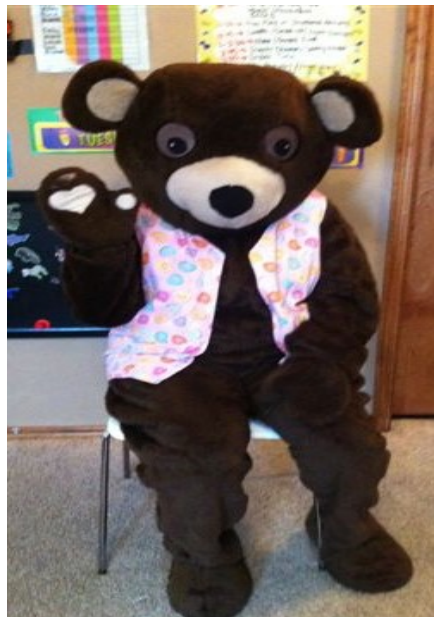
Tuesday, Oct. 8th, 2013

9:00 am— 12:00 pm

Wednesday, Nov. 6, 2013

1:00 pm— 4:00 pm

Scrubby Bear



Are you having trouble with your children not wanting to wash their hands? Give us a call and Scrubby Bear can come to your facility and help teach children how to properly wash their hands. If you would like to schedule Scrubby for a visit, give us a call at 405-525-3111 and ask for Lindsay.

Are you aware of the NEW CDA credential that took effect June 1st, 2013? Visit our website or CECPD and click on the link to retrieve this new information

www.cecpd.org

OR

www.rainbowfleet.org

Conferences

2013 NAEYC Annual

Conference & Expo

November 20-23;

Washington DC

Child Care Associations

- ◆ Child Care Providers of Edmond
Deborah Munro 330-5357
- ◆ Edmond Home Child Care
Mary Uhls 341-1588
- ◆ MECA-Mid Del Early Childhood (only meet quarterly)
Eloise Gray 732-7909
Carol Scott 734-7866
Doddie Mosley 672-6301
- ◆ Moore Family Daycare Home
Christi Ward 794-7592
- ◆ Oklahoma City FCCH
Anita Fowler 721-8220
- ◆ Oklahoma City Professional Child Care Providers Association
Terry Walker 478-0028
Dianna Richmond 672-1272

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Immunization Update from the Oklahoma County Immunization Coalition

Training Opportunity

The Oklahoma County Immunization Coalition is hosting a two-hour Tier 1 training on September, 19th from 6:30 – 9:00 p.m. “The Power to Protect – Stopping Childcare Disease at the Door” will focus on how to prepare and respond to vaccine preventable diseases.

The training will feature three speakers:

Paula Wall, Immunization Field Consultant, “Best Practices on Immunization Record Keeping”

Amanda McDaniel, Director of First Kids Learning Center, “It Can Happen to Your Childcare Center”

Cynthia Harry, Epidemiologist, “Prevalent Diseases of Childcare Centers: Description & Prevention Guidance”

The seminar will take place at the Northeast Regional Health and Wellness Campus (2600 NE 63rd Oklahoma City). Cost is \$15 and it includes dinner and training materials. Please contact Ellen Pogemiller to register (ellen_pogemiller@occhd.org / 405-425-4404).

Pertussis – Everyone should get vaccinated!

What is pertussis?

Pertussis (whooping cough) is a highly contagious disease that causes severe coughing spells.

Who gets pertussis?

Pertussis can occur at any age. However, infants and young children, particularly those who are not immunized or who are not fully immunized are at high risk for getting severe whooping cough and suffering from serious, potentially life-threatening complications. Pertussis has caused about 30 deaths a year in the U.S. Recently, almost all of them in children younger than three months old.

Is pertussis a growing threat?

Despite the effectiveness of vaccination, the number of reported cases of pertussis has been steadily increasing since the early 1980s. In 2012, there were 127 reported incidences of pertussis in Oklahoma.

I received the DTaP when I was child, am I still protected?

The pertussis vaccine, like natural pertussis infection, does not provide lifelong protection. Immunity to pertussis wanes five to 10 years after the last childhood vaccine, leaving adolescents and adults susceptible to infection. People who have had pertussis lose their immunity, too. You can get your Tdap booster at your doctor’s office, county health department, and sometimes even your local pharmacy.

Oklahoma State Regents for Higher Education Scholars for Excellence in Child Care (Scholars) Program



Jeff Rosson, Scholar Coordinator
OSU-Oklahoma City
900 N. Portland
Oklahoma City, OK 73107

Phone: 405.945.9168
Toll Free: 1.800.560.4099
Cell: 405.361.8996
E-Mail: rossonj@osuokc.edu



Date: July 29, 2013
To: Child Care Facility Staff and Family Child Care Home Providers
From: Jeff Rosson, Scholar Coordinator
Re: OSU-Oklahoma City's Early Care Education Program

I recently read an article pertaining to Early Head Start-Child Care Partnerships. There were a couple of statements in the article that really stood out to me. The first one was that nearly half of infants and toddlers in America were in some form of non-parental care. The second one was, of infants that were in care, 75% were in low to mediocre care. Wow! Think about these two statements and also the large amount of research that show that children's earliest experiences have a long lasting and profound impact on brain development. With this in mind and with the care you provide to families in our community, is there anything we can do to help you?

Yes! OSU-Oklahoma City offers a Certificate of Mastery Infant/Toddler Option. The courses will educate infant and toddler teachers in best practices, Oklahoma's Early Learning Guidelines for Infants and Toddlers, and the science behind why this is such a crucial stage of a young child's development.

Certificate of Mastery: Infant/Toddler

ECEA 1101	The Early Care Professional	1 credit hour
ECEA 2133	Infant/Toddler Programming	3 credit hours
ECEA 2143	Cognitive and Language Development	3 credit hours
ECEA 2153	Social and Emotional Development	3 credit hours
ECEA 2163	Physical Dev. and Creative Expression	3 credit hours
ENGL 1113	Freshman Composition	3 credit hours

And one of the following

ECEA 2113	Child Development	or	
ECEA 2233	Child Guidance		3 credit hours

Total hours: 19 credit hours

Please share this information with your infant and toddler teachers. It's a great program and a great opportunity! Call me, I will come to you and discuss a great scholarship opportunity to get you or them started.

Sincerely:

A handwritten signature in blue ink, appearing to read 'Jeff Rosson'.

If you are looking for child care or providing child care, we have the resources to help!



Helping Toddlers Learn Self-Control

Self control is the children's ability to keep them from acting on impulses that hurt themselves or others. It involves thinking ahead and deliberately controlling/inhibiting their own behavior. Self control and the capacity to feel guilty after doing something wrong are both important developmental tasks that allow children to follow rules and develop conscience. Children who lack feelings of guilt or self control often have trouble with their behavior.

Children start to have feelings of guilt during their second year. Behaviors typically displayed by a young child after they have done something wrong include squirming, covering their face with their hands, hugging themselves or hanging their head down. These behaviors are provoked by the strong negative feelings that children have when they think about violating adult caregivers' standards of behavior.

Guilt is different from shame. Shame is a feeling that children have about themselves. Guilt is a child's feelings about her behavior.

How can you help a child develop self control?

See misbehaviors as a chance to teach self control, they are an opportunity to help a child learn to identify and manage his feelings of anger, sadness and disappointment, and to teach him behavior that is and is not acceptable. They are a chance to teach the child about your expectations and values. Try these strategies:

- Set and enforce clear, consistent limits.
- Stop misbehavior using words and actions, i.e., take the child's hand when she is hitting a friend, firmly hold it and say in a low, authoritative voice, "No hitting! It hurts."
- When a child misbehaves, acknowledge his feelings, but let him know that his behavior was unacceptable, i.e. "I know you are really angry, but you cannot throw the toy."
- Use logical consequences: when a child throws the blocks, put them away until the child is feeling more in control.

Model appropriate ways to express feelings, for example, tell a child that you are upset that they spilled the juice, and you are going to take a deep breath to calm down.

Think of helping a child to develop self control as one step in that child's path to developing a conscience, an essential characteristic for being a full member of her family and community.

Resources:

Child Care Health Connections at www.ucsfchildcarehealth.org



Ayudando a los niños preescolares a tener autocontrol

¿Qué es el autocontrol?

El autocontrol es la habilidad que tienen los niños para no actuar impulsivamente de tal manera que se hieran a ellos mismos o a otros. Esto involucra en pensar antes de actuar y controlar o inhibir deliberadamente su propia conducta. El autocontrol y la capacidad de sentirse culpable después de haber hecho algo malo son importantes tareas de desarrollo que permiten a los niños seguir las reglas y desarrollar conciencia. Los niños que no tienen sentimiento de culpa o de autocontrol generalmente tienen problemas de conducta. Los niños comienzan a tener sentimientos de culpa en su segundo año de vida, algunas acciones que toma un niño después de haber hecho algo malo incluyen el retorcerse, cubrir su cara con sus manos, abrazarse a ellos mismos o colgar la cabeza. Estas conductas vienen cuando el niño se siente muy mal de haber violado las reglas de conducta de quien lo cuida.

La culpa es diferente a la vergüenza. La vergüenza es un sentimiento que los niños tienen de ellos mismos, en cambio la culpa es algo que el niño siente por su conducta.

¿Como puede ayudar a un niño a ganar autocontrol?

Vea la mala conducta como una oportunidad para enseñar a los niños el autocontrol, esta es una oportunidad para que los niños identifiquen y manejen sus sentimientos de enojo, tristeza y decepción y para enseñarle al niño el comportamiento que es y no es aceptable. Esta también es una buena oportunidad para que los niños conozcan sus expectativas y valores. Trate estas estrategias:

- Ponga y mantenga límites claros y consistentes.
- Detenga la mala conducta utilizando palabras y acciones, por ejemplo, tome firmemente la mano del niño cuando trate de pegar y dígame con voz autoritaria “no pegues, duele”.
- Cuando un niño se porta mal, reconozca sus sentimientos, pero enséñele que su conducta fue equivocada, por ejemplo, “yo se que estas muy enojado, pero no debes aventar los juguetes”.
- Utilice consecuencias lógicas, cuando los niños avienten los bloques, guárdelos hasta que el niño gane control nuevamente.

Modele formas correctas de expresar sentimientos, por ejemplo, dígame a un niño que esta molesto por haber derramado el jugo y que va a respirar profundo.

Piense que el ayudar a los niños a ganar autocontrol, les ayuda a desarrollar su conciencia lo que es una característica esencial para ser un miembro productivo de la familia y la comunidad.



Si necesita más información acerca de este tema llame a:

Keila Garcia

Coordinadora de Servicios Hispanos de
Recursos y Referencias para el Cuidado Infantil

(405) 942-4179

kgarcia@oklahomachildcare.org

If you are looking for child care or providing child care, we have the resources to help!

Helpful Contacts

Caring Van: 405-316-7216 www.bcbsok.com

Center for Early Childhood Professional Development (CECPD): 1801 North Moore Avenue, Moore, OK 73160; 405-799-6383 www.cecpd.org

CECPD offers various programs for individuals in the childcare field, some programs offered are R.E.W.A.R.D. Oklahoma, CDA/CCP Advisement, Environmental Rating Scale, ELCCT training, The Leadership Academy, Literacy Programs, Video Lending Library, and Oklahoma Registry.

Scholars for Excellence in Child Care

Program Scholars Coordinators:

Oklahoma City Community College, (South OKC) Bonita Spinner 405-682-1611

Oklahoma State University OKC, (North OKC) Jeff Rosson 405-945-9168/1-800-560-4099 ros-sonj@osuokc.edu

Redlands Community College, (El Reno, OK) Karen Hewitt 405-422-1286

Rose State College, (Midwest City, OK) Jennifer Bachhofer 405-733-7449

The Scholars for Excellence in Child Care program will ensure that eligible child care professionals in the state of Oklahoma have an opportunity to further their education while earning a Child Development Associate (CDA) Credential, Certificate of Mastery, Director's Certificate of Completion, and/or an associate degree in child development or early childhood education.

Reaching for the STARS (DHS): Central Oklahoma-Jennifer Towell 405-522-0256 www.okdhs.org

STARS is a program held by the State of Oklahoma, that has been implemented to improve the quality of child care for children.

Warmline: 1-888-574-5437

Warmline offers free telephone consultation to childcare providers and families on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.



Child Care Resource and Referral

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Oklahoma City, Ok 73102-1021

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