



# NEWS

FALL 2012

## Rainbow Fleet Staff

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## Is Nap Time A Chaotic Time?

Most full time programs that include children under five years old schedule a nap or rest time as part of the day. An important component of the day, rest time gives children the chance to physically rest and emotionally unwind. This midday break can go a long way in helping children stay healthy, alert and emotionally centered in the afternoon. When planning this part of the day be sure to consult your state or local regulations regarding naptime. There may be time, environmental, or safety and supervision guidelines you need to adhere to. Of course, children should be supervised at all times. Those considerations aside, here are some tips to make rest time a truly pleasant and restful time of the day.

- Although you may ask all children to be fairly quiet, you can not expect all children to sleep. For children that are not napping, it is helpful to allow them to play with quiet activities. You may choose to set aside a separate area or simply provide books or puzzles for children to have while on their mats.
- By calling this time rest or quiet time you may avoid resistance from children who don't like "naps". Also this more accurately defines what you expect of them at this time.
- It is appropriate to allow children to have a comfort object from home such as a pillow or teddy bear. Even the outgoing rambunctious preschooler may need a little "love anchor" from home when they are trying to calm down.
- The beginning of rest time is often a major shift in activity level and mood for young children. View this as a time of transition and plan calming routines beforehand. Some useful rituals or routines may include reading a story, listening to soft music, or back pats/rubs.

Recognize waking is also a major transition for young children who may be initially disoriented or cranky, allow them to wake slowly with your calm reassurances.

Taken from [www.childcarelounge.com](http://www.childcarelounge.com)

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

# 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 & Clasen. 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 infant 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: \$45.00 – for First-Aid & CPR**  
**\$40.00 – for First-Aid only**

Trainer: Rick Kernes

Dates: Saturday, September 22, 2012  
Saturday, October 20, 2012  
Saturday, November, 2012  
Saturday, December 15, 2012

Time: 9:00 am – 5:00 pm

Clock Hours: 7

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

## **Building Blocks of Language & Literacy**

This workshop will focus on the building blocks of language for young children. We will talk about creating a literacy center and fun way to incorporate literacy in all of your learning centers. Linda will share lot's of ideas for activities sure to please your children.

Fee: \$15.00

Trainer: Linda Tate

Date: Monday, September 24, 2012

Time: 7:00pm to 9:00 pm

Clock hours: 2

## **Personality & Temperament**

Fee: \$15.00

Trainer: Kadion Lilly, M.S.

Date: Monday, October 8, 2012

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Accident & Disease Prevention**

This workshop meets DHS licensing requirement for training in Health and Safety. Topics covered include accident and disease prevention, proper hand washing procedures, tips on sanitation of toys and equipment, use of fire extinguisher, food safety and child immunization schedule.

Fee: \$15.00

Trainer: Kim Quinn, R. N.

Date: Thursday, October 11, 2012

Time: 7:00 pm to  
10:00 pm

Clock Hours: 3

## **Lullabies to Literacy for Infants and Toddlers**

Early experience with language provide a foundation for infants and toddlers to succeed in learning. Come to this class and learn some new language activities for this age and support their language development.

Fee: \$15.00

Trainer: Linda Tate

Date: Monday, October 15, 2012

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Sensory for Young Children**

Learning begins with sensory experiences; water play, play dough, bubbles, different sounds and much more. Join us for a fun filled evening learning about the importance of sensory experiences and shared lots of “hands-on” opportunities!

Fee: \$15.00

Trainers: Anita Fowler & Lisa Oliver

Date: Tuesday, October 16, 2012

Time: 7:00 – 9:30pm

Clock Hours: 2.5

## **CATSS—Writing a Risk Management Plan**

Fee: No Charge for participation

Trainer: Peggy Adams, CATSS

Date: Tuesday, October 23, 2012

Time: 7:00pm to 9:00 pm

Clock Hour: 2

## **CATTS—Stars Requirements for Family Child Care Homes**

Fee: No Charge for participation

Trainer: Susan Bradley

Date: Tuesday, October 29th 2012

Time: 7 pm to 9 pm

Clock Hours: 2

## **Play-Based Curriculum**

Children learn through play, so your curriculum must be child centered and encourage meaningful play experiences. Learn the key components needed in creating and maintaining a play-based curriculum.

Fee: \$15.00

Trainer: Amie Stubbs

Date: Tuesday Oct. 30th

Time: 7:00 pm 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

## Indirect Guidance

What are some ways that we can positively and indirectly influence children's behavior? Come to this class and explore the possibilities.

Fee: \$15.00

Trainer: Anita Flower

Date: Thursday, November 8, 2012

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## Creating a Playful Learning Environment

In this class we'll learn about room arrangement, materials and activities that are developmentally appropriate and fun for this age group. We'll also review some health & safety tips using the Environmental Rating Scale for infants and Toddlers.

Fee: \$15.00

Trainer: Linda Tate

Date: Monday, November 12, 2012

Time: 7:00 pm 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, October 2, 2012

1:00 pm— 4:00 pm

## Upcoming Conferences

### OK AIRS Conference

The 2012 Oklahoma AIRS conference will be held this year at the Boys Scouts of America In Oklahoma City, Ok on October 18th and 19th, 2012. One scholarship is available to anyone who is currently an employee or volunteer in the field of Information & Referral.

### OK County Immunization Coalition

"What You Say Matters!"

Please join us for a special evening of immunization training for local child-care providers. During the presentation you will learn to effectively speak with parents about the importance of childhood vaccinations. Cost is \$15 per person and this includes dinner, training materials and two hours of Tier 1 Training. For more info contact Kim Quinn at 521.1426.

## Scrubby Bear



Are you having trouble with your children not wanting to wash their hand, Give us a call and Scrubby Bear can come to your facility and help teach the how to properly wash their

hands. If you would like to schedule Scrubby to come out, give us a call at 405-525-3111 and ask for Lindsay.

## Resource Center

Our lending library is separated into different Interest Areas. We have Math, Science, Dramatic Play, Gross Motor, Sand & Water Play, Sensory, Special Needs, Literacy, Art, Infant/Toddler, Blocks, Block Accessories, Multicultural, Book Bags, Books, and Teacher Resources.

Our Lending Library is available to anyone in the public who would like to join!

It is a Yearly Fee of \$40.00. To make it easier for you if you know what you will want to check out before you



come you can call us ahead of time and we can put these things together for you. Our Number is 525-3111 or 521-1426 or you can email Lindsay Brooks at

[lbrooks@rainbowfleet.org](mailto:lbrooks@rainbowfleet.org).

We are located at the corner of NW 30th and Dewey at 3024 Paseo, OKC, OK 73103.

## Math games for autumn

You can transform a pile of autumn leaves into learning resources by painting on some numbers and letters. We used correction fluid but a permanent marker or acrylic paint could do the job just as well. You could laminate the leaves or cover them in contact paper/sticky backed plastic to help them last a little longer as you play.

Lay out a jumble of number leaves and try these math games – depending on the age and stage of your children:

1. Spot the number that matches your age
2. Point to each number and say its name out loud
3. Arrange the numbers in order: getting bigger or getting smaller (if you organize your leaves when you're adding the numbers you can correspond ascending numbers on leaves that are increasing in size.)
4. Make some repeating patterns with the colors and shapes of your leaves:

one green, one brown, one green, one brown...

one green, two brown, three yellow, one green, two brown, three yellow...



## Letter games for autumn

Make a set of leaves with letters (perhaps on the reverse side to your numbers) and you can play some letter games too.

1. Lay out the leaves in a jumble and see which letters you recognize.
2. Find the letters in your own name.
3. Layout the letters from a word your child knows, or a spelling they're trying to learn, and see if they can unscramble them.
4. Add some of the leaves to a sensory tub and hunt out all the letters.
5. Hide the leaves around the house or garden and go on a letter treasure trail. Can you find the whole alphabet?

Taken from <http://nurturestore.co.uk/maths-games#more-11955>

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



# EXCITING OPPORTUNITY FOR FAMILY CHILD CARE HOMES IN OKLAHOMA COUNTY WHO ARE CURRENTLY A ONE STAR-PLUS OR A TWO STAR FACILITY

Are you a One Star-Plus Family Child Care Home Provider working on becoming a Two Star program who could use a little help to get there? Or, are you already a Two Star Family Child Care Home Provider who has been considering accreditation but just needs a little incentive to get started?

## Read on!

Rainbow Fleet Child Care Resource & Referral is encouraging all home providers in Oklahoma County, who are interested, and qualified, to apply to become a part of their Quality Enhancement Initiative Program. This program is designed to assist One Star-Plus Family Child Care Homes to progress to a Two Star, and Two Star Family Child Care Homes to progress to a Three Star and Accreditation, by working with them one-on-one and to provide help and resources.

## WHY SHOULD YOU PARTICIPATE IN THIS GROUP?

To receive on-site *technical assistance*

To be included in free and/or reduced tailor-made *training*

To have the *support* of home providers who are accredited and there to help you if you need it

To receive assistance with *paperwork*

To receive *resources* relating to home accreditation

To possibly be eligible for some *financial* assistance

To have an opportunity to become an *advocate* for child care

## HERE IS HOW YOU APPLY

To obtain an application - call Rainbow Fleet Child Care Resource & Referral to mail you one or come in to the office and receive an application

Complete the application and mail or bring it in to Rainbow Fleet Child Care Resource & Referral (Attention: Heather Mellor)

**QUESTIONS? Contact: HEATHER MELLOR at 405-521-1426 OR EMAIL at [hmellor@rainbowfleet.org](mailto:hmellor@rainbowfleet.org)**

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

# Five Steps for Fighting Stress

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Everybody gets stressed from time to time. Different people feel stress in different ways. Some ways of dealing with [stress](#) — like screaming, hitting someone, or punching a wall — don't solve much. But other ways, like talking to someone you trust, can start you on the road to solving your problem or at least feeling better.

Try taking these five steps the next time you are stressed:

**Get support.** When you need help, reach out to the people who care about you. [Talk](#) to a trusted adult, such as a parent, other relative, a school counselor, or a coach. And don't forget about your friends. They might be worried about the same test or have had similar problems, such as dealing with a [divorce](#) or the death of a beloved [pet](#).

**Don't freak out!** It's easy to let your feelings go wild when you're upset. Notice your feelings, and name them — for example, "I am so [angry!](#)" And say or think about why you feel that way. Then, find a way to calm down and get past the upset feelings and find a way to express them. Do breathing exercises, listen to music, write in a journal, play with a pet, go for a walk or a bike ride, or do whatever helps you shift to a better mood.

1. **Don't take it out on yourself.** Sometimes when kids are stressed and upset they take it out on themselves. Oh, dear, that's not a good idea. Remember that there are always people to help you. Don't take it out on yourself. Be kind to yourself and ask for the helping hand or pat on the back that you need — and deserve — to get you through the tough situation you're facing.

2. **Try to solve the problem.** After you're calm and you have support from adults and friends, it's time to get down to business. You need to figure out what the problem is. Even if you can't solve all of it, maybe you can begin by solving a piece of it.

3. **Be positive — most stress is temporary.** It may not seem like it when you're in the middle a stressful situation, but stress does go away, often when you figure out the problem and start working on solving it.

4. **Try to solve the problem.** After you're calm and you have support from adults and friends, it's time to get down to business. You need to figure out what the problem is. Even if you can't solve all of it, maybe you can begin by solving a piece of it.

5. **Be positive — most stress is temporary.** It may not seem like it when you're in the middle a stressful situation, but stress does go away, often when you figure out the problem and start working on solving it.

These five steps aren't magic — and you might have to do some steps more than once, but they **do** work. And if you can stay positive as you make your way through a tough time, you'll help yourself feel better even faster. Ah . . . it feels so good when the stress is gone!

# Cinco pasos para Combatir el Estrés

Todas las personas sufren de estrés de vez en cuando y cada persona siente el estrés de forma diferente. Algunas de las formas de lidiar con el estrés - como gritar, golpear a alguien o a una pared - no resuelven la situación. Sin embargo otras soluciones como hablar con una persona en quien confíes, puede ser el comienzo para resolver el problema o al menos hacerte sentir mejor.

Intenta seguir los siguientes pasos la próxima vez que te sientas estresado(a).

**1. Busca Apoyo.** Cuando necesites ayuda, rodéate de personas a quienes les importa tu bienestar. Habla con un adulto en quien confíes, como por ejemplo tus padres, otro pariente, un consejero en la escuela o un entrenador. Y no te olvides de tus amigos. Puede que ellos estén preocupados por el mismo examen o tengan problemas similares a los tuyos como por ejemplo, lidiar con un divorcio o la muerte de una mascota querida.

**2. ¡No te pongas nervioso (a)!** Es fácil perder el control de tus sentimientos cuando estas disgustado. Date cuenta de tus sentimientos. Exprésalos -por ejemplo, "Estoy tan disgustado" y encuentra una forma de canalizarlos. Practica ejercicios de respiración, escucha música, escribe en un diario, juega con una mascota, monta en bicicleta, o haz lo que tu creas que te podrá ayudarte a sentirte mejor.

**3. No te desquites contigo mismo.** Algunas veces cuando los niños(as) están preocupados y disgustados, se desquitan con ellos mismos. Eso no es una buena idea. Recuerda que existen personas que pueden ayudarte. No te desquites contigo mismo. Trátate bien y busca la ayuda o el apoyo que necesitas - y que mereces?para lidiar con la situación que estas atravesando.

**4. Trata de resolver el problema.** Cuando te sientas calmado(a) y tengas el apoyo de adultos y amigos, es un buen momento para resolver tu situación. Necesitas darte cuenta de cuál es el problema. Incluso si no puedes resolverlo completamente, quizás puedas comenzar a resolverlo poco a poco.

**5. Se positivo(a) - la mayor parte del estrés es temporal.** Puede que el estrés no parezca temporal cuando estás atravesando la situación, pero el estrés puede desaparecer, generalmente cuando te das cuenta del problema y comienzas a tomar medidas para resolver lo que te preocupa. Los cinco pasos que te hemos recomendado no son mágicos - y puede que tengas que repetir uno de los pasos más de una vez -, pero **sí funcionan**. Y si puedes permanecer positivo(a) mientras atraviesas la situación, te ayudarás a ti mismo más rápidamente. Ah... ¡Uno se siente tan bien cuando se ha ido el estrés!

# Helpful Contacts

**Caring Van: 405-316-7216 [www.bcbsok.com](http://www.bcbsok.com)**

**Center for Early Childhood Professional Development (CECPD): 1801 North Moore Avenue Moore, OK 73160;**

**405-799-6383 [www.cecpc.org](http://www.cecpc.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) Dr. Mary McCoy 405-682-1611, [mmccoy@occc.edu](mailto:mmccoy@occc.edu)

Oklahoma State University OKC, (North OKC) Jeff Rosson 405-945-9168/1-800-560-4099 [rossonj@osuokc.edu](mailto:rossonj@osuokc.edu)

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

Rose State College, (Midwest City, OK) Sherrill Pallotta 405-733-7449 [spallotta@rose.edu](mailto:spallotta@rose.edu)

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](http://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 on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.



**Child Care Resource and Referral**

**3024 Paseo**

**Oklahoma City, Ok 73102-1021**

Non-Profit

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Permit No. 1621

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