



# NEWS

SUMMER 2013

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Food Program Coordinator
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- Lisa Fry**  
Resource & Referral Coordinator
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- Maria Zamacona**  
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Hispanic Services
- Heather Mellor**  
QEI Specialist

## Summer Safety Tips: A Guide to Protecting Kids when Activities Heat Up

**Be Sun Savvy.** Here's a summer-bummer: a person's sunlight exposure during childhood and adolescence is generally considered to increase the risk of melanoma. We've heard it all before, but make sure your family and caregivers all have the same sun-strategy. Vilma Cokkinides, PhD, Strategic Director, Risk Factor Surveillance for the [American Cancer Society](#), helped come up with these.

**Apply early and repeat.** For kids six months and older (as well as adults), sunscreens with a Sun Protection Factor (SPF) of 15 or greater reduce the intensity of UVRs that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure so it can absorb into the skin and decrease the likelihood that it will be washed off. Then reapply every two hours and after kids swim, sweat, or dry off with a towel. For most users, proper application and reapplication are more important factors than using a product with a higher SPF.

**Cover.** Dress kids in protective clothing and hats. Clothing can be an excellent barrier of ultraviolet rays. Many light-weight sun-protective styles cover the neck, elbows, and knees.

**Keep infants out of the sun.** Babies younger than 6 months should be kept out of direct sunlight, dressed in cool, comfortable clothing and wearing hats with brims. The American Academy of Pediatrics (AAP) says sunscreen may be used on infants younger than 6 months on small areas of skin if adequate clothing and shade are not available.

**Plan early morning play.** For kids beyond that baby stage, Cokkinides advises parents to plan children's outdoor activities to avoid peak-sun hours (10 a.m. to 4 p.m.) as much as possible. Sound impossible for your active kids? Make sure you can get a break from the sun, when needed.

**Beware of shade.** Many think sitting in the shade is a simple way out. Shade provides relief from heat but offers parents a false sense of security about UVR protection. People can still sunburn in shade, because light is scattered and reflected. A fair-skinned person sitting under a tree can burn in less than an hour.

**Check the weather.** Check the ultra-violet (UV) index (on a site like [Weather.com](#)) when planning outdoor activities; it predicts the intensity of UV light for the following day based on the sun's position, cloud movements, altitude, ozone data, and other factors. Higher UV index numbers predict more intense UV light during midday of the following day.

### Prevent Dehydration

You may be surprised how much - and when - kids should drink. To prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity begins and take mandatory fluid breaks (like many day camps require), with kids under 90 pounds drinking five ounces every 20 minutes during activities and kids over 90 pounds drinking 9 ounces every 20 minutes. Tip: A child's gulp equals a half-ounce of fluid, so your child should drink about 10 gulps for every 20 minutes of play. The Safe Kids Coalition urges parents and caregivers to watch for warning signs such as thirst, dry or sticky mouth, headache, muscle cramping, irritability, extreme fatigue, weakness, dizziness, or decreased performance.

<http://www.care.com/child-care-summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-p1017-q6731064.html>

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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 & 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 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, June 15, 2013

Saturday, July 13, 2013

Saturday, Aug. 17, 2013

Time: 9:00 am – 5:00 pm

Clock Hours: 7

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

## **Temper Tantrums**

Fee: \$15.00

Trainer: Kadion Lilly, M.S.

Date: Thursday, May 30, 2013

Time: 7:00pm to 9:00 pm

Clock hours: 2

## **Outdoor Play**

Explore a variety of activities for outdoor learning and play that incorporates science, movement, literacy, art and health. Also will include safety concepts and health benefits of outdoor play for young children.

Fee: \$20.00

Trainer: Kadion Lilly, M.S.

Date: Thursday, June 6, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Association for Child Care Providers**

### **Caring for Children with Special Needs**

This meeting and training provides information and networking opportunities for child care providers who want to learn more about working with children with special needs in child care. These trainings/meetings will take place throughout the year. Speaker to be announced.

Fee: Free

Trainer: Susan Bradley (CATSS)

Date: Thursday, June 13, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Behavior and Guidance**

Explore and discuss reasons for behavior of young children and determine appropriate responses in an early childhood environment. Will also look at a variety of guidance techniques to foster children's self discipline and regulations.

Fee: \$20.00

Trainer: Kadion Lilly, M.S.

Date: Monday, June 17, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Manipulatives Matters**

Participants will learn the importance of providing opportunities for children to use their fine and gross motor skills daily. Information will be shared regarding the ages and stages of physical development and how to support it through planned experiences.

Fee: \$20.00

Trainer: Amie Stubbs

Date: Tuesday, June 25, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Literacy Workshop**

This workshop on literacy will present the necessary skills needed for reading and writing. Phonological awareness, segmentation activities, phonics (letter sounds) and development spelling will be discussed. Also, a brief look at why some children have difficulty learning literacy skills.

Fee: \$20.00

Trainer: Janie, Thompson, M.Ed.

Date: Thursday, June 27, 2013

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

## **Hands on Nutrition**

Come learn how cooking with children can be fun and educational. Get ideas and recipes to use with your children.

Fee: \$20.00

Trainers: Kassi Reddell, M.S.

Date: Tuesday, July 9, 2013

Time: 7:00 PM – 9:00pm

Clock Hours: 2

## **Accident and Disease Prevention**

Fee: \$20.00

Trainer: Kim Quinn, RN

Date: Thursday, July 11, 2013

Time: 7:00pm to 9:00 pm

Clock Hours: 2

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# Rainbow Fleet Training Schedule and News

## Special Needs

This training provides basic information needed to work successfully with children with special needs. The training is interactive, allowing the provider to experience first hand some of the challenges faced by children with disabilities.

Fee: \$20.00

Trainer: Kadion Lilly, M.S.

Date: Tuesday, July 16, 2013

Time: 7:00pm to 9:00 pm

Clock Hours: 2

## Helping Young Children Regulate their Emotions

Using Becky Bailey's materials on Emotional Intelligence and Emotional Self-Regulation, participants will have discussions on what emotional self-regulation encompasses. The discussion will include the importance of understanding our own emotions so that we as adults are better at self regulation.

Fee: \$20.00

Trainer: Gay Snyder

Date: Tuesday, July 23, 2013

Time: 7 pm to 9 pm

Clock Hours: 2

## Creative Hands On Activities

Join us in learning how you can create fun and educational activities for little to no cost.

Fee: \$20.00

Trainer: Kassi Reddell, M.S. & Lindsay Brooks

Date: Monday, July 29, 2013

Time: 7 pm to 9 pm

Clock Hours: 2

## Active Opportunities

Fee: \$20.00

Trainer: Amie Stubbs

Date: Tuesday, July 30, 2013

Time: 7 pm to 9 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: Monday, June 10, 2013

9:00 am— 12:00 pm

Tuesday, July 9, 2013

1:00 pm— 4:00 pm

**Beginning June 1, 2013, All of our training will be \$20.00 a class unless it states that it is FREE or it's CPR & 1st Aid!**

## Conferences

### **2013 Oklahoma Child Care Association (OCCA) Annual Conference:**

***"Out of Control Kid's? Here's What to Do".***

Saturday, June 1, 2013

The conference will be held at UCO's Nigh University Center.

### **2013 Hispanic Child Care Conference**

Saturday, June 1, 2013

Moore-Norman Technology Center, South Penn Campus, 13301 S. Penn, Oklahoma City, OK 73170.

For more information, contact Keila Garcia at (405) 942-4179.

### **2013 NAEYC National Institute for Early Childhood Professional Development**

June 9-12, 2013

San Francisco, California

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

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

OR

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

# Child Care Hispanic Conference

June 1  
2013



## For Our Children



Moore-Norman Technology Center  
South Penn Campus  
SW 134th Ave. & S. Penn Ave.  
OKC, OK. 73170

Register with:  
Keila Garcia  
(405) 942-4179  
[kgarcia@oklahomachildcare.org](mailto:kgarcia@oklahomachildcare.org)

ALL CLASSES  
OFFERED IN SPANISH

Cost: \$25.00



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# Conferencia Hispana para el Cuidado Infantil

**Junio 1  
2013**



## Por Nuestros Niños



Moore-Norman Technology Center  
South Penn Campus  
SW 134th Ave. & S. Penn Ave.  
OKC, OK. 73170



Inscribase con  
Keila Garcia  
(405) 942-4179

[kgarcia@oklahomachildcare.org](mailto:kgarcia@oklahomachildcare.org)



Todas las clases se  
ofrecen en español

**Costo: \$25.00**



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## Immunization Update from the Oklahoma County Immunization Coalition

In August, many of the four and five year olds at your childcare facility will be leaving your care and entering into pre-kindergarten and kindergarten. Now is a great time to encourage parents to put immunizations at the top of their child's back-to-school list.

The Oklahoma State Department of Health has two handouts that are helpful in educating parents on immunizations. Here are two excellent schedules for your facility to use.

[Guide to Immunization Requirements 2013-2014 School Year](#)  
[OK by One Recommended Childhood Immunization Schedule 0-6 years](#)

If parents have not yet done so, encourage them to check with their pediatrician or healthcare provider about vaccines their child may need and make an appointment as soon as possible. Children up to 19 years of age can receive the immunizations free of charge at the county health department if they meet eligibility requirements. Click here to find your local county health department. In addition to childhood immunizations, adult and overseas immunizations are also available for a fee. Call for dates, times and locations of clinics.

This information is brought to you by the Oklahoma County Immunization Coalition (OCIC). Our mission is to act as a catalyst for achieving state and federal immunization goals. For more information, please visit our website at [www.ocic.info](http://www.ocic.info); or visit our Facebook page at [www.facebook.com/ocicinfo](http://www.facebook.com/ocicinfo).



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# 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.cecpd.org](http://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) 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 and families 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

U.S. Postage Paid

OKC, OK 73103

Permit No. 1621

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