



# NEWS

WINTER 2013

## **Rainbow Fleet Staff:**

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Interim Executive Director
- Sharon Thrush**  
Administrative Assistant
- Kassi Reddell**  
Food Program Coordinator
- Alfreda Little**  
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- Lisa Fry**  
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- Lindsay Brooks**  
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- Lisa Oliver**  
Resource & Referral Specialist
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- Heather Mellor**  
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## 8 Ways for Teachers to Reduce Holiday Stress

- 1. Don't sweat the small stuff.**  
Focus on what REALLY needs to be done around your house. Almost everyone who is coming to your home has probably already seen it in various degrees of disarray. If your guests are close family and true friends, then they'll either be very understanding or pitch in. Prioritize and clean what you need to clean so that your house isn't disgusting, and leave the rest. The laundry isn't folded? So what! Stuff it in a closet.
- 2. Keep the decorations to a minimum.**  
Installing tons of decorations takes time and planning. The more you put up, the more you will have to keep dusted and cleaned, and the more you will have to take down.
- 3. There is no law that says you have to send holiday greeting cards.** Enough said.
- 4. Just say, "No," very politely.**  
No, because you have a conflict the same night as the jewelry party. No, you are not able to make an appointment next week. No, you can't start that project right now. No, you're sorry, but you cannot volunteer for that event.
- 5. Start now.**  
I ask my family for their wish list early. I take advantage of coupons and online specials early. I order online with plenty of time for shipping, and when necessary, returns and exchanges. I visit brick and mortar stores early in the morning, instead of after a traditional work day when every Tom, Dick and Harry is there. But if your schedule doesn't allow for that, even week nights are better than weekends. The operative word is... early.
- 6. Buy more of what you like.**  
When you find a product that would make a good gift that you utilize also, buy more. I found a 30% off wine sale and purchased 15 bottles of wine. My husband and I have a glass a night, so if we don't end up giving the wine away as gifts, we will eventually drink up our stock. Now, there's stress free for ya!
- 7. Gift Cards! Gift Cards!**  
Purchase a variety of gift cards to stores that you frequent. When you need a last minute gift, you have one to the local theater, restaurant, amazon.com, or coffee house, and you don't have to run off like a lunatic to the mall. You can always use what's left of your cards yourself, or for birthday gifts next year. Look for specials. This week I purchased \$150 in gift cards and received \$25 in free groceries.
- 8. Pick a theme gift and stick to it.**  
If you simply must purchase a personalized gift for everyone, then choose a theme and find something special within that theme or category that fits each person. One year, I purchased Pashmina scarves that were unique in color and design for each friend, another year I selected special picture frames and had my gifts after visiting just 2 stores. Last year, I donated to a women's charity and received beautiful hand-woven shawls that I, of course, gave to each friend, along with information on the charity. It is the season for giving, after all.

Have a safe and warm holiday season!

<http://earlychildhoodeducation.vanguard.edu/uncategorized/8-ways-for-ecce-teachers-to-reduce-holiday-stress/>

## 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, January 25, 2014

Clock Hours: 7

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

### **Special Needs and Inclusion**

Fee: \$20.00

Trainer: Kadion Lilly

Date: Thursday, February 6, 2014

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

### **Cooperative Learning**

Do the youth in your program have opportunities to work together in groups, teaching and learning from each other? Cooperative learning is an excellent way to nurture youth leadership, build community, and keep things fun. This interactive workshop will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering.

Fee: \$20.00

Trainer: Peju Faboro

Date: Thursday, February 13, 2014

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

### **When bad things happen**

Fee: \$20.00

Trainer: Amy Huffer

Date: Tuesday, February 25, 2014

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

### **Behavior and Guidance**

Fee: \$20.00

Trainer: Kadion Lilly

Date: Monday, March 3, 2014

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

### **Reframing Conflict**

What role do you play in conflict situations in your program? Do you know how to turn a conflict situation into an opportunity for growth? This interactive workshop introduces participants to a step-by-step model for reframing conflict as well as general principles of conflict resolution.

Fee: \$20.00

Trainer: Peju Faboro

Date: Monday, March 10, 2014

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

### **Understanding Autism**

Fee: \$20.00

Trainer: Gay Snyder

Date: Thursday, March 20, 2014

Time: 7:00 pm to 9:00 pm

Clock Hours: 2

### **Taking it Outdoors**

Fee: \$20.00

Trainer: Kadion Lilly

Date: Thursday, March 27, 2014

Time: 7:00 to 9:00 pm

Clock Hours: 2

### **Play**

Fee: \$20.00

Trainers: Amy Huffer

Date: Tuesday, April 15, 2014

Time: 7:00 PM – 9:00pm

Clock Hours: 2

### **Communicating with Parents**

Fee: \$20.00

Trainer: Gay Snyder

Date: Thursday, April 24, 2014

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

## 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 Specialists.

Dates:

Tuesday, Jan 7th, 2014

9:00 am— 12:00 pm

Wednesday, Feb. 5, 2014

1:00 pm— 4:00 pm

Thursday, Mar. 6, 2014

9:00 am— 12:00 pm

We are excited to announce that Rainbow Fleet has teamed up with an Early Learning Guidelines (ELG) trainer and will be offering classes at our offices in 2014. Please take time to visit CECPD website to find out the dates for the classes and to register.

## Resource Center

Have you visited our Resource Center lately. We have several new items. It's an annual fee of \$40. Come check out the RC, we are open M-F 8:30 to 4:30 and the third Saturday of every month from 9 to 12.

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

OR

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

## Conferences

2014 NAFCC

National Association for Family Child Care annual conference.

July 10-12, 2014; Orlando Florida

## 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

Days are busy at a child care center and as a child care director or classroom teacher, we know your most important job is to keep the kids safe. A healthy, disease free environment for the children is part of a safe environment. We all know that our littlest community members are our biggest germ spreaders. Vaccine preventable diseases are germs that you can keep out of your center with high immunization coverage rates for your children and also yourself and your staff.

### Vaccines Required to Attend Childcare Centers and Homes in Oklahoma

<i>Recommended Age</i>	<i>Vaccines &amp; Dose Number</i>
Birth	Hep B #1
1-2 months	Hep B #2
2 months	DTaP #1, IPV #1, Hib #1, PCV #1
4 months	DTaP #2, IPV #2, Hib #2, PCV #2
6 months	DTaP #3, PCV #3
6-18 months	Hep B #3, IPV #3
12-15 months	Hib # 3, PCV #4 MMR #1, VAR #1
12-18 months	DTaP #4
12-23 months	Hep A #1
6 to 18 months after 1 <sup>st</sup> Hep A	Hep A #2

Vaccine Abbreviation	Stands for:
HepB	Hepatitis B vaccine
DTaP	Diphtheria, tetanus, acellular pertussis vaccine
IPV	Inactivated polio vaccine
Hib	<i>Haemophilus influenzae</i> type b
PCV	Pneumococcal conjugate vaccine
MMR	Measles, mumps, rubella vaccine
VAR	Varicella (chickenpox) vaccine
HepA	Hepatitis A vaccine

### Immunization Review

If you would like an immunization record review or if you have questions about immunizations, please contact the Oklahoma County Immunization Field Consultants.

To contact an IFC, please email [immunizations@occhd.org](mailto:immunizations@occhd.org) or call (405) 425-4342.

### Order Vaccine Information Pamphlets to Give to Parents

The following pamphlets for parents are available from the Immunization Service:

- Basic Immunizations Are Due By...                      \* Vaccines: What, Why, & When
- Silence the Sounds of Pertussis                              \* What if you don't immunize your child?

Call 1-800-234-6196 or send an e-mail to [immunize@health.ok.gov](mailto:immunize@health.ok.gov) to place an order. Be sure to include the quantity you need, your mailing address, and your telephone number in the e-mail.

### Oklahoma County Immunization Coalition

The Oklahoma County Immunization Coalition is a resource for information on immunizations. Visit our website [www.ocic.info](http://www.ocic.info).

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## Sleeping Giants

### Head Start Outcomes Addressed:

- ☐ Listening & Understanding

Indicator 1: Shows progress in understanding and following simple and multiple-step directions.

- ☐ Gross Motor Skills

Indicator 1: Shows increasing levels of proficiency, control and balance in walking, climbing, running, jumping, hopping, skipping, marching and galloping.

### Other Skills Developed:

- ☐ Social/emotional development

Feel a sense of belonging; Develop a sense of humor; Develop understanding of body awareness, i.e. self and shared space

- ☐ Physical Development

Perform moderate –to- vigorous- intensity physical activity

Increase cardiovascular strength and endurance

### Equipment/Materials: None

### Procedure:

- ☐ **Beginning:** Explain to the children that they are going to pretend to be giants who like to jump. Allow students to practice jumping up and down. Have students stop when you say “sleeping giants.”
- ☐ **Middle:** Once they hear “sleeping giants” children will stop and lie very still on the floor. When you say “waking giants” the children will jump up and down until you call out “sleeping giants” again.
- ☐ **End:** Continue the game to allow children to practice stopping and starting. Substitute other motor skills instead of jumping, for example walking, hopping, skipping, marching and galloping.

**Teaching Hints:** Allow students to take turns calling out “waking giant.” Ask students to suggest other movements they can make as a giant. Informally assess students’ development of gross motor skills. Model movements that may be difficult for some students. Provide picture cue for the sleeping/ waking giants and other movement cues.

**Follow-Up:** Play outside where children have more space to move. Have students make mask or use dramatic play props as they pretend to be giants. Engage students in thinking about the facial expression or sounds that a giant would make. Put giant masks in dramatic play center for follow up. Take photos of children moving like giants and send home with instructions for the activity. Include your picture cues as well.

**Provided by Rae Pica, Head Start Body Start Master Trainer**

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



## Gigantes Durmiendo

### Áreas de Enfoque de Head Start:

- Escuchar y Comprensión

Indicador 1: Muestra el progreso en la comprensión y el seguimiento de instrucciones sencillas y de pasos múltiples.

- Habilidades Motrices

Indicador 1: Muestra el aumento de los niveles de competencia, el control y el balance de equilibrio en el caminar, trepar, correr, saltar, saltar de un pie, brincar, marchar, y galopar.

### Otras competencias desarrolladas:

- Desarrollo Social / emocional

Tener un sentido de pertenencia; Desarrollar un sentido del humor; Desarrollar comprensión de la conciencia corporal, es decir, espacio libre y compartido.

- Desarrollo Físico

Realizar actividad física de intensidad moderada a fuerte. Aumentar la fuerza y la resistencia cardiovascular.

**Equipo / Materiales:** Ninguno

### Procedimiento:

- **Inicio:** Explique a los niños que van a pretender ser gigantes a quienes les gusta saltar. Permita que los estudiantes practiquen como saltar hacia arriba y abajo. Haga que los estudiantes paren cuando diga "gigantes durmiendo".
- **Medio:** Una vez que escuchen "gigantes durmiendo" los niños se detendrán y se echarán sin moverse en el suelo. Cuando usted diga "gigantes despiertos" los niños saltarán hasta que diga "gigantes durmiendo" otra vez.
- **Fin:** Continúe con el juego para permitir a los niños practicar la detención y el inicio. Sustituya otras habilidades motrices en lugar de saltar, por ejemplo caminar, saltar de un pie, marchar y galopar.

**Consejos de Enseñanza:** Permita que los estudiantes se turnen anunciando "gigante despierto". Pídeles a los estudiantes que sugieran otros movimientos que los gigantes puedan hacer. Evalúe informalmente las habilidades motrices de los estudiantes. Modele movimientos que puedan ser difíciles para algunos estudiantes. Proporcione imágenes de gigantes durmiendo/despertos como también de otros movimientos para usar como señales para los niños.

**Seguimiento:** Jueguen afuera, donde los niños tienen más espacio para moverse. Pida a los estudiantes que hagan máscaras o que usen otros accesorios dramáticos para pretender ser gigantes. Involucre a los estudiantes a pensar sobre el tipo de expresión facial o sonidos que haría un gigante. Haga accesible máscaras de gigantes de en el centro dramático para que los niños puedan tener seguimiento del juego. Tome fotos de los niños en movimiento, como los gigantes y envíelas a casa con instrucciones para la actividad. También incluya las mismas imágenes que los niños usan en la clase como señales.

**Proporcionado por Rae Pica, Head Start Body Start Master Trainer**



# 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.cecpcd.org](http://www.cecpcd.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](mailto: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](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 73103-1021

Non-Profit

U.S. Postage Paid

OKC, OK 73103

Permit No. 1621

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