



In the Merry, Merry Month of May



Rainbow Daycare
Sacramento, CA



May, 2017

Message from the Board!

Hello from the Rainbow Daycare Board of Directors!

It is the time of year again, where the RDC Board would like to remind parents to take a look at the parent handbook. It is useful to review the policies and procedures set forth in the parent handbook from time to time. The Board is frequently reviewing the parent handbook, bylaws and employee handbook in order to assist in making the center run smoothly. One key part of the handbook that stands out is the parent code of conduct. It is extremely important, as parents, to review this section of the handbook and always abide by the guidelines set forth, especially as they pertain to language used in front of children. Little ones have big ears, so if you need to have a lengthy discussion with your student's teacher, or are upset in any way it is best to make an appointment for either a phone call or an in person conference. Our teachers love parent involvement and feedback and welcome appointments to discuss your concerns or children further. If you ever have concerns or feedback, please attend a board meeting on the third Thursday of the month at 5:45 in the Pre-K classroom.

Have a great month!

Rainbow Daycare, Inc. Board of Directors

<http://www.rainbowdaycareinc.com/documents/Parent%20Handbook.pdf>

Director's Corner –

Please feel free to email me at Caren@rainbowdaycareinc.com with any questions, comments or concerns. I am always happy to help.

FROM PBS KIDS

Seven Tips for Practicing Positive Discipline

By Bridget Bentz Sizer

It's the ultimate do-as-I-say-and-not-as-I-do parenting moment: your preschooler throws a fit because there are blueberries in her pancake—and she *didn't want* blueberries in her pancake!—and, in an effort to control her tantrum, you counter with your own: "Stop yelling now!"

You have just entered into a disciplinary arms race in which there are no winners—only hurt feelings, sore throats and soaring blood pressure. But parenting doesn't have to be a battle. Proponents of positive discipline teach that kids can—and will—behave without threats, bribes, yelling and physicality. Here are seven tips that will set you on the path to better behavior—and a stronger, more peaceful connection with your child.

1. **Understand the meaning behind the behavior.** Naomi Aldort, the author of "Raising Our Children, Raising Ourselves," says that children want to behave well; if they seem to miss the mark, it's not without a valid reason. "The most important [thing] is to realize that whatever a child does, we may label as bad, [but really] the child is doing the best he can. It's our job as parents to

find out why [he is] doing it," says Aldort. "Once we know the valid root of the behavior, we can easily remove the cause or heal the emotions, and the child won't be driven to behave in that way anymore."

So ask yourself: is your child hitting her sibling in a desperate bid for your attention? Maybe you stayed on the phone too long or ignored her as you rushed to get dinner on the table. If so, what correction can you make to your own behavior that will satisfy your child's need? "A lot of what we expect of children is unreasonable," says Aldort.

2. **Focus on controlling yourself—not your child.** It's hard to keep cool in the heat of the moment, but Dr. Katharine C. Kersey, the author of "The 101s: A Guide to Positive Discipline," says that parents need to model the types of behavior they want their children to emulate. Remember, yelling begets yelling, hitting begets hitting. "We should not do anything in front of [our children] that we don't want them to do," she advises. In the case of an extreme behavioral flare-up, this may mean counting to 10, taking a deep breath or simply walking away until you've had time to collect yourself. Jim Fay, the founder of the organization Love and Logic, agrees. "Anger and frustration feed misbehavior," he says. Fay offers an unusual tactic for keeping your voice in check: instead of yelling that your child is doing something wrong, try singing it. Fay teaches parents what he calls the "Uh Oh" song. If a child throws a toy after he's been asked to stop, you might sing, "Uh Oh, that's sad you threw

Parent Board of Directors

Please extend a warm welcome to our Board of Directors. Board Officers serve a one-year term from October to October. Our monthly Board Meetings will be held "offsite" the third Thursday of each month unless otherwise noted. We will be sure to let everyone know the location well in advance.

President	Laura Blackburn	Vice President	Aaron Crowell
Treasurer	Thomas Barr	Secretary	Jack McCool
Member	Shastitie Milller	Member	Sharon Powers
Member	Karen Rice		

Board email - Board@rainbowdaycareinc.com

Join us for a monthly Board Meeting the third Thursday of each month.

Board meeting minutes are available for review in the front office.

Classroom News

Infant/Toddler Room (Green Class)

In the month of May we learn all about the Farm. We will talk, read and sing about the different animals that live on the farm and the noises they make.

Parents are always welcome to visit our classroom and spend time with the children. They love to listen to books or play in the sensory bin.

We would like to have new sand and sand toys for our sandbox outside on the green play-yard.

Do you need parent hours? We would love to have books based on our monthly themes. Check out our wish-list on Amazon. You can find the list by going to Amazon and then search lists for:

RDCGreenclass@gmail.com.

Welcome Hunter and family to our class and our Rainbow family! Happy 2nd birthday to Loretta and Ezra! We wish you all the best when you go to yellow class. Thank you to all the parents who continue to donate their time and items to our class. We greatly appreciate it!

Goodbye and best of luck to Ms. Dominique you will be greatly missed by all!

Yellow Class

This month we will be learning all about different insects and exploring their different environments. The letters this month is V and W and the number 9. We will do different projects with the color white and the shape of a circle.

We would like to have new cubby baskets for the shelves the measurements are 12 in wide by 15 in long by 11 in high. They can be sturdy plastic or made of cloth. We would also like dry erase markers, a 3 hole puncher, bubbles and fish food, popcorn kernels for sensory bin, mirror for our dress up area, and plastic food. Thank you in advance for your donations.

Please join us on May 12th from 3-4:30 for "Mugs and Muffins" to celebrate our wonderful mom's.

We would love for families to join us for story time, activity time, outside time or any time. Wednesday is our highest day of children and we would love an extra pair of hands to help out.

We would like to welcome Ms. A. J. to the yellow class. We are so happy you are here!

We love to welcome Cecelia from the green class to the yellow class we are excited to have you come and learn and grow with us. Happy birthday to Sebastian and Aaron who will turn 3 this month.



Thank you!!!



A big thanks to all of our amazing families and teachers here at Rainbow. We have received so many great donations to the classrooms and we really appreciate all our new and used items. I am so grateful to work at such an amazing center with families and teachers who give so much.

your truck again. I think it's time the truck went away."

3. **Be consistent with your expectations.** Aldort says that parents often overlook a certain behavior in the hope that it will pass.

"But guess what?" she says. "It doesn't pass." If your child bites another child, for instance, you should hold her arm and tell her that the behavior is not acceptable. If she continues, then it is time to remove her from the situation.

Sometimes a child might try to test the limits by arguing with the rules. When this happens, Fay suggests neutralizing negotiations by repeating one simple mantra as often as necessary: "I love you too much to argue."

4. **Give attention to the behavior you like—not the behavior you don't.** Children often act up because they want your attention, so sometimes it pays to ignore those actions you don't want to see more of. Kersey calls this the "Rain on the grass, not on the weeds" principle. Tantrums and whining? Play deaf or walk away, and your child will quickly learn that there's a better way to communicate.

5. **Redirect, redirect, redirect.** Kids who hear "No" or "Don't" all the time tend to tune those directives out. So instead of telling your child what *not* to do, Kersey recommends instead offering a positive behavior to replace the misbehavior. For instance, a child acting up at the grocery store could be enlisted to help pick out

oranges or rearrange the items in a grocery cart, or a kid running around a swimming pool might be challenged to walk "as if on marshmallows."

6. **Exploit the "energy drain."** Any parent who's been in the trenches knows how tiring it is when a child acts up—but did you know that that fatigue can be used to your advantage? Fay calls this the "energy drain" principle. For instance, you might defuse a sibling confrontation by saying, "Wow, you need to take that fight with your brother somewhere else, because listening to that could cause me a big energy drain, and I don't think I'll have the energy to take you to the park after dinner."

7. **Don't bribe.** It may be tempting to offer your child a cookie for behaving well during an outing, but Fay warns against it. Offering a child a reward sends the wrong message; what kids hear is "You don't want to be very good and you have to be paid off," says Fay. Instead, Fay says, "the best reward for a kid is time with the parents." Kersey agrees that quality time is key to a happy, well-behaved child. She recommends that each parent spend at least 15 minutes one-on-one connecting with a child every day. "Do something your child wants to do [during that time]," says Kersey. "Whisper in their ear how wonderful they are, how much you love them. ... It's the best investment you can make in your child."

Classroom News - Continued

Purple Class:

This month we will be learning about bugs and creeping little creatures in our yards and playgrounds. We will learn about the Metamorphosis of a caterpillar and the difference between insects and spiders. We will also talk about how useful earthworms are for our environment.

We would love to have donations of bug stickers, books about bugs, and vegetable seeds. In addition we would like some real earth worms, real lady bugs, and praying mantis that we can let loose in our playground to observe.

We love to tell stories on the grassy hill and would like some blankets that we can sit on.

Thank you all so much for your participation in our "Fancy Restaurant" the children had so much fun and really learned a lot. A special thank you to Adrian's dad for helping the children be Jr. Chefs. Please continue to encourage your children to use good manners at the table and in general ex. "Please" and "thank you" and to be respectful.

Pre-K Class:

Our HWT curriculum will cover beginning and ending sounds, measuring, dividing, and letter review. Our curriculum will also explore outer space and the solar system.

We would like donations of anything solar system related or outer space related.

Graduation is Friday May 26th 5 p.m. to 6 p.m. it will be in the hearing room in the Bateson Building where we have our holiday program.

Check out our Amazon PreK wish list by looking for the prek@rainbowdaycareinc.com list on the Amazon website.

Facebook

Have you found us on Facebook? You can "Like" our page, subscribe to updates, keep in contact with other Rainbow families, post your own stories and updates, and more! Follow these simple steps to add RDC's page:

1. Log into Facebook
2. Search for Rainbow Daycare, Inc.
3. "Like" the page
4. Select "Get Notifications" and/or "Show in News Feed" in the pull-down menu, under "Liked"



OUR CLASSROOM NEEDS:

Green Class

- plastic bags
- new sand and sand toys for our sandbox

Purple Class

- bug stickers
- books about bugs
- vegetable seeds
- real earth worms
- real lady bugs
- praying mantis
- blankets that we can sit on for the hill

Yellow Class

- new cubby baskets (12" W x 15" L x 11" H), sturdy plastic or cloth
- dry erase markers
- 3 hole puncher
- Bubbles
- fish food
- popcorn kernels for sensory bin
- mirror for our dress up area
- plastic food

Pre-K Class

- anything solar system related or outer space related

Rainbow can always use donations of plastic grocery bags, collage materials, sequins, stickers, pom poms, google eyes, bubbles, glue sticks and finger-paint.

Check out our "wish list" located in the classrooms.

Donating is a great way to earn parent hours! Remember all donations count as parent hours and Rainbow gets a percentage back in donations for all items purchased.

Amazon Wish lists: RDCgreenclass@gmail.com or prek@rainbowdaycareinc.com

Rainbow gets a percentage back in donations for all items donated through Amazon Smile

Calendar and Events Page!



May Events

Be sure to check in on our calendar, accessible from our main page! www.RainbowDaycareInc.com

✓ May 8th-12 th	Staff Appreciation Week
✓ May 10th	Sacramento Library Visit @10a.m.
✓ May 15th ?	Tupperware Fundraiser (watch for more information)
✓ May 18th	Board Meeting @ 5:45 p.m. Pre-k class
✓ May 19th	Parents Night Out
✓ May 20th	Spring Picnic 10a.m. to 1 p.m.
✓ May 26th	Pre-K Graduation 5 p.m. to 6 p.m.
✓ May 29th	Closed for Memorial Day

Updates/Reminders:

1. We will be celebrating our wonderful teachers and staff the week of May 8th-12th. We have an amazing group of very dedicated and passionate individuals that deserve to be recognized and appreciated. I will send out more information soon with ways you can help make this a special week. If you have ideas or want to make donations, please let me know. Thanks in advance.
2. Our annual spring picnic will be on Saturday May 20th from 10:00 a.m. to 1:00 p.m. at the Coloma Community Center GA-1. Please watch for more information on this fun family event!
3. Please be sure to pull to the first available spot in the loading and unloading zone. In addition, if you are going to be here for longer than 20 minutes please use the meter or off street parking. Parents and staff have been getting tickets if parked longer than 20 minutes.
4. Remind your children to please never open any gates or doors. This safety issue that must be followed. Thank you in advance.
5. It is fun and exciting to celebrate birthdays here at Rainbow. You are welcome to bring in treats for your child's class if you bring in cupcakes or cake you can also bring in something healthy to balance it out perhaps oranges or apples.
6. We will be having a "Tupperware" fundraiser sometime in May. This will be our first time having a Tupperware fundraiser and we are excited about it. Please watch for more details to come.
7. We have had a bit of a stomach bug going around. We ask that you please remind your children to wash their hands after going to the bathroom and after coming inside and before eating. We do our best to clean, sanitize and practice healthy hygiene here at school and ask the same of you at home. Remember if your child has any signs of fever, vomiting, diarrhea, rash, etc. please keep them home until they are symptom free.

Shop on Amazon?

When you shop on Amazon, you help our school earn money. Follow this link: <http://smile.amazon.com/ch/68-0099935> and ask your family and friends to bookmark this link so all their eligible shopping will benefit Rainbow Day Care. You can share it on Facebook and on Twitter too!

Scholastic Book Orders



Be sure to place your orders by the 25th of every month. You can order from the fliers your child brings home or directly online at www.Scholastic.com. Use our class code, L6F47, to help Rainbow earn free books and classroom materials. Orders will be finalized on the last business day of each month. For more details, see administration.