

"News From The Heart"

Spring 2006

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MountainHeart Child Care Resources and Referral is a program of MountainHeart Community Services, Inc., and is funded under an agreement with the DHHR Office of Social Services. This program was established in 1992.

Martinsburg MountainHeart Office Relocated

The Martinsburg MountainHeart office has been relocated. All office staff and the

The office is now located in the former Berkeley Plaza. Traveling on Interstate 81, take Exit

Plaza is on the left.

Our office is located in a shared space with the Unemployment Office, Workman's Compensation Office, Job Corp. Office and the Work Force Office.

In order to reach the office you may phone us toll free at 1-888-915-7653 or at the local number 262-1584. These phone numbers remain the same. The new mailing address is:

MountainHeart
CCR&R 295 Monroe
Street Martinsburg,
WV 25401



TRAILS van staff have moved to the North side of Martinsburg. The child care program and services remain the same, just in a different location.

16E, which puts you on Edwin Miller Blvd. Continue straight on Edwin Miller Blvd. to the second stop light. Take a left at the second light, which puts you onto route 11. Berkeley

New Pre-Training Requirements

Several training sessions that are to be offered throughout the state have a new requirement that you must complete before you may take the training session. Training participants **MUST** be registered on the State Training and Registry System (STARS) Career Pathway **BEFORE** they may attend the following training sessions:

1. West Virginia Infant/Toddler Professional Development training (formerly the "One Step at a Time" program)
2. Quality Care and Education modules
3. Medication Administration training

You may obtain a STARS Career Pathway application by going to the Training Connections website at www.wvearlychildhood.org. When you reach the home page, you will need to click on the STARS link located on the left hand side of the screen. You can then obtain information on the Levels of the Career Pathway and print the Career Pathway application. Directions for submitting the application are located on the application.

If you have additional questions please contact your local MountainHeart office and ask to speak to a Training Team member.

Alternatives to Watching Television

Here are a few ideas of things to do with children. With spring just around the corner, go outside!

- Fly a Kite
- Catch Butterflies
- Jump Rope
- Ride a Bike
- Take a Walk
- Have a Picnic
- Plant a Garden
- Walk the Dog
- Read a Book
- Play a Game
- Roller skate
- Draw on Sidewalk (with chalk)

Week of the Young Child April 2-8

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 100,000 members and a network of over 300 local, state, and regional Affiliates.

The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

The theme for this year is "Building Better Futures for All Children." For more information go to www.naeyc.org.





April is "Child Abuse Prevention Month"

By: Dana Keplinger

The month of April is dedicated to the Prevention of Child Abuse. As reported in an article from the web site, www.childhelpusa.org, "In 2003, an estimated 1,500 children died of abuse and neglect—an average of more than 4 children per day." It was also reported that "More than 78.7 percent of the children who die are younger than four years of age."

In the same article it is reported that "More than 2.9 million reports of possible maltreatment involving children were made to child protective service agencies in calendar year 2003." and "The actual incidence of abuse and neglect is estimated to be three times greater than the number reported to authorities."

In the United States "Child abuse is reported— on average—every 10 seconds."

If you are a child care provider or child care worker, you are mandated to report neglect and abuse. "An estimated 906,000 children were victims of abuse and neglect in 2003." Also in the year 2003, "83.9 percent of victims were abused by a parent" and "48.3 percent of victims were male; 51.7 percent of victims were female."

The web site, www.nlm.nih.gov/medlineplus/childabuse.html, outlines some ways of recognizing abuse and neglect:

Signs of Physical Abuse:

- Any injury (bruise, burn, fracture, abdominal or head injury) that cannot be explained

Signs of Sexual Abuse:

- Fearful behavior (nightmares, depression, unusual fears, attempts to run away)
- Abdominal pain, bedwetting, urinary tract infection, genital pain or bleeding, sexually transmitted disease
- Extreme sexual behavior that seems inappropriate for the child's age

Signs of Emotional Abuse:

- Sudden change in self-confidence
- Headaches or stomachaches with no medical cause
- Abnormal fears, increased nightmares
- Attempts to run away

Signs of Emotional Neglect:

- Failure to gain weight (especially

in infants)

- Desperately affectionate behavior
- Voracious appetite and stealing of food.

There are several ways of reporting abuse and neglect. You may contact the Department of Health and Human Resources in your local county or you may use these National Hotline Numbers:

Childhelp USA National Child Abuse Hotline: 1-800-4-A-CHILD (1-800-422-4453). This hotline is a 24 hour, 7 day a week hotline. The website www.childhelpusa.org explains how the phone calls are handled if you need assistance.

Domestic Violence Hotline: 1-800-799-SAFE (1-800-799-7233).

Missing Children's Hotline: 1-800-THE-LOST (1-800-843-5678).

There is more information on the internet if you do a search using the words "child abuse."

The WV DHHR Abuse and Neglect hotline: 1-800-352-6513 or on-line at www.wvdhhr.org/report.asp.

TRAILS TIPS

"There are only two lasting bequests we can hope to give our children. One is roots; the other, wings"

—Hodding Carter

Spring is right around the corner. It's time to get those children outdoors, big time! In addition to running around to get the winter woolies out, think about outdoor activities you can do with your children.

I would suggest gardening. Gardening offers an ongoing activity and what a wonderful way to spend a

spring day. Children love to dig in the soil and what is more delightful than watching that little seed you planted and nurtured, grow!

If space is at a premium, consider container gardens. TRAILS has story bags, books and great ideas for little gardeners.

LET'S GROW!!

Mark your calendar:

Another MountainHeart Provider Conference is in the planning stages. On June 24, 2006 MountainHeart will be offering a one-day provider conference to be held in Philippi at Alderson & Broaddus College. Information will be sent to all providers closer to that

MountainHeart On The Web...

MountainHeart North has updated our website. You can find the newsletters, training calendar, office information and any other MountainHeart news at:
www.mountain-heart.org/msccsnorth/index.htm



"You can learn many things from children. How much patience you have, for instance."

- Franklin Jones

Early Childhood Director's Credential Available Online for Child Care Personnel

The Early Childhood Director's Credential is designed for individuals who are primarily responsible for the daily operation of a child care center or preschool. The Division of Family and Consumer Sciences of West Virginia University and The Early Childhood Program of the Fairmont State Community and Technical College (FSC&TC) have developed a three-tier Early Childhood Director's Credential. FSC&TC offers the first level, and WVU offers level two and three. All courses are offered on the Internet. **Classes begin this summer.**

Three-Star Credential—Students must have a bachelor's (or advanced degree) in Family and Consumer Sciences or Early Childhood Education. 10 hours required.

The Art of Leadership and Professionalism in Child Care 3 cr. hrs.

Grant Writing for Child Care 1 cr. hr.

Developing and Administering a Child Care Center 3 cr. hrs.

Business of Child Care 3 cr. hr.

Small Business Entrepreneurship 3 cr. hr.

Two-Star Credential—Students must have an associate's degree in Child Development, Child Care or Early Childhood Education. 13 hours required.

The Art of Leadership and Professionalism in Child Care 3 cr. hr.

Small Business Entrepreneurship 3 cr. hr.

Business of Child Care 3 cr. hr.

Grant Writing for Child Care 1 cr. hr.

Developing and Administering a Child Care Center 3 cr. hr.

One-Star Credential—Students not having an associate's or bachelor's degree in Family and Consumer Sciences (Child Development or Birth-Pre-K) or Early Childhood Education must take courses at Fairmont State Community and Technical College.

Contacts: One-Star Credential: Nancy Cheshire at Fairmont State, 1-304-367-4588.

Two- and Three-Star Credential: Bobbie Warash at WVU, 1-304-293-2110.

To register for online courses, contact Extended Learning at 1-800-2Learn2 or visit <http://elearn.wvu.edu/>.

MountainHeart Training Calendar April—June 2006

Topic 1: Intro To ECERS-R (Early Childhood Environment Rating Scale—Revised)

Core Competency: 2 hours Positive Interactions & Relationships (3.2)

Topic 2: Fun Science Activities

Core Competency: 2 hours Curriculum (4.1, 4.8)

Topic 3: Reducing The Risk of SIDS

Core Competency: 1 hour Health, Safety & Nutrition AND 1 hour Program Management (7.3)

Topic 4: Avoiding Billing Boo-Boo's

Core Competency: 2 hours Program Management

| County: | Date: | Location: | Time: | Title: |
|-----------|---------------------|---|-----------------------|-------------------------------|
| Upshur | 04/18/06 (Tuesday) | Upshur Co. Public Library (Tennerton) | 3:00-5:00 PM | Intro. To ECERS-R |
| Upshur | 04/18/06 (Tuesday) | Upshur Co. Public Library (Tennerton) | 5:30-7:30 PM | Fun Science Activities |
| Tucker | 04/24/06 (Monday) | Davis Community Center | 3:00-5:00 PM | Intro. To ECERS-R |
| Tucker | 04/24/06 (Monday) | Davis Community Center | 6:00-8:00 PM | Fun Science Activities |
| Mineral | 04/27/06 (Thursday) | Grand Central Station | 3:00-5:00 PM | Intro. To ECERS-R |
| Mineral | 04/27/06 (Thursday) | Grand Central Station | 6:00-8:00 PM | Fun Science Activities |
| Taylor | 05/01/06 (Monday) | Taylor Co. Public Library | 3:00-5:00 PM | Intro. To ECERS-R |
| Taylor | 05/01/06 (Monday) | Taylor Co. Public Library | 6:00-8:00 PM | Fun Science Activities |
| Jefferson | 05/04/06 (Thursday) | Jefferson Co. Health Department | 3:00-5:00 PM | Intro. To ECERS-R |
| Jefferson | 05/04/06 (Thursday) | Jefferson Co. Health Department | 6:00-8:00 PM | Fun Science Activities |
| Hardy | 05/13/06 (Saturday) | Hardy Co. Public Library | 10:00 AM— 12:00 PM | Intro. To ECERS-R |
| Hardy | 05/13/06 (Saturday) | Hardy Co. Public Library | 1:00—3:00 PM | Fun Science Activities |
| Lewis | 06/06/06 (Tuesday) | Lewis County Board of Education Building | 10:00 AM— 12:00 PM | Reducing the Risk of SIDS |
| Lewis | 06/06/06 (Tuesday) | Lewis County Board of Education Building | 1:00-3:00 PM | Avoiding Billing Boo-Boo's |
| Randolph | 06/09/06 (Friday) | Randolph Co. Public Library | 6:00-8:00 PM | Reducing the Risk of SIDS |
| Hampshire | 06/15/06 (Thursday) | Bank of Romney Community Center | 10:00 AM— 12:00 PM | Reducing the Risk of SIDS |

Important Reminders about MountainHeart Trainings.....

- Please DO NOT bring children to training.
- You may attend training in any county.
- Please call, *no later than NOON the day before the training*, to register to attend training.
- Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend trainings in Barbour, Taylor, Tucker, Lewis, Preston, Upshur, Grant, Hardy, Pendleton and Randolph counties.
- Call the Martinsburg office @ 262-1584 or 1-888-915-7653 to register to attend trainings in Hampshire, Mineral, Morgan, Berkeley, or Jefferson counties.
- If you register for a training and then find you are unable to attend, please call to cancel.
- If no one calls to sign up for training, the training will not be held. Please call to confirm.
- If school is cancelled due to bad weather, training will be cancelled as well. Please call to confirm.



Child & Adult Care Food Program & Tri County Child Care Association Offer Provider Trainings

Child & Adult Care Food Program

Grocery Games—core competency: Health, Safety and Nutrition

April 24, 2006 @ 7:00-9:00 PM at Inwood Family Worship Center, Inwood, WV

May 8, 2006 @ 7:00-9:00 PM at Lions Center, Ranson, WV

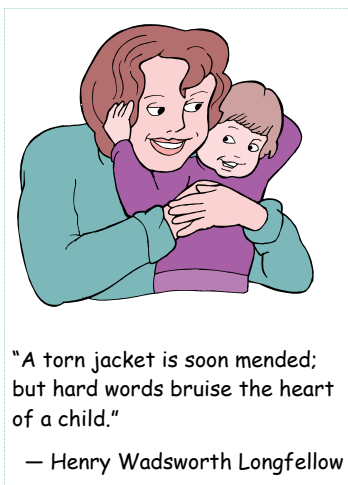
Tri County Child Care Association

Summer Fun—core competency: Curriculum

May 22, 2006 @ 7:00-9:00 PM at Inwood Family Worship Center, Inwood, WV

All training are STARS approved. No registration is needed.

(If you have questions contact Paula Marrone-Reese 304-283-8161)



Health and Safety E-News

The American Academy of Pediatrics Child Care and Health Partnership have announced the first issue of Health and Safety E-News for Caregivers.

The newsletter is to offer child care providers information on evidence-based

practices that promote the health and safety of children in child care.

The newsletter can be viewed on the following web site
<http://www.healthychildcare.org/CaregiverEnews.cfm>.

If you would like to share this newsletter with others, please have them sign up at: <http://www.healthychildcare.org/hccpsignup.cfm>.

This first issue includes articles on SIDS and Connecting Family to Community Resources.

Mineral County Family Resource Network (MCFRN) And West Virginia University Extension

Spring 2006 Child Care Education Classes

How to Work with Active Children

WV Core Competency—Child Growth and Development

Monday, March 13, 7-9pm, Health Depart., Keyser
Thursday, March 16, 7-9pm., Frankfort High School

Avoid Behavior Problems—Teach Self-Control

WV Core Competency—Positive Interactions and Relationships

Monday, April 10, 7-9pm., Health Dept., Keyser
Thursday, April 6, 7-9pm., Frankfort High School

Food: It's More Than Just Eating

WV Core Competency—Health, Safety and Nutrition

Monday, May 8, 7-9pm., Health Dept., Keyser
Thursday, May 11, 7-9pm., Frankfort High School

It is very important to register with the WVU Extension
Service
Call 788-3621

Child Care Credits, WV STARS and WVU CEU's Available

Refreshments provided

Child Care is Not Available

The WV Governor's Cabinet supports all MCFRN activities on Children, Youth, and Families.



"Education is learning what you didn't even know you didn't know."

—Daniel Boorstin



Vision Screening Kits



Vision screening kits from the WVU Eye Institute Initiative for Children, are available to borrow from each of the MountainHeart offices and from TRAILS. You must have completed the four hour training, "Vision Screening Workshop," in order to borrow the vision screening kits. This training was offered throughout our region during July and August of 2005.

If you would like to borrow a vision kit or have questions, please contact TRAILS or your local MountainHeart office.







Postmaster: Please deliver to addressee or current resident.

"Children Are Our Future....

....And Our Future Looks Promising"



Our Five Office Locations:

| | | | |
|---|-------------|----------------|---|
|  | Martinsburg | 1-888-915-7653 |  |
| | Petersburg | 1-877-211-5437 | |
| | Elkins | 1-877-862-3103 | |
|  | Weston | 1-866-232-9227 |  |
| | Grafton | 1-877-811-5437 | |



Childhood Obesity...What Can We Do To Help?

Statistics show that the amount of children who are overweight has doubled over the past three decades. Being overweight not only makes children at risk for heart disease, diabetes and asthma, but also leads to social and emotional problems.

As adults we can help with this problem. Parents or caregivers are usually the ones purchasing the food. Make an effort to buy foods that are high in nutritional value, such as fruits and vegetables. We can also encourage physical activities. Many of schools have limited or eliminated physical education. Children need to be encouraged to be active.

There are fun ways of doing this. One of the latest trends is a computer game that makes the child active. There is a computer game called "Dance, Dance Revolution." This com-

puter game is designed for use with PlayStation 2. The game requires a dance pad, which is laid on the floor in front of the TV. When the game plays, it instructs the player how to move on the dance pad. This has proven to work for weight loss. Some schools have incorporated this into their physical education programs and, in some circumstances, health insurance may possibly help cover the costs. This game can be found at most game shops.



WV Schools have adopted this program and are placing the game in the school systems. It is estimated

that 62% of children in WV are considered obese. **Ask your TRAILS trainer for more information.

There is a new national education program called WE CAN! — Ways to Enhance Children's Activities and Nutrition. This program provides guidance for parents, caregivers, teachers and others who want to help children maintain a healthy weight. For more information go to: <http://wecan.nhlbi.nih.gov>.

There are many of other web sites that have more information about childhood obesity.

- www.newstarget.com
- www.mayoclinic.com
- www.obesity.org
- www.familydoctor.org
- www.parents.com