

## Super Saturday a Success in Moorefield!

By: Melodee Price, Early Childhood Specialist



We had a great turn out for the May 17<sup>th</sup>, 2008 Super Saturday in Moorefield, WV. There were over 70 child care providers from 10 different counties. MountainHeart was able to offer a door prize for just about every person who attended. The participants got to pick their own door prize once their name was drawn from a basket. They got to choose toys and equipment that

focused on outdoor play, science and cultural diversity.

Scott Davis, from the Center for Excellence in Disabilities, opened the morning with an informative training on Traumatic Brain Injury. He had plenty of materials and handouts for the participants to use for themselves or to distribute to the parents they work with.

Paul Koerner, from the WV State Police, spoke about Internet Safety. He too got great evaluations from the group. He made sure to keep everyone's attention by throwing out mouse pads and balls for answering questions correctly.

Cheryl Wolfe and Melodee Price offered the last 2 topics of the day. Participants got to choose from Cheryl's "Tinkle, Tinkle, You're the

Star" training in which you would learn about toilet training. Melodee offered a training entitled "Developmentally Appropriate Guidance" in which you were given ideas of how to manage children's behavior. Cheryl and Melodee had to fill in as trainers after an unexpected event for the originally scheduled trainer, Gina Rochella. We missed you Gina!

Everyone seemed interested in the topics since they could apply them to the families and children that they work with. The Moorefield Elementary School was comfortable, easily accessible and worked great for our Super Saturday. We hope you consider attending our next Super Saturday so you don't miss out on all the knowledge, fun and prizes.

## Super Saturday in Randolph County !

By: Shannon Nichols, Infant/Toddler Specialist

A Super Saturday was held at the Days Inn Building in Randolph County on Saturday, March 29, 2008. Approximately 60 providers from 7 different counties attended sessions on Building Relationships with Families, MRSA and Other Health Care Concerns, Where Does Creativity Come From and Promoting Cognitive Development in Infants and Toddlers. School-age, preschool

and infant/toddler door prizes were given after each session as well as a door prize from the Us-

borne book vendor. See page 7 of this newsletter for September Super Saturday.



### Inside this issue:

"Growing Families"	2
Understanding Core Knowledge	3
CPR Contacts	4
Training Calendar	5-6
WVIT & Super Saturday	7
Medicine Admin. Training & ACDS	8
News	9

## Growing Families

By James Weber, Behavior Consultant

When I think of warm weather, I remember the time I spent as a youth on my uncle's farm. He maintained a flock of sheep, and in the early months of the year my brother and I would visit with him about the time the baby lambs were born. How exciting it was to see these youngsters romp around the field and be accepted into their extended family.

Our lives are not always as carefree as the lives of these young lambs. However, with some preparation and thought, the addition to our household of another child or sibling can run more smoothly.

The relationship between siblings is one that lasts a lifetime, and preparing children for the birth of a new baby is an important part of the process. Most children ask lots of questions about pregnancy and the birth. They have a natural curiosity about the coming baby. Helping the older child understand what to expect can lessen anxiety for both of you. The senior sibling then can become aware of the changes involved in having a second child in the household. It will help prepare the way for the joyous event.

Some older siblings might be happy at the thought of having a younger brother or sister, but it is not unusual for feelings of jealousy, anger, fear or uncertainty to arise. They often expect a crawling playmate within a few days of birth. Consequently, most children do not under-

stand how much a baby can cry and how much time the infant will require from his parents.

Before the baby arrives there is much work to do. Showing children pictures of themselves as infants will provide an opportunity for questions and stories of what took place before they were born. Information on how the family worked together when they returned from the hospital will give an understanding on what might happen when the new baby arrives. Visiting friends who have a new baby will provide some first hand experiences in infant care. This would be an opportunity to explain that a new baby cries, sleeps and needs diaper changes frequently. Assure your older child that although the new baby needs lots of attention, there still will be plenty of time and love for him or her.

Another beneficial step would be to allow the older sibling to pick out items for the baby's room and to select the baby's coming home clothes. Give them a choice and stick with their recommendation. Finding a special gift that your older child would like to share with the baby might influence behaviors for the future.

Reinforcing your older child's role in the family is important. Tell your child that he or she will be the "big brother/sister" to the new baby, and that this is an important position. With all the attention lavished on the baby, make certain that the older sibling is not

overlooked. Reassure your child that he or she is as special as the new addition by letting him or her participate in the flurry of activities

Parents can build on these positive feelings of the older sibling by making T-shirts that say, "I Am the Big Sister." Birth announcements reading "Introducing Jonathan's New Baby Sister" can nurture the older child's pride at being a big brother.

Depending on the age of the child, he or she can be involved in diaper changing, bathing and infant feeding. This will enforce the importance of this child in the family. Make certain that there are times for fun as well as it is the glue that holds families together.

Parents should expect regression in some areas of the older child's life. This older sibling may suddenly become interested in his crib again or be less interested in potty training. Some children may return to the pacifier. It is important not to come down too hard on the older child for these regressions because a strong reaction might actually make them last longer. Children may find that negative attention is more desirable than losing attention now that the baby is here.

Helping children get ready for a new baby is not only interesting and fun but it also helps people understand birth as one of the most exciting events in the human experience. For a period of time we can help our children mimic the carefree days of Spring when the baby lambs romped around the field.



## Understanding Core Knowledge and Core Competencies for Early Care and Education Professionals

MountainHeart staff members have received some questions regarding terms used in professional development training sessions. Here we will answer some of the more frequent questions. The answers have been taken from the West Virginia STARS State Training and Registry System's booklet.

### **What does Core Knowledge mean?**

Core Knowledge identifies what individuals providing early care and education experiences need to know in order to facilitate child learning and development.

### **What does Core Competencies mean?**

Core Competencies identify the observable skills that individuals providing early care and education experiences need to facilitate child learning and development.

### **What are the Core Knowledge areas?**

Core knowledge areas provide an overview of essential knowledge that all early care and education professionals should know and understand. The eight core knowledge areas are as follows:

- Child Growth and Development
- Health, Safety and Nutrition
- Positive Interactions and Relationships
- Curriculum
- Child Observation and Assessment
- Family and Community
- Program Management
- Professionalism

### **What are the tier levels?**

The core competency areas are organized into three tiers that establish a continuum of learning from entry level skills to an advanced level of academic preparation and varied experience. Each tier encompasses the knowledge base and competencies of the previous level. Individuals progress from one tier to another through a combination of formal study and experience. Tier 1 competencies are intentionally written in clear, specific language to support beginning levels.

### **What is the WV State Training and Registry System (STARS) Career Pathway?**

WV STARS is a comprehensive system of professional development, credentialing, and career mobility in early care and education. The Career Pathway encourages higher levels of skills, as illustrated in the three tiers of the core competency areas. Core knowledge and core competencies are the foundation for a professional development system. They provide a blueprint for individual professional growth and also serve as guidelines for training and education programs that will meet the needs of professionals in the field.

### **What is the WV Early Learning Standards Framework (WV ELSF)?**

The WV Early Learning Standards Framework (early learning standards for children ages three through five, birth to three under development), provides a guideline for what children should know, understand, and be able to do. The WV ELSF in turn provides a basis for what individuals providing early care and education experiences should know and be able to do. This critical alignment can support practitioners in attaining education that supports their abilities to plan and to implement quality early care and education environments and experiences.

Additional information about WV STARS is available at [www.wvearlychildhood.org](http://www.wvearlychildhood.org) or from any MountainHeart Training Team member.

## CPR/First Aid Contact Information

Statewide Resources: [www.redcross.org](http://www.redcross.org) or [www.wvucrem.org](http://www.wvucrem.org)

### **Barbour County:**

(304)624-7689: American Red Cross, Karen Shuster  
 (304)457-2037: Barbour Co. Emergency Squad  
 (304)338-2637: Leonard Kerns  
 (304)457-1824: Shawn Daft

### **Berkeley County:**

(304)263-5241: American Red Cross, Sam Bunner  
 (304)267-3595: Roy Martin, American Red Cross

### **Grant County:**

(304)267-3595: Roy Martin, American Red Cross

### **Hampshire County:**

(304)267-3595: Roy Martin, American Red Cross  
 (304)496-8223: Hampshire Co. EMS, Debbie

### **Hardy County:**

(304)267-3595: Roy Martin, American Red Cross  
 (304)530-0076: Jimmy Cosner or Dixie Bean

### **Jefferson County:**

(304)725-5015: American Red Cross  
 Crystal Moran

### **Lewis County:**

(304)624-7689: American Red Cross  
 Karen Shuster  
 (304)269-8207: Lewis Co. EMS Pat Tomey

### **Mineral County:**

(304)788-3955, Ext 397: American Red Cross  
 (304)788-6444: CPR Training Center  
 (304)267-3595: Roy Martin, American Red Cross

### **Morgan County:**

(304)725-5015 American Red Cross, Crystal Moran

### **Pendleton County:**

(304)263-5241 American Red Cross, Sam Bunner  
 (304)358-3323: Pendleton Co. EMS, Charles King

### **Preston County:**

(304)598-9500 ext. 130, American Red Cross  
 (304)624-6554: ext 225, Mike Freeman  
 (304)376-7858: Ann Herrington, American Heart Assoc.

### **Randolph County:**

(304)624-7689: American Red Cross,  
 Karen Shuster  
 (304)636-7706 or (304)519-2069 Karen Nethkin  
 (304)338-2637: Leonard Kerns

### **Taylor County:**

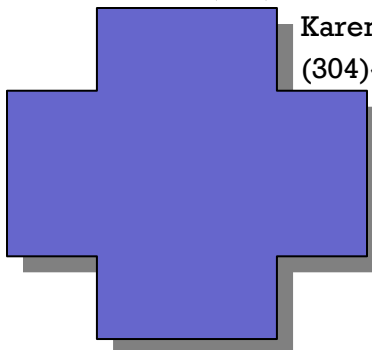
(304)598-9500 ext. 130: American Red Cross  
 (304)376-7858: Ann Herrington, American Red Cross

### **Tucker County:**

(304)598-9500 ext. 130 American Red Cross

### **Upshur County:**

(304)624-7689: American Red Cross,  
 Karen Shuster  
 (304)472-1224: Upshur Co. EMS Squad  
 (304)636-7706 or (304)519-2069  
 Karen Nethkin  
 (304)338-2637: Leonard Kerns





## TRAINING TOPICS OFFERED

### JULY THROUGH SEPTEMBER

**Assessment and Behavioral Issues.** Core Competency: Positive Interactions and Relationships. This class will provide information about using a developmental checklist and sharing it's information with parents. Jim Weber will discuss behavioral issues and intervention techniques for children. (Tier II)

**Experimenting In Science.** Core Competency: Curriculum. Participants will learn ideas they can incorporate into their program with school age children. They will learn to plan age appropriate science exploration in response to children's emerging interests. Come and join the fun with hands on experimenting! (Tier II)

**Portion Distortion.** Core Competency: Health, Safety, and Nutrition. Learn about the Food Pyramid; why it was changed and how to read and use it. Also learn appropriate food portions for healthy eating. The staff at the WVU Extension office will help you understand the nutritional needs as specified under USDA/CACFP. (Tier II)

**Room Arrangement and Setting Up Stations.** Core Competency: Curriculum. Participants will learn how to intentionally plan the best stations for children; all ages will be touched on along with special needs children. You will be given ideas through lecture, hand outs, discussion and small group activities. You will learn the different stations that can be set up in a children's learning environment and what items need to be available in the station. (Tier II)

**Shaken Baby Syndrome.** Core Competency: Health, Safety, and Nutrition. This training will count towards 2 hours of Infant/Toddler credit. You will learn the signs and symptoms of this ever growing form of child abuse. New teaching technology of a baby simulator will help participants understand the damage of what shaking a baby can do. (Tier I)

**Stop the Abuse!** Core Competency: Health, Safety, and Nutrition. This training will count towards 2 hours of child abuse and neglect training that is required of center based staff. Melodee Price will use lecture, discussion, and small group activities to facilitate learning in the areas of physical, sexual, and emotional abuse and neglect. (Tier I).

**The Right Fit: Recruiting, Selecting and Orienting Staff.** Core Competency: Program Management. This training provides a framework for learning about strategies for improving the likelihood that early childhood directors will be successful in finding the right person for the job opportunities they have to offer. Melodee Price will facilitate this training for center directors, assistant directors or owners of facilities. (Tier III).

**Wipe It, Mop It, and Make It Spotless.** Core Competency: Health, Safety, and Nutrition. Cheryl Wolfe will give an exciting training that will stimulate adults with ideas to ensure that every learning environment is clean and safe. This training has fun cleaning activities that can be enjoyed by adults and children. Participants will be making "dust eating puppets" and learning how simple household items can be used to remove the evidence of children playing and learning while making a mess. Also, we will discuss how important hand washing is to "Germs are not for Sharing." (Tier II).

**STRESS! Who Has Stress?** Core Competency: Professionalism. Janet Aitchison will offer ideas about managing the stress in your life. We will discuss different types of stress and how to achieve a less stressful life! (Tier II)

**Policy Problems?** Core Competency: Program Management. Dana Keplinger will be discussing child care policy as it effects providers. (Tier II)

**PBS Ready to Learn.** Core Competency: Curriculum. We all know how important it is to read to your children. This training will offer ideas to make it fun. (Tier II)

**What Do I Do?** Core Competency: Professionalism. Paula Marrone Reese (CCFP) and Janet Aitchison (TRAILS) will help you deal professionally with some of those ethical dilemmas you face in your child care business. (Tier II)

#### IMPORTANT REMINDERS

Call the Elkins office @ 637-2840 or 1-877-862-3103 to register for attend a training.

You may attend training in any county.

Five participants must be registered for each training or the training may be cancelled.

**Register at least 5 business days before the actual training.**

*If you register and then can not attend, call the Elkins office to cancel. This will allow another child care provider to attend if there is a waiting list.*

Class size may be limited. Register early to receive a seat.

# Training Calendar for July—September

<b>Barbour County</b> -Philippi Baptist Church. 107 Church St. Philippi, 26416		
Experimenting In Science	8/19/08 (Tuesday)	10:00 -12:00
Portion Distortion	8/19/08 (Tuesday)	12:30 - 2:30
<b>Berkeley County</b> -Berkeley Co. DHHR 433 Mid-Atlantic Park Martinsburg, 25402		
Room Arrangement and Setting Up Stations	07/01/08 (Tues)	11:00 - 1:00
The Right Fit: Recruiting, Selecting and Orienting Staff	07/31/08 (Thur)	11:00 - 1:00
Stop the Abuse!	09/11/08 (Thur)	11:00 - 1:00
<b>St. Luke's Church 700 New York Ave. Martinsburg, 25402</b>		
Experimenting in Science	08/14/08 (Thur)	11:00 -1:00
<b>Family Worship Center 28 Lafayette Lane. Inwood, 25428</b>		
Portion Distortion	09/22/08 (Mon)	6:30 - 8:30
<b>Grant County</b> -Teddy Bear Day Care Keyser Ave. HC 30 Box 11. Petersburg, 26847		
Assessment and Behavioral Issues	07-14-08 (Mon)	5:30 - 7:30
Shaken Baby Syndrome	09-04-08 (Thur)	6:00 - 8:00
<b>Hardy County</b> -Hardy Co. Child Care Center 1989 State Rd 55. Moorefield 26836		
The Right Fit: Recruiting, Selecting and Orienting Staff	07-31-08 (Thur)	4:00 - 6:00
<b>Hardy County Public Library 102 North Main St. Moorefield 26836</b>		
Wipe It, Mop It, Make it Spotless	08/07/08 (Thur)	9:30 - 11:30
Stop the Abuse!	08/07/08 (Thur)	11:45 - 1:45
Experimenting in Science	08/07/08 (Thur)	2:00 - 4:00
<b>Jefferson County</b> -Jefferson Co. DHHR 239 Willow Spring Drive Charles Town 25414		
Shaken Baby Syndrome	07/24/08 (Thur)	11:00 - 1:00
Experimenting in Science	08/21/08 (Thur)	11:00 - 1:00
Super Saturday	09/27/08 (Sat)	8:30 - 3:45
<b>Lewis County</b> -MountainHeart office 239 Court Avenue. Weston, 26452		
Shaken Baby Syndrome	08/12/08 (Tues)	10:00 - 12:00
Assessment and Behavioral Issues	08/12/08 (Tues)	1:00 - 3:00
<b>Morgan County</b> -Doodlebugs 106 Oakland Road. Berkeley Springs 25411		
Assessment and Behavioral Issues	08/14/08 (Thur)	6:00 - 8:00
<b>Starting Points 430 North Washington Street, Berkeley Springs, 25411</b>		
STRESS! Who Has Stress?	08/14/08 (Thur)	3:00 - 5:00
<b>Randolph County</b> -Randolph Co. DHHR 1027 North Randolph Avenue. Elkins 26241		
Assessment and Behavioral Issues	07/03/08 (Thur)	8:30 - 10:30
Room Arrangement and Setting Up Stations	07/03/08 (Thur)	10:45 - 12:45
Stop the Abuse!	07/03/08 (Thur)	1:30 - 3:30
Experimenting in Science	08/11/08 (Mon)	9:30 - 11:30
<b>Taylor County</b> -Taylor County Public Library 200 Beech Street. Grafton, WV 26354		
Room Arrangement and Setting Up Stations	07/21/08 (Mon)	5:30 - 7:30
<b>MountainHeart office 4 Harman Center. Grafton 26354</b>		
Stop the Abuse!	09/06/08 (Sat)	10:00 - 12:00
Wipe It, Mop It, Make It Spotless	09/06/08 (Sat)	1:00 - 3:00
<b>Upshur County</b> -Child Development Center. 20 Camden Ave. Buckhannon 26201		
Room Arrangement and Setting Up Stations	07/15/08 (Tues)	6:00 - 8:00
The Right Fit: Recruiting, Selecting and Orienting Staff	08/04/08 (Mon)	6:00 - 8:00

## WV Infant/Toddler Classes (WVIT)

Do you work with children birth to 35 months of age? If so, the West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) is for you. Come network with other providers as we learn about the importance of caring for yourself, developing positive relationships with families, supporting children's development and providing a quality program for infants and toddlers. WVIT is a 50 hour (10 sessions) course. Participants must be registered with STARS **prior** to beginning class and work at least 20 hours per week with children under age three. Upon completion, participants will be eligible for free resources for use in their child care home or center. Administrators are required to attend a one-time session prior to sending staff through the WVIT class and must also be registered with STARS.

Please call the Elkins office at 1-877-862-3103 or 637-2840 by **July 10, 2008** to register or if you have any questions.

**Classes will be rotated between Jefferson and Berkeley Counties.**

**We will confirm location information upon registration.**

<u>Date</u>	<u>Date</u>	<u>Session</u>
July 12, 2008	Saturday	Administrator Session
August 7, 2008	Thursday	Session 1
August 11, 2008	Monday	Session 2
August 14, 2008	Thursday	Session 3
August 18, 2008	Monday	Session 4
August 25, 2008	Monday	Session 5
August 28, 2008	Thursday	Session 6
September 4, 2008	Thursday	Session 7
September 8, 2008	Monday	Session 8
September 11, 2008	Thursday	Session 9
September 15, 2008	Monday	Session 10

### **Tentative schedule for future WVIT classes**

WVIT will be offered three times per year. If you are interested in participating in the WVIT program, please contact the Elkins office at 1-877-862-3103. The county with the most providers interested will likely be the county/counties in which class will be held.

**July-October**- Berkeley, Jefferson, Morgan, Hampshire, and Mineral county area

**November-February**-Barbour, Lewis, Preston, Taylor and Upshur county area

**March-June**-Grant, Hardy, Pendleton, Randolph and Tucker county area

## September Super Saturday

**September 27, 2008**

Jefferson County Lion's Center

310 S. George Street

Ranson, WV 25438

- 8:30—10:30 **Policy Problems?** Core Competency: Program Management. Dana Keplinger will be discussing child care policy as it effects providers. (Tier II)
- 10:45—12:45 **PBS Ready to Learn** Core Competency: Curriculum. We all know how important it is to read to your children. This training will offer ideas to make it fun. (Tier II)
- 1:45—3:45 **What Do I Do?** Core Competency: Professionalism. Paula Marrone Reese (CCFP) and Janet Aitchison (TRAILS) will help you deal professionally with some of those ethical dilemmas you face in your child care business. (Tier II)

6 hours of STARS Approved Training

*Lunch is on your own*

**Deadline to register for**

**SUPER SATURDAY**

**9/22/2008**

## MEDICATION ADMINISTRATION TRAINING OPPORTUNITIES

Medication Administration training is being offered in our region. As per center licensing requirements, staff members who work in child care centers or Head Start and who administer medication must have medication administration training. These trainings are conducted through the WV DHHR Early Care and Education office & are WV S.T.A.R.S. approved. Training dates and sites are as follows:

July 28, 2008	(Monday) at 9:00 a.m. at Elkins (Randolph DHHR office)
August 11, 2008	(Monday) at 9:00 a.m. at Weston (Lewis Co. BOE office)
August 25, 2008	(Monday) at 11:30 a.m. at Ranson (Ranson's Lion Club)
September 22, 2008	(Monday) at 9:30 a.m. at Petersburg (Grant Co. Library)
September 30, 2008	(Tuesday) at 11:30 at Martinsburg (MountainHeart office)

Class sizes are limited. Slots will be filled on a first come, first serve basis. You **MUST PRE-REGISTER at least five (5) days in advance of the training session** by calling the Elkins MountainHeart office at (304) 637-2840 or 1-877-862-3103 (toll free).

**Space is limited. Only twelve participants per class will be allowed.** If all spaces are taken, you may place staff members on the waiting list in the event that a slot becomes available. If the minimum number of participants is not met for a training session, the session will be cancelled.

**IMPORTANT NOTICE: Staff members must be registered on the WV STARS Career Pathway before taking the medication administration training.** You will not be permitted to attend the training session if you are not currently on the STARS Career Pathway. **All participants will need to bring their S.T.A.R.S. Pathway certificate with ID number and/or their feedback letter from WV STARS stating that they have been approved and their certificate will be mailed soon. If staff attend the training and are not on the STARS Career Pathway, the training will not count towards licensing requirements.**

The training session is 4 ½ hours long (including two 15 minute breaks).

**Participants must pass the Medication Administration competency test with 80% accuracy in order to pass the training and obtain a certificate.**

Each participant must bring the following materials to the training:

Pencil or pen	Paper
1 pair of non-latex gloves	1 doll baby

**Reminder: Children may not attend the training session.**

### ACDS Looking for Mentors

Submitted by: Sherrie Barrett

The Apprenticeship for Child Development Specialist (ACDS) program provides training to become a mentor for family child care providers who are enrolled in the ACDS program. Those that can become mentors include Journeypersons (graduates of ACDS), those with a bachelor's degree in early childhood, child development or a related field. A one day training must be attended and the provider must be visited two hours a month. A stipend will be offered to the mentor. If you're interested in a new challenge and a rewarding experience, please contact the ACDS office at 1-866-WVA-ACDS or access the website at [www.wvacds.org](http://www.wvacds.org).

### 2nd Annual Center Directors' Meeting Sponsored by WV DHHR/Division of ECE

Monday, October 6, 2008

8:00am—4:30pm

Days Inn Hotel in Flatwoods, WV

Informational sessions on Quality Rating System, Role of Licensing, Subsidy and more. Afternoon break-out sessions on **WV Pre-K** and **Liability and the Law**.

Additional information will be supplied on the WV DHHR list serve. Contact [aleciastreet@wvdhhr.org](mailto:aleciastreet@wvdhhr.org) to add your e-mail address.



## Tickle Their Senses

By: Shannon Nichols, Infant/Toddler Specialist

Take a couple of minutes and think about some of your favorite memories as a child. I'm going to guess that at least one of those memories has something to do with spending time outside. Fresh air and experiences with nature are important for all ages, including infants and toddlers.

Infants and toddlers need to be outside every day, unless the weather is extreme. Outside time is important for physical health as well as mental health for both children and adults. Studies show that children who get more outdoor time have lower stress levels, more success in school, and fewer ADHD symptoms. Sunlight triggers skin to make Vitamin D, which is shaping up to be a potent cancer fighter (Sarah Mahoney, *The Fresh Air Fix*). Fresh air also cleans our lungs by bringing in additional oxygen which in turn gives us more energy. More oxygen also increases brain function. Outdoor play provides opportunities for infants and toddlers to get the vigorous activity that is needed to strengthen their muscles, hearts and lungs as well as helping to prevent sedentary lifestyles that lead to overweight, obesity, diabetes and heart disease.

Very young children learn through their senses, and the outdoors presents a new world of sights, sounds, smells, and tactile experiences. Even the youngest of babies gain new insight into the world by feeling the warm sun on their face, watching the wind blow the leaves on the trees, hearing the birds chirping, and smelling flowers.

Here are some ideas for making an outdoor environment

that tickles the senses:

- Provide areas for both shade and sun.
- Plant flowers or bushes that invite butterflies (make sure they are non-toxic) and hang bird feeders to invite birds and squirrels
- Hang wind chimes and mobiles
- Safe spaces for crawling (grass, blankets) and pulling up (low, sturdy benches or a fence)
- Create interesting places to go (cardboard boxes, tunnels, tablecloth over a table)
- Pushing, riding and rocking toys
- Sand and water materials (sprinklers, jumping in puddles, shallow trays for splashing with constant supervision, small buckets and shovels)
- Avoid prolonged use of infant seats, bouncy chairs and other devices that restrain children as they prevent children from participating in the vigorous activity they need for optimal development and learning.

Going outside with infants and toddlers should not be a chore, but a privilege. Enjoy the earth and get your dose of fresh air, everyday.



**Congratulations!**

Congratulations to Michelle Alkire, Owner and Director of the Punkin Patch in Parsons, WV. Michelle won the Ann Nutt Memorial Award for Professional Development, which was presented by the West Virginia Association of Young Children. The award allowed Michelle to attend the SECA conference in Tennessee in March 2008. CONGRATULATIONS MICHELLE!!

## WV STARS Update

A key benefit of WV STARS participation is a record of your professional development. In order to receive this benefit you must complete the WV STARS Sign-In Sheet at each registered training session attended. The sign-in sheets also allow you to receive early care and education continuing education units (CEUs) to renew your credential.

*(Please note that STARS can track only training events registered through WV STARS.)*

Effective July 1, 2008 all participants must use their barcode sticker or print *both* their name and Registry ID number on the sign-in sheet to receive credit for WV STARS training hours. The barcode stickers provide accurate information and are recommended to ensure that the CEUs are credited to your record. If your barcode sticker is not used, training cannot be tracked without both your ID number and *printed* name on the sign-in sheet. Every WV STARS

participant should have received barcode stickers to facilitate the sign-in process. You may contact WV STARS to receive additional barcode labels if yours are used or lost.

### WV STARS

611 7<sup>th</sup> Ave, Suite 322  
Huntington, WV 25701  
(304) 529-7603  
tcr@rvcds.org  
www.wvearlychildhood.org

“Children are our future...  
And our future looks promising”

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

---

WE'RE ON THE WEB AT:  
[WWW.MOUNTAIN-HEART.ORG](http://WWW.MOUNTAIN-HEART.ORG)

---

## TRAILS TIP

by Janet Aitchison, TRAILS Early Childhood Specialist

Summer is here ! What a wonderful time to adopt a tree !



Observe and record its changes throughout the year. Describe the tree (size, leaf shape, bark color, bud color, etc) Do a bark rubbing of your tree. Draw a picture of your tree as it looks now. How do you think this tree got here?

What other living things might depend on this tree? What does the tree need to survive? How long might the tree live? What might cause it to die? Visit your tree at regular intervals. At each visit, describe your tree. How has it changed from your last visit? Draw a picture of your tree now. Find out about your tree. What kind of tree is it? List facts that you found out about your tree. Research the many ways we use trees. Discuss the importance of

trees. Trees provide beauty, shade and homes for animals. Explain that trees also soak up and use many of the gasses that cause air pollution. Read : A Tree Is Nice by Janice May Udry and The Giving Tree by Shel Silverstein. You can borrow them from the TRAILS van; call Cheryl or Lori at 1-877-811-5437 or 265-2877 in Grafton or Janet or Jamie at 1-888-915-7653 or 262- 1584 in Martinsburg.