

## "News From The Heart"

### Look Inside:

- News, articles and events for child care providers
- Training Calendar
- Other Trainings Offered

*Happy  
Holidays!*



MountainHeart Child Care Resource 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

Winter 2005

### Child Care Certificates

A Child Care Certificate is a form issued from MountainHeart to a provider. The child care certificate is issued to the person who is considered to be the Head of Household.

The certificate is issued for the provider who the parent has reported will be caring for the child(ren). Providers need to be sure that it is their name listed under "Issued For:".

The child care certificate will list the name of the children for whom the parent has requested child care. If there is a sibling who is not listed, the parent must request, in writing to MountainHeart, within 5 days, that child care is needed.

The Daily Rate listed on the certificate is the total amount of pay that the provider will receive. The amount that the parent will be responsible for is listed as the Child Fee. This is to be collected by the provider from the parents. The state will pay the difference to total the Daily Rate. A child fee is only charged on the youngest three children. If a parent has more than three children, there will be no child fee for the other children.

MountainHeart North is

currently adding the schedule of days and hours that the parent is approved to use child care. The parents must supply to MountainHeart, the work schedule of the parents listed on the child care case. The case worker will then determine what days and hours the parent will be approved to use child care to be covered by the state.



If the parent is using hours beyond what is listed on the certificate, the provider may charge the parent private pay rates that are established by the provider. If the parent is working an extra shift or additional hours, they must report this to their case manager within 5 days.

It is very important for the providers to know what hours are on the certificate to be covered. The case manager will list the schedule based on what the parent has reported. If the parent has a schedule or employment change they are required to report those changes within five days in order to guarantee that

child care will be covered.

Collecting the child care fee from the parents is also very important. The provider is not receiving full pay if the parent is not paying the child fee portion listed on the certificate. It is recommended that the providers do a "daily exchange". When the children are exchanged, exchange the child fee also. If a parent is not paying the child fee, the provider may report that in writing to MountainHeart for assistance. This must be reported no less than five days and no more than 30 days from date due.

Providers also need to be aware of the end date on the child care certificates. Payment is not guaranteed beyond the end date listed on the certificates. The parents case is due for review in the month that is listed as the end date. If the parent fails to complete the review process, the case will close as of the end date listed, and no further payment will be made.

If providers have any questions about parent eligibility, it is better to determine method of payment before providing the services. If a parent applies, that does not mean that they are automatically approved for assistance.

## ACDS Program

### Apprenticeship for Child Development Specialist

Submitted by Suzi Brodoff



"A child reminds us that playtime is an essential part of our daily routine"

— Anonymous

The most commonly asked questions that I am asked, as I travel around the state visiting ACDS classes, concern going to college after ACDS. Apprentices are interested in knowing what colleges will give them credit from ACDS, what jobs they will be eligible for if they go on to college when they finish ACDS.

ACDS is working on some very exciting next steps to help students further their education after they complete ACDS. Right now, there is a scholarship that was previously only available for ACDS graduates. Now,

apprentices who are currently in 3rd or 4th semester can apply for this scholarship money as long as they remain in the ACDS program and there is money available. There is not a financial need requirement for this scholarship. Apprentices must be employed in a child care, preschool or as a family provider to be eligible for this scholarship. Preference will be given to students who are working toward the associate degree. For more information on this scholarship, please contact Marilyn Bowe at 558-0530.

New articulation agreements have been signed with the Community and Technical College at West Virginia University Institute of Technology, Eastern Community College, Shepherd Community College and between Fairmont State Community college and WVU. Consultant, Dick Clendenin is working on more agreements for ACDS in the future.

Contact me if you have any other questions at 866-WVA-ACDS ext. 406 or sbrodof@rvcds.org.

## Eliminate Criticism and Minimize Mistakes

By James Weber, Behavior Support Specialist

Seven year old Sally had just finished writing a thank you note to her grandmother for the doll she had received as a birthday gift. Her mother asked to see the note and immediately criticized the 'awful' penmanship and misspelled words. She made corrections on the paper and told Sally to copy it over. Sally started again, but kept making additional mistakes discarding one sheet of paper after another until she gave up in frustration. Her mother told her to come back to the task later in the afternoon when she felt better.

Sally enjoyed writing the original note, and her grandmother would have been pleased with it, mistakes and all. As it is now, Sally hates writing letters and feels frustrated in her ability to do so. When her mother noted only the mistakes, she directed her daughter's attention from the positive to the nega-

tive. Now, Sally feels discouraged.

How much different the outcome would have been if Sally's mother commended her daughter's thoughtfulness in writing to the



"Children have more need of models, than of critics" — Joseph Joubert

grandmother. She could have noted Sally's well formed letters in hopes of encouraging Sally to continue improvements in penmanship. The misspelled words could have been overlooked in an effort to encourage the thoughtfulness and love that Sally displayed toward her grandmother.

When we constantly criticize our children, they get the feeling that they always are wrong. They may become fearful of making a mistake and may just not try. They can develop such a fear of failure that they cannot function and develop. With positive reinforcement Sally and all children can progress and grow. They will maintain the courage to try new tasks more readily if we minimize the mistakes and direct their attention to the positive.

When parenting becomes challenging or suggestions are needed to improve child care, there is nothing wrong in seeking assistance. The Behavior Support Specialist is available to provide child observation, behavior management suggestions and other services to improve the care of children. Consultation is available free of charge by calling 1-866-232-9227 or 1-304-269-5332.

# Celebrating Connections

West Virginia's 9th  
Annual Early Childhood  
Conference

February 15-17, 2006  
Charleston Civic Center  
Charleston, WV

One-Day Institutes on  
Wednesday

West Virginia's children:  
**Players today...**



**leaders tomorrow**

Celebrating Connections 2006

For more information,  
call 1-888-983-2827 or  
[www.wvearlychildhood.org](http://www.wvearlychildhood.org)

Registration materials  
will be mailed in  
December

## Winter Play in West Virginia

There are a lot of outdoor activities to involve the children in the winters in West Virginia. Consider taking the children outdoors to build a snowman, make snow angels, or to build a snow igloo. You could have the children to have a contest for the biggest or the most creative snowman. Challenge the children to sculpt other objects using snow.

Ice skating is another activity for the winter months. Maintained ice rinks are recommended. It is **not** recommended that children be taken onto ponds or other bodies of water because the ice may not be safe enough to hold the weight.

Sled riding is always a favorite for children. Be sure that children are dressed appropriately to be outdoors. It is recommended that children wear safety gear such as helmets, gloves and goggles when sledding. Be sure that the children are not sledding toward traffic or toward a hazard such as a pond or a fence that may cause danger. Safety should always come first with any outdoor activity.

If you are interested in a winter outing, consider the ski resorts of West Virginia.

Listed below are two resorts that are within our region.

### Canaan Valley Resort

HC 70 Box 330

Davis, WV 26260

(304)866-4121 Or 1-800-622-4121

Downhill Skiing, Snowboarding, Snow  
Tubing, Cross Country Skiing and Ice



### Timberline Four Seasons Resort

488 Timberline Road

Canaan Valley, WV 26260

1-800-766-9464

Downhill Skiing, Cross Country Skiing, and  
Snowboarding



# TRAILS

By: Janet Aitchison

*Do you need a change? Are you ready to add some variety to your child care program?*

Let me tell you about TRAILS.

TRAILS (Traveling Resource and Information Lending Services) is a mobile outreach program to benefit child care providers in West Virginia. The TRAILS van has a large selection of *books, toys, games, puzzles, story bags, theme kits, videos and computer software*. In addition, we have infant and toddler toys and equipment such as *high chairs, booster seats,*

*portable cribs and baby gates*. Assistive technology is also available upon request for children with special needs. The TRAILS van has a variety of information on discipline, health and safety and nutrition. When the TRAILS van visits, you will be able to select books and toys to borrow for approximately eight weeks. The TRAILS training specialist is also available to answer any questions concerning child care. In order to participate, we ask that you be a child care provider through MountainHeart, return the items you borrow in good repair and sanitize items before

you use them and before you return them. Join the growing number of child care provider who use the TRAILS program by calling MountainHeart. Child care providers in Berkeley, Grant, Hardy, Jefferson, Mineral, Morgan or Pendleton county can make an appointment by calling Martinsburg at 304-262-1584 or 1-888-915-7653. As for *Janet or Jamie*. Child care providers in Barbour, Lewis, Preston, Randolph, Taylor, Tucker or Upshur County should call the Grafton MountainHeart office at 304-265-0184 or 1-877-811-5437. Ask for *Cheryl or Lori*.

## Mark Your Calendars...

Martinsburg Spring Provider Conference  
April 1, 2006



*"Children have never been very good at listening to adults, but they have never failed to imitate them."*

— James Baldwin

## MountainHeart Training Reminders

### Training Calendar

The training calendar will not be mailed separately. The newsletter will be the only mailing of the MountainHeart Training Calendar. The training calendar is also available on our web site at [www.mountain-heart.org](http://www.mountain-heart.org).

### Training Registration

As of July 2005, we will require a 5 participant minimum registration in order to hold a training session. ***It is essential that you call to pre-register for classes no later than Noon the day before the training is to be held.*** If there are not 5 people registered by Noon the day before the

training, the session will be cancelled and those that did register will be notified by phone of the cancellation.

### Important Reminders About Trainings:

- Please DO NOT bring children to trainings.
- 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 at 1-877-862-3103 or 637-2840 to register to attend training in Barbour, Tay-

lor, Tucker, Lewis, Preston, Upshur, Grant, Hardy, Pendleton and Randolph counties.

- Call Martinsburg Office at 1-888-915-7653 to register to attend training in Hampshire, Mineral, Morgan, Berkeley, and 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.

MountainHeart Child Care Services  
 Provider Training Calendar



\*STARS Registered\*  
 January—March 2006

**Topic 1: “Child Abuse and Neglect”**

**Core Competency: Health, Safety and Nutrition**

**Topic 2: “Introduction to the Infant/Toddler Environment Rating Scale” (2 hr Infant/Toddler credit)**

**Core Competency: Positive Interactions and Relationships and Program Management**

**Topic 3: “Teaching Hearing Children to Sign”**

**Core Competency: Curriculum**

**Topic 4: “Time Management”**

**Core Competency: Program Management**

**Topic 5: “Challenging Behaviors: Where Do We Begin?”**

**Core Competency: Positive Interactions and Relationships**

**Topic 6: “Avoiding Billing Boo-Boos”**

**Core Competency: Program Management**

**Tucker County, Tucker County Board of Education (FRN room), Parsons**

January 26, 2006      Thursday      6:00pm-8:00pm      “Introductions to the ITERS”

**Randolph County, Days Inn, Elkins**

January 28, 2006      Saturday      10:00am-12:00pm      “Child Abuse and Neglect”

January 28, 2006      Saturday      1:00pm-3:00pm      “Introduction to the ITERS”

**Jefferson County, Jefferson County Health Department**

January 28, 2006      Saturday      10:00am-12:00pm      “Time Management”

January 28, 2006      Saturday      1:00pm-3:00pm      “Avoiding Billing Boo-Boos”

**Morgan County, Morgan County Starting Points, Berkeley Springs**

February 2, 2006      Thursday      11:00am-1:00pm      “Introduction to the ITERS”

**Grant County, Grant County Library, Petersburg**

February 8, 2006      Wednesday      10:00am-12:00pm      “Avoiding Billing Boo-Boos”

**Barbour County, Barbour County DHHR, Philippi**

February 9, 2006      Thursday      1:00pm-3:00pm      “Child Abuse and Neglect”

**Upshur County, Upshur County Library, Tennerton**

February 23, 2006      Thursday      5:30pm-7:30pm      “Teaching Hearing Children to Sign”

**Berkeley County, Inwood Family Worship Center, Inwood (Tri-County Association Meeting)**

February 27, 2006      Monday      6:30pm-8:30pm      “Child Abuse and Neglect”



Training Calendar Continued



**Taylor County, Taylor County Community Action Building, Grafton**

March 4, 2006	Saturday	9:30am-11:30am	“Challenging Behaviors: Where Do We Begin?”
March 4, 2006	Saturday	1:00pm-3:00pm	“Teaching Hearing Children to Sign”

**Hardy County, Hardy County Library, Moorefield**

March 9, 2006	Thursday	3:00pm-5:00pm	“Challenging Behaviors: Where Do We Begin?”
March 9, 2006	Thursday	6:00pm-8:00pm	“Time Management”

**Hampshire County, Bank of Romney Community Center, Romney**

March 9, 2006	Thursday	1:00pm-3:00pm	“Teaching Hearing Children to Sign”
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**Mineral County, Catamount Children’s Center, Keyser**

March 14, 2006	Tuesday	6:30pm-8:30pm	“Challenging Behaviors: Where Do We Begin?”
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**Preston County, Wesley United Methodist Church, Kingwood**

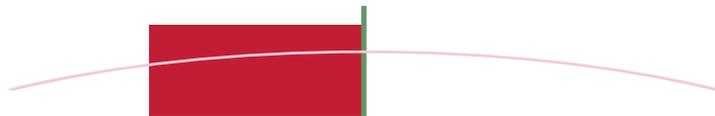
March 21, 2006	Tuesday	1:00pm-3:00pm	“Time Management”
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**Berkeley County, Inwood Family Worship Center, Inwood (Tri-County Association Meeting)**

March 27, 2006	Monday	6:30pm-8:30pm	“Disaster Preparedness”
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**“One Step At A Time” Infant/Toddler Training**

A training is scheduled for all of the following dates at the Grand Central Station in Keyser: March 21, 24, 28, 31, April 4 and 7 from 10am-5pm each day. For more information or to register, please contact the Elkins Office at 1-877-862-3103.



“Children are our future...and our future looks promising!”



\*In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resource and Referral training will be accessible to persons with disabilities. If you require accommodations for a training, please contact MountainHeart CCR&R for assistance at 637-2480 or 1-877-862-3103 (toll free).

\*MountainHeart Community Services Inc. is funded under an agreement with the Department of Health and Human Resources, Office of Social Services, Bureau of Children and Families, Early Care and Education Divisions.



<p>By: Janet Aitchison</p>	<h2 style="text-align: center;">Winter Tips</h2>
	<p style="text-align: center;">Cold and flu season has arrived!</p> <p>We all know that one of the best ways to prevent the spread of germs is to wash hands frequently. Here are a few other ways to keep those germs away.</p> <p>Cough or sneeze into your elbow, not your hand, disinfect your telephone, often, and don't share your pen!</p>

"All children need is a little help, a little hope and somebody who believes in them."

-Earwin "Magic" Johnson



## Training Advisory Council

The Training Advisory Committee assists MountainHeart in developing and revising their training plan by providing input on training needs. This may include suggestions for training topics, training locations that best meet the needs of providers and the frequency in which trainings are offered.

The tentative schedule for meetings for 2006 are:

March 23, 2006 in Moorefield, WV

May 18, 2006 in Martinsburg, WV

If you are interested in participating on the committee or have questions, please call the Elkins office at 637-2840 or 1-877-862-3103 and ask for Liz or Amelia. Those signing up to participate on the committee will be notified of confirmed dates, times and locations of the meetings.



"Children Are Our Future....  
And Our Future Looks Promising"

Postmaster: Please deliver to addressee or current resident.



**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

Visit us on line at  
[www.mountain-heart.org](http://www.mountain-heart.org)

## Snow Globes

### Make a snowstorm in a jar

#### Materials

- Baby food jars and lids (emptied and clean)
- Felt
- Metallic glitter or confetti
- Plastic "snow" (available at craft stores)
- Small items (shells, rocks, pine cones, toys)
- Water
- Waterproof glue (got glue or florist clay)

#### Directions

Ask your children what they like

to do in the snow. Making "snowstorms in a jar" with your children is a fun activity no matter where you live. (As always, be sure to supervise the use of glass and glue)

1. Glue: Help each child glue a

small item on the inside lid of a baby food jar.

2. Fill: Add some plastic snow and glitter to the jar, and then fill it with water.

3. Seal: Put glue around the dry inside edge of the lid and screw it on tight. Finally, glue a felt circle on the lid, and turn the jar upside down.

4. Shake: When children shake the jars, their snowstorms will come to life and they can remember the fun they had in the snow.

\*\*Article from pbskids.org.

