



# News From The Heart



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Winter 2013

## IN THIS ISSUE

Winter Fun.....	1
Health & Safety Grant .....	2
TRAILS Tips .....	2
Environment Matters .....	2
Love The Winter .....	3
The Pikler Approach .....	3
Cyber –Bullying.....	4
Leadership Institute.....	4
Tri County Association.....	4
SECA Conference .....	5
Volunteer Sought .....	5
Tentative WVIT Classes .....	5
New Staff .....	6
Save the Date.....	7
Important Notice.....	7
WV Elements of Family CC.....	8
Med Admin.....	9
But it’s Just a Cream.....	9
Training Topics.....	10
Celebrating Connections....	10
Healthy Winter Snack.....	10
Training Calendar .....	11
Training Calendar .....	12

## Winter Fun

By: Willetta Bolinger, Program Director

With winter weather quickly approaching, child care providers may start thinking about what types of activities they can offer to the children when the weather is too bad to go outside.

Creative art activities offer an opportunity for children to explore various types of art mediums, supplies and materials. When considering art activities, child care providers should look for activities that are developmentally appropriate and fun. Art activities should not be pre-made activities where everyone’s “art” looks alike. True art is an individual expression. It should be fun, satisfying and creative. Remember: Art is a process with unique results for every child. It is not a product.

Samples of creative art activities for children include drawing, painting, cutting, gluing, coloring, and experimenting with print. It is assembling unique items, sculpting and constructing imaginative items. Art should be FUN!

The cold weather of winter makes this an excellent time to teach children the joy of curling up with a good book. Read the children a book that you loved as a child. Have the parents loan your class a children’s book that they enjoyed. Our local school is actually having a school wide reading program where they have chosen a book that everyone in the entire school will read together. The book chosen was distributed to each child at the school along with a reading schedule. The older children are encouraged to read to adults. Parents of younger children are encouraged to read to their child every day. This is the second year that the school has had this project. My oldest granddaughter loved the book that was chosen last year. However, I think that she loved the “event” of the entire family taking time every evening to read together more than anything.

On days where children can be taken outside, nature activities are fun. This can be as simple as catching snowflakes or going for a nature walk. Bird watching and observing animal prints in the snow is something that children enjoy and is educational. You may want to expose children to the different types of trees by providing hands on experiences. This may include collecting cones, observing the difference between coniferous (cone bearing) and deciduous trees.

There are many wonderfully exciting activities that can be provided to children during the winter months. If you would like suggestions on activities or resource books for planning activities, please contact a member of MountainHeart’s Professional Development team.



Earl D. Smith,  
Executive Director  
Willetta Bolinger,  
Program Director & Editor  
Cathy Fisher, Melodee Price,  
Publishers  
Norm Miller, Design  
Articles Submitted by:  
MountainHeart Professional  
Development Team



## Health and Safety Grant

The 2012-2013 provider health and safety grant application is included in this edition of *News From The Heart*. This grant is available to family child care facilities and family child care providers who accept subsidy payments for children in their care. Child care centers are not eligible for this grant.

A child care facility may request up to \$500 for resources and a family child care provider may request up to \$250 in resources. The grant application no longer lists acceptable items to request. This opens up more possibilities for providers to request items they may want or need. We highly suggest that you fulfill your licensing requirements for health and safety before requesting educational and recreational items. For ideas on acceptable grant items, please visit our website at [www.mountainheartwv.org/cnorth](http://www.mountainheartwv.org/cnorth).

Please fill out the grant application and mail it to the MountainHeart office in Elkins. This year's grant will begin November 1, 2012 and will end March 30, 2013 or when funds are depleted.

## TRAILS Tips

Janet Aitchison, TRAILS Specialist

Here are some "HOT" tips to keep you busy inside while the temperature outdoors plummet.

**Shapes:** Cut 4 equal squares from a solid color shower curtain. (Love the dollar store!) On each mat draw a few different basic shapes you want your young children to recognize. Gather your children giving each a shape mat. Call out directions such as "Hop on a square" or "March in the circle." What a fun way to keep them moving and learning shapes at the same time.

**Textured Numbers:** Using large number stencils, cut numerals from various textured materials, such as sandpaper, felt, burlap or small -bubble wrap. Mount the numerals on card stock. Place the numbers in a box and one by one have children reach into the box and identify the number by touch only. Give hints as needed. After they have guessed have them check their response.

**Cutting Practice:** Create a cutting box where scraps can fall using a rectangular plastic box from the dollar store and safety scissors. Have children look through old magazines and pull out any business reply cards. Then practice cutting them. The cards are just the right size for little fingers and most features pictures or lines perfect for practice.

**Observation Skills:** This is a perfect time filler. Choose one child to be "It." Have the other children cover their eyes while "It" changes one thing about her appearance, such as untying one shoe, removing a hair bow or pushing up her sleeves. Have children open their eyes and take turns guessing what has changed about the child who is "It." The correct "guesser" becomes "It" for the next round.



*"In the end, it's not what you do for your children but what you've taught them to do for themselves." Ann Landers*

## Environment Matters

Susan Polgar, Behavior Consultant

I am often contacted by providers about preschoolers who are having difficulty with social skill development. Young children who don't share, who frequently hit other children, or who are generally noncompliant with adult requests offer a particular challenge in the child care setting. Busy providers are often surprised when, after a series of observations, the behavior consultant's suggestions are more focused on adjusting the program's daily environment than on dealing more directly with the child's difficult behavior. You might be surprised to learn the degree to which a young child's behavior is influenced by how a room is arranged, how toys and activities are presented, what pictures and information are posted in the room, and how adults communicate with children.

We know that young children learn best through play. They respond well to a carefully organized space that offers developmentally appropriate materials for play, areas for playing alone as well as for playing with others, and areas for both quiet and active play. They grow secure in the predictable classroom that offers a balanced daily schedule and consistent behavioral guidelines. They develop positive connections with adults who take time to talk *with* them rather than *at* them. They appreciate being prepared for transitions and changes in routine.

Young children who are often exposed to disorganization and uncertainty may have a harder time with positive participation. Your thoughtful attention to environmental planning helps ensure that all children in your care can relax, have fun, and learn throughout the day!



## Love The Winter

Cheryl Wolfe, TRAILS Specialist



During the winter months, it is easy to get on each other's nerves being stuck in the house together. With a little creativity, time and patience; providers and parents can work with their children to make the most out of these chilly months.

Group reading is a special way to spend time together. School age and younger children can make this a great activity. Let everyone take a turn reading a book, so all the children feel included. If little ones cannot read, they will have fun looking at the pictures and making up their own stories.

You may want to include your dog in fun activities this winter. Put the dog in a separate room so that he or she cannot see what you are doing. The children can hide dog biscuits in different locations in the house. When you are done, let the dog out, and give him or her a biscuit to eat. Then say, find the rest. The children can watch the dog hunt and find the biscuits. Dogs and children will enjoy this fun game.

Outdoor games are the most exciting, during the winter months. Most providers and parents with younger children will agree the preparation to go outside is usually longer than the actually playing time. But making snow angels and snowmen are worth it. For the small price of a sled, everyone enjoys the thrill of the downhill slide.

Memories are made during the winter months with hot chocolate and homemade cookies prepared together. This activity is one that is enjoyed by both adults and children. I know watching my grandchildren enjoy traditions from my childhood makes the experience worthwhile and creates lasting memories for a lifetime.

Stay warm and love the winter, spring will be here before you know it!

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*"Children are not things to be molded, but are people to be unfolded." Jess Lair*

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## The Pikler Approach to Infant Care

Shannon Nichols, I/T Specialist

Dr. Emmi Pikler lived and found her life's purpose, working with infants in her homeland of Hungary. Pikler, a pediatrician, took over the running of a Home for Children (known as Loczy) in Budapest in 1946. She knew that in order for babies to develop perfectly in the way that nature had intended, certain things must be heeded. Three main elements make up the Pikler Approach: freedom of movement, free play, and care giving routines.

Freedom of movement means that the children are never put in positions that they can't get into by themselves. They are never propped in a sitting position or held in a standing one. They aren't placed in restrictive devices such as infant seats, high chairs, jumpers, or walkers. They lie on their backs, awake or asleep, until they are able to roll over by themselves. The rule is: no adult interference with children's movement. Allowing children to move freely in their infancy results in remarkably competent balance, coordination, and calculated risk-taking.

Freedom of movement also facilitates the development of fine motor skills. Because babies are on their backs, they have full use of their hands and arms and can freely explore all that they encounter. During this self-initiated free play, babies learn to entertain and stimulate themselves, by exploring what their bodies can do, by exploring other babies around them, and by exploring objects and the environment itself.

The other cornerstone of the Pikler approach is attentive, present one-on-one care giving where emphasis is put on predictability. Children not only feel secure when they can predict what will happen, but they come to anticipate the caregiver's next move and can thus cooperate with it. Care giving routines done in this particular way are what allow the child to develop a healthy self-esteem.

*"The first years of life, including the first months, have a decisive impact on the later development of the individual. This is the foundation on which everything else is built. If this foundation is strong, the structure is better able to withstand shocks. Because of this, we try to secure the most favorable circumstances for the child, especially at the beginning, which gives him an advantage in his development, which will serve him his entire life."*

*-Dr Emmi Pikler*

For more information, contact the Pikler/Loczy Fund USA  
[www.pikler.org](http://www.pikler.org).

## Cyber-Bullying

Melodee Price, EC Specialist

Cyber-bullying is defined as deliberately being mean to others by posting or sending harmful material using technological means like a cell phone, a laptop, or any other type of computer. It is also called digital drama, online cruelty, and/or electronic bullying. Not only is cyber-bullying cruel, but it is also against the law and these laws are getting tougher each year.

School age children need to be taught that cyber-bullying consists of posting something mean about someone on Facebook, sending a nude or partially undressed picture of themselves or someone else from a cell phone or computer, posting a YouTube video that was hurtful to someone, along with other all too common scenarios.

Attending the "School Age and Social Media" training that is being offered this winter through MountainHeart will educate you on ways to be proactive with the children you care for.



### Save the Date!

**Leadership Institute  
Pre-Conference for the  
Huntington Area Early  
Childhood Conference  
April 25, 2013**



**Marshall University  
Cost \$45 Per Person  
(Breakfast, Lunch and Parking Included)  
9:00-4:00**

### **Extreme Makeover! With Kori Wilson**

*Spend a day at the SPA –  
Makeover your Stress, Personnel, and Authority. Learn how to  
better manage your stress, staff/co-workers, and leadership style  
(experiences, techniques and beauty products included).*

Registration Materials for the HAECC Pre-Conference and  
Conference will be mailed in February.  
Please e-mail Nikki Cavalier Rabel at [Nikki.C.Rabel@wv.gov](mailto:Nikki.C.Rabel@wv.gov)  
to be added to the Mailing List.

Limited to 75 Participants.

This training is registered for six hours of WV STARS credit –  
You must attend entire session for credit.

## Tri County Provider Association

The Tri County Provider Association  
has suffered some technical  
difficulties.

Meetings will resume the fourth  
Monday of the month beginning in  
2013.

Please call Paula Wahler at  
(301-991-3611) to register for the  
January 28, 2013 class.



## 64th Annual SECA Conference

February 28—March 2, 2013

Renaissance Mobile  
Riverview Plaza Hotel

Mobile, Alabama

For more information, please visit:

[http://www.southernearlychildhood.org/seca\\_conference.php](http://www.southernearlychildhood.org/seca_conference.php)

## Volunteers Sought for Professional Development Advisory Council

If you are interested in participating on the Professional Development Advisory Council or would like more information, please call the Elkins office at (304) 637-2840 or 1-877-862-3103 (toll free) and ask for Kim. Those signing up to participate on the committee will be notified of the meeting dates, times, and locations of the meetings.



## Tentative Schedule for Future WVIT Classes

If you are interested in attending the West Virginia Infant Toddler program, please contact Shannon Nichols in the Weston office at 1-866-232-9227 for more information. Space is limited and filled on a first come-first serve basis. The county with the most providers interested will likely be the county/counties in which class will be held.

November 2012-February 2013— Barbour, Lewis, Upshur or Randolph County  
(5 person minimum to hold course)

March-June 2013—Berkeley or Jefferson County  
(8 person minimum to hold course)

July–October 2013 — Grant, Hardy, or Mineral County  
(5 person minimum to hold course)

Please note that WVIT classes beginning after July 1, 2013 will have a minimum attendance requirement to hold sessions. If the listed minimum is not met at session 1, the course will not continue.

## Check Us Out!

MountainHeart Community Services is on the web! We have an informational website where you can download payment forms and receive valuable information. Our website is [www.mountainheartwv.org/ccnorth](http://www.mountainheartwv.org/ccnorth) come and check us out.

You may also find us on Facebook. As a way to communicate with the public, MountainHeart has created a Facebook page. Join us on Facebook by visiting [www.facebook.com/mountainheartwv](http://www.facebook.com/mountainheartwv)



*We look forward to seeing you online!*

## Welcome New Staff

### **Bruce Lautzenheiser, Supervisor Martinsburg office**



Bruce assumed the responsibilities as supervisor October 22 for the Martinsburg office.

He was born and raised in Ohio, a graduate of The Ohio State University, and has lived in

Martinsburg for one year. In Ohio, Bruce was a former business owner, an elementary teacher, the director of the math enrichment center at The Ohio State University-Marion Campus, and a hobby farmer.

Bruce loves the outdoors including hiking, biking, camping, canoeing, and visiting historical sites. He was active as a 4-H and science fair judge, foster parent, and with his church. Although Bruce is a career Ohio State Buckeye fan, West Virginia was made for him and is glad to be onboard the Mountain Heart team.

### **Jesse Rose, Case Manager Martinsburg office**



Jessie is a 2011 graduate from West Virginia University with a degree in Child Development and Family Studies.

Jessie was born and raised in Ronceverte, WV, where her parents and sibling still reside.

She moved to Martinsburg a little over a year ago. Jessie likes to be outside, crafting, or reading when she has the chance.

She became a case manager on October 29, and is excited to be working with Mountain Heart.

### **Arlin Riggs, Case Manager Martinsburg Office**



Arlin is a recent graduate from Shepherd University with a BA in Psychology.

"I was raised in Calvert County, Maryland and moved to West Virginia when I was 16 years old.

I currently live in

Martinsburg, West Virginia. I have three dogs, a cat, and a three year old daughter. There is always plenty of excitement in my house!"

### **Wendy Wolford, Early Childhood Specialist, Elkins Office**



Wendy is a 2001 graduate of Tucker County High School and a 2005 graduate of Fairmont State University.

She has a B.S. degree in Family and Consumer Sciences and a minor in Early Childhood with a concentration area in Family Life Education.

She has a combined total of 11 years of experience working with children and families, from infants to incarcerated youth/young adults.

She and her husband, Eddie, live in Parsons with their dog, Havick.

## MountainHeart News & Notes



### Save the Date!

**What:** Two day professional development event on Creative Curriculum for Infants, Toddlers and Twos

**Where** – Morgantown

**When** —April 15 & 16, 2013

- \*\* Must be current on WV STARS
- \*\* Must have participated in WVIT PDP

### Save The Date!

**WHAT:** Region V Annual Child Care Conference

**WHEN:** Saturday, April 13, 2013

**WHERE:** Potomac State College in Keyser WV

**More information will be provided in the Spring Edition of *News from the Heart* and on our Website at**

[www.mountainheartwv.org/ccnorthjoom/](http://www.mountainheartwv.org/ccnorthjoom/)

### IMPORTANT NOTICE REGARDING THE NEWSLETTER

*News from the Heart* is now distributed via e-mail to child care providers and other interested individuals whose e-mail addresses we have on file. An advantage of receiving the newsletter via e-mail is that you will receive it approximately one week before those that are mailed. If we do not have your e-mail address and you would like to receive the newsletter by e-mail, please contact the Elkins office at 304-637-2840 or 1-877-862-3103 (toll free). All issues of *News from the Heart* are available on our website at: [www.mountainheartwv.org/ccnorth](http://www.mountainheartwv.org/ccnorth)

## The Secret to Making Learning Fun

Wendy Wolford, EC Specialist

With the cold, snowy winter days and months upon us, children will be “stuck” playing indoors more than usual. Children learn best when they are having fun. So, take advantage of inside playtime to make learning fun and educational for your children....without them even knowing!

### Hands-On Fun

Busy hands equal busy brains! Engage and entertain your little ones with hands-on activities that stimulate their minds and bodies. From building blocks and Lego sets to arts and crafts, the opportunities are endless.



### Get your Game On

Play is crucial to healthy brain development in youngsters. So why not turn dry lessons into fun games? Need to practice the ABCs? Try sending the children on a scavenger hunt around the room for things that begin with the letter “A.” Organize a game of Alphabet Twister by redesigning your Twister mat.

### Do it with Music

Little children love music. Want to teach the days of the week, numbers and letters, the seasons or other preschool themes? Try doing it with song! Finger-plays and nursery rhymes are a few more fun ways to engage little ones while they learn.

### Make Believe

The world of make believe is alive and well in the minds of children. Help foster their natural creativity and imagination by adding dramatic play to your preschoolers activities. After reading a story, have your children act it out with puppets. Let them practice life skills by setting up a playhouse or play kitchen. Erect a tent in the middle of the room and make believe you are camping. Don't get rid of old clothes or Halloween costumes. Create a dress-up chest where the children can use their imaginations and act out plays and stories.



## MountainHeart News & Notes

### The WV Elements of Family Child Care Series (WVEFCCS)

The WVEFCCS was developed for trainers and family child care providers to improve the quality of early care and education for our State's children.

WVEFCCS is a seven part series that provides an overview of *The Creative Curriculum for Family Child Care* and the *Family Child Care Environment Rating Scale-Revised (FCCERS-R)*. The topics range from "Becoming a Professional" and "Organizing Your Day" to "What Children are Learning" and "Working with Parents." The series is presented in 4-hour sessions with two technical assistance visits to ensure training objectives are met. This totals 30 hours of professional development. The WV Elements of Family Child Care Services is a special opportunity to engage with other family child care providers in a small group classroom experience. In addition, you will receive the Creative Curriculum manual and the FCCERS-R handbook.

***You must be registered with STARS to participate in this training, and you must be caring for subsidized children to receive free resources at the completion of the classes.*** If you have questions or would like to enroll in the class, feel free to call Melodee Price in the Elkins office (toll free) 877-862-3103 or use our local number, 304-637-2840.

#### Jefferson County Department of Health and Human Resources 239 Willow Spring Drive, Charles Town, WV 25414

January 7, 2013 (Monday) 12:30-5:00	Module 1: Building a Firm Foundation
January 14, 2013 (Monday) 12:30-5:00	Module 2: Knowing How Children Develop and Learn
January 28, 2013 (Monday) 12:30-5:00	Module 3: Organizing Your Home and Your Day
February 4, 2013 (Monday) 12:30-5:00	Module 4: What Children are Learning-Part 1
February 25, 2013 (Monday) 12:30-5:00	Module 5: What Children are Learning-Part 2
March 4, 2013 (Monday) 12:30-5:00	Module 6: Caring and Teaching
March 18, 2013 (Monday) 12:30-5:00	Module 7: Building a Partnership with Families

**Building on a Firm Foundation.** Tier I. Learn the role of curriculum in family child care, how research and theory supports curriculum, using the Family Child Care Environmental Rating Scale and developing a professional portfolio. *Core Knowledge 1 hour in Program Management, 3 hours in Professionalism.*

**Knowing How Children Develop and Learn.** Tier I. Family home providers will learn to identify and understand the basic developmental milestones of children from birth through 12 years. Recognize various temperaments, learning styles and developmental rates of children. Learn how to support a culturally responsive environment for all children. *4 hours in Child Growth and Development.*

**Organizing Your Home and Your Day.** Tier I. This module will help providers to understand about shared and separate space for family child care, how environment can encourage positive behavior, developing a daily schedule that is appropriate for all children. *1 hour in Health, Safety and Nutrition, .5 hours in Positive Interactions and Relationships, 1 hour in Curriculum, 1.5 hours in Program Management.*

**What Children are Learning-Part 1.** Tier I. Learning how to build language and literacy skills in children, promoting mathematical thinking, and how children learn about science. *4 hours in Curriculum*

**What Children are Learning-Part 2.** Tier I. Family home providers will learn about creative arts and how children can experience social studies. *4 hours in Curriculum.*

**Caring and Teaching.** Tier I. This module will help you to learn how to build trust when working with children, strategies for helping children get along with others, balancing your family child care home and business with your family. *4 hours in Positive Interactions and Relationships.*

**Building Partnerships with Families.** Tier I. Family home providers will learn means of communication to build trust with families, exploring the differences between families and the influence of culture upon child-rearing practices. *4 hours in Family and Community.*



## MountainHeart News & Notes

### Medication Administration Training

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 and are WV STARS approved.

January 9, 2013 from 9:00-1:00pm Grant Co. DHHR  
February 6, 2013 from 10:00-2:00pm Taylor Co. Public Library  
February 27, 2013 from 9:00-1:00pm Randolph Co. DHHR  
March 14, 2013 from 12:30-4:30pm James Rumsey Technical Institute

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).

**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 WV STARS Career Pathway. All participants will need to bring their WV STARS 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 WV STARS Career Pathway, the training will not count towards licensing requirements.**

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

Each participant must bring the following materials to the training: pen, paper, 1 pair of non-latex gloves.



## But it's just a cream???

Sarah Hicks, RN Nurse Health Consultant



A common misconception among parents and child care providers is that over the counter creams and ointments that are applied to seemingly mild skin conditions are not really medications. Some examples of commonly used topical ointments, emollients, creams, lotions, or solutions are diaper creams, sunscreens, Neosporin (triple antibiotic), Benadryl (diphenhydramine) and cortisone. I can't tell you how many times I've heard the phrase "but it's just Neosporin (or other topical)!" However, these topicals are still medications and can cause side effects, interactions, allergies, and are absorbed into the child's blood stream.

Neosporin allergies/reactions are increasing in number. That is why it is not just a cream that should be applied to every scratch or cut. It is a medication that requires proper authorization to be administered in a child care setting, as well as following of regulation. For minor cuts and scrapes, just cleaning the area with warm running water and a gentle soap is enough. Leave the Neosporin application to the parents. Cortisone creams should only be used for a short period of time, again in accordance with regulation as these types of creams have the potential to mask a skin infection rather than treat it. Placing cortisone cream under bandages or diapers can increase the effect, which can be harmful to the skin.

It is important to remember what you've learned in Medication Administration training about the proper use and regulations regarding topical medications. Ask yourself, are you PREVENTING or TREATING? Topical medications used for preventative purposes (example: sunscreen to PREVENT sunburn, medicated lip balm to PREVENT chapped lips, or diaper creams to PREVENT diaper rash) do NOT require a licensed health care providers authorization, but only a written parent authorization. According to regulation, other topical medications being used for the TREATMENT of a condition may be given by approved child care providers for no more 5 consecutive days within a thirty day period WITHOUT written instruction from a licensed health care provider. On day 6, a written authorization from the licensed health care provider is necessary to continue use of the treatment medication. Remember, written parent permission is ALWAYS necessary for all medications. Use of creams containing Benadryl (diphenhydramine) may be requested by parents for itching, rashes, poison ivy, etc. However, according to regulation a written authorization from a licensed health care provider MUST also accompany the written parental authorization.

Topical medications can be very helpful if used appropriately, but it is important to remember that they are still medications and to treat them as such! Read your instructions very carefully, obtain appropriate authorizations, and if you ever have any questions, please don't hesitate to ask! Please feel free to contact me at 304-972-6200 or [shicks@rvcds.org](mailto:shicks@rvcds.org)!

## Training Topics Offered January-March 2013

**Connecting with Young Children's Feelings.** *Core Knowledge: Positive Interactions and Relationships.* Tier I. Target Audience: Child care providers working with toddlers and preschoolers. This training will focus on strategies for building relationships, encouraging positive behaviors with toddlers and preschoolers and reducing challenging behaviors.

**Making a Difference.** *Core Knowledge: Health, Safety and Nutrition.* Tier I. Target Audience: All child care providers. This training will count towards two hours of child abuse and neglect that is required of center based staff within the first six months of employment; according to child care center regulations. Sarah Hicks will help you to know when and how to facilitate a family's linkage to assistance and support before child maltreatment occurs. This training will focus more on preventative measures in regards to child abuse and neglect.

**School Age and Social Media.** *Core Knowledge: Family and Community.* Tier II. Target Audience: Child care providers that work with school age children. This training will help child care providers learn about providing a digital environment that promotes sensitivity and acceptance of diversity. Learn the importance of monitoring the school age child's communication and to collaborate with families to prevent problems and issues related to using the internet.

**Flexible, Fearful, Feisty.** *Core Knowledge: Child Growth and Development.* Tier I. Target Audience: All child care providers. Children are born with their own unique personality traits that are often characterized as flexible, fearful or feisty. Understanding these individual differences will help caregivers establish respectful relationships and interactions with their children.

**You must call the Elkins office to register at least 5 days before the training date.**

**Call 1-877-862-3103 or e-mail [Melodee.b.price@wv.gov](mailto:Melodee.b.price@wv.gov)**

*"Attitudes are contagious. Are yours worth catching?" - Anonymous*

## 2013 Celebrating Connections

### Listen...

To dynamic national, state and local speakers who will motivate and entertain you.

### Learn...

Knowledge that will bring you up-to-date on current early care and education practices.

### Enjoy...

Stimulating conversation while exchanging ideas with other professionals.



### **For more information, please contact:**

Alyson Edwards  
611 Seventh Avenue, Suite 322  
Huntington, WV 25701  
Phone: (304) 529-7603  
(888) 983-2827  
Extension: 401

Fax: (304) 529-2535

E-mail: [aedwards@rvcds.org](mailto:aedwards@rvcds.org)

## Healthy Winter Snacks

Wendy Wolford, EC Specialist

When winter weather hits, kids need something warm and comforting at snack time. For younger kids, winter snacks are a helpful way to fuel up in between all the activity that keeps them warm. Older kids may want to help out in the kitchen as you prepare their snacks. Here are 5 healthy winter snacks for kids that are simple and delicious. These snacks are so good your kids will forget they're healthy!

**Fruit Kabobs:** Kids will enjoy this fun way to eat seasonal winter fruits. All you need are some skewers and chunks of fresh fruit like bananas, pears, pineapple and strawberries. Fruit kabobs are delicious plain, or you can dip them in vanilla yogurt or drizzle with honey.

**Melted Cheese on Wheat Crackers:** This traditional snack is quick and easy to make. Shredded cheese is great for melting, or you can slice brick cheese into small chunks. Microwave in 15 second increments until melted.

**Pizza Bagels:** Pizza. Bagels. What's not to love? Top a sliced bagel -- plain or egg are good choices for pizza - with tomato sauce, shredded mozzarella cheese and add additional toppings like mushrooms, green pepper or pepperoni. Bake in toaster oven at 350 for 5-7 minutes if your child likes a crispy pizza bagel. Or, microwave for about 20 seconds or until cheese is melted for a softer pizza bagel. You could also use and English muffin.

**Baked Potato:** This winter snack combines fiber with flavor. Kids will enjoy this plain, or you add cheese, salsa or veggies.

**Celery Topped with Peanut Butter and Raisins:** The classic "ants on a log" is always a hit with kids. Spread creamy peanut butter on celery sticks, then top with raisins.



## Training Calendar for January-March 2013

### Barbour County

**Wee Train Christian Day Care Center: PO Box 36, Junior, 26257**

Connecting with Young Children's Feelings	2/21/13 (Thursday)	6:00-8:00
School Age and Social Media	3/11/13 (Monday)	6:00-8:00

### Berkeley County

**James Rumsey Technical Institute: 3274 Hedgesville Road, Martinsburg, 25403**

Medication Administration	3/14/13 (Thursday)	12:30-4:30
Making a Difference	3/14/13 (Thursday)	6:00-8:00

### Grant County

**Grant County DHHR: 15 Grant Street, Petersburg, 26847**

Medication Administration	1/9/13 (Wednesday)	9:00-1:00
Making a Difference	1/9/13 (Wednesday)	1:30-3:30

**Grant County Public Library: 18 Mt. View Street, Petersburg, 26847**

Flexible, Fearful, Feisty	2/19/13 (Tuesday)	1:00-3:00
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### Hampshire County

**Hampshire County Public Library: 153 West Main St., Romney, 26757**

Connecting with Young Children's Feelings	2/11/13 (Monday)	11:00-1:00
School Age and Social Media	2/11/13 (Monday)	1:30-3:30

### Hardy County

**Hardy County DHHR: 149 Robert C. Byrd Industrial Park, Moorefield, 26836**

Connecting with Young Children's Feelings	1/18/13 (Friday)	10:00-12:00
School Age and Social Media	1/18/13 (Friday)	12:30-2:30

### Jefferson County

**Ranson City Hall: 312 South Mildred St., Ranson, 25438**

Making a Difference	3/15/13 (Friday)	10:00-12:00
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**Jefferson County DHHR: 239 Willow Spring Drive, Charles Town, 25414**

**(\*\*\*)ONLY FOR FACILITY AND HOME PROVIDERS)**

*** <i>Building a Firm Foundation</i>	1/7/13 (Monday)	12:30-5:00
*** <i>Knowing How Children Develop and Learn</i>	1/14/13 (Monday)	12:30-5:00
*** <i>Organizing Your Home and Your Day</i>	1/28/13 (Monday)	12:30-5:00
*** <i>What Children are Learning-Part 1</i>	2/4/13 (Monday)	12:30-5:00
*** <i>What Children are Learning-Part 2</i>	2/25/13 (Monday)	12:30-5:00
*** <i>Caring and Teaching</i>	3/4/13 (Monday)	12:30-5:00
*** <i>Building a Partnership with Families</i>	3/18/13 (Monday)	12:30-5:00

### Lewis County

**Lewis County Board of Ed. Building: 239 Court Ave., Weston, 26452**

Flexible, Fearful, Feisty	2/26/13 (Tuesday)	1:00-3:00
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### Morgan County

**Morgan County DHHR: 62 Regal Court, Berkeley Springs, 25411**

Flexible, Fearful, Feisty	2/27/13 (Wednesday)	1:00-3:00
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### Preston County

**Guardian Angel Child Care Center: 65 West Main St., Bruceton Mills, 26525**

Making a Difference	1/4/13 (Friday)	10:00-12:00
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**Little Bear Day Care, Inc.: 50 Nicklow Road, Bruceton Mills, 26525**

Flexible, Fearful, Feisty	2/21/13 (Thursday)	5:30-7:30
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## Training Calendar for January - March 2013 continued

### Randolph County

**Randolph County DHHR: 1027 North Randolph Ave. Elkins, 26241**

Connecting with Young Children's Feelings	2/8/13 (Friday)	10:00-12:00
School Age and Social Media	2/8/13 (Friday)	12:30-2:30
Medication Administration	2/27/13 (Wednesday)	9:00-1:00
Making a Difference	2/27/13 (Wednesday)	1:30-3:30

### Taylor County

**Taylor County Public Library: 200 Beech St. Grafton, 26354**

Connecting with Young Children's Feelings	1/22/13 (Tuesday)	10:00-12:00
School Age and Social Media	1/22/13 (Tuesday)	12:30-2:30
Medication Administration	2/6/13 (Wednesday)	10:00-2:00

### Upshur County

**Upshur County Public Library: RR 6 Box 480, Buckhannon, 26201**

Connecting with Young Children's Feelings	3/8/13 (Friday)	10:30-12:30
School Age and Social Media	3/8/13 (Friday)	1:00-3:00

To register for trainings, please call the Elkins office at 1-877-862-3103 or 304-637-2840.  
You must register at least 5 days before the scheduled training.



**Child Care Resource & Referral Division**

**1200 Harrison Avenue, Suite 220**

**Elkins, WV 26241**