

Child Care Chronicles

A Newsletter of MountainHeart South
 for all providers of child care



Reflections from MY Desk

Dear Child Care Providers,

This edition of the Child Care Chronicles newsletter contains photos from the MountainHeart Annual Provider Conference held at the Tamarack Conference Center in June. As Summer fades into Fall, it is hard to believe the 2006 conference is far behind us and planning has already begun for the 2007 conference. How quickly the seasons change!

The Annual Provider Conference for 2007 will be held on Saturday, June 9th at the brand new armory in Summersville! The theme for the conference will be "Discover the Arts with MountainHeart!"

In talking to many of you and reading your conference evaluations, you have stated you would like to have more "hands on workshops" and the opportunity to learn creative ways to engage children in the arts. With that thought in mind, the conference committee began to design a conference guided by your requests.

We will be engaging speakers and topics focused on the creative arts for children such as dance and movement, expression through a variety of art mediums, puppetry, music, crafts, dramatic play, singing and signing and a whole lot more!

If you have an idea for a great workshop presenter or vendor, please contact Roma or Chris with your ideas! The conference committee is looking forward to the best ever conference in 2007, but it won't be the best, unless you are there!

Enjoy the seasons of your life, they change quickly!

Margie

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Headed For The Sessions



Providers In The Keynote Session



Visiting The Vendors



Providers Enjoying The June Weather At Tamarack

Published by

MOUNTAINHEART
 Community Services, Inc.
 Child Care Resource & Referral Division

Be Sure To Reserve
June 9, 2007
 for
MountainHeart's Annual Provider Conference



STARS Provides Professional Benefits

Janie Cole

The West Virginia State Training and Registry System (STARS) is a comprehensive system that supports professional development experiences for all those working to provide quality early care and education opportunities to our state's children. STARS is available to all early care and education professionals working in a variety of settings child care centers, private and public preschools, Head Start programs, family child care homes and facilities, early intervention programs, school-age child care programs, parent education opportunities, regulatory agencies, and trainers.

One main component of STARS is the Career Pathway. This pathway identifies eight levels of qualifications, credentials, and degrees. When a person registers with STARS, he or she will be recognized at a level based on educational preparation and experience requirements. The pathway is designed to be inclusive of all abilities, from those just beginning in the field to those with more advanced experiences. The Career Pathway applies to all early care and education professional roles: teachers, assistant teachers, aides, directors, administrators, and agency personnel.

Once credentialed, the person's professional information will be entered into a database registry. In order to maintain an accurate and valid registry, it is necessary for everyone to renew the credentialing certificate every 3 years. To remain on the career pathway,

each person must complete 45 hours of professional development within the three years. By doing so the person continues their education and professional growth. Moving up the career pathway requires advancement in educational level and/or work experience.

Another main component of STARS is a trainer approval and registered training system. This system ensures that trainers are qualified to provide training in early care and education content areas. Trainers use the West Virginia Core Knowledge and Core Competencies to register trainings with specific content area(s), learning outcomes, and descriptions. Participants attend or provide these STARS approved trainings in order to meet the required 45 hours of training for renewal.

Because the registry database provides the state with a data source of all early care and education practitioners, certified trainers and registered trainings, there are many benefits to registering with STARS. Through STARS practitioners receive recognition for their professional preparation and experience. It is a tangible and visual recognition of one's accomplishments. This leads to a professional image to parents and the community. In addition, the career pathway can be used to market professional qualifications and to set career goals.

There are also benefits of STARS to program administrators. The career pathway can assist in keeping an updated record of training, serve as a tool in working with parents and/or governing boards in setting rates, establish wage scales, help in hiring, and facilitate planning for staff development. This data source is a valuable tool for planning, policymaking, and funding programs.

Thousands in the state have already recognized the benefits of using the STARS Career Pathway. By doing so, the early care and education workforce enhances their skills and career opportunities. STARS participants are becoming better equipped to help the families and children of West Virginia succeed.

For more information on WV STARS you may contact Janie Cole, Professional Development and Collaboration Specialist, WV Early Childhood Training Connections and Resources, 304-529-7603. You may also visit their website at www.wvearlychildhood.org.



More



Filling Out The Evaluations



Celi Van Dyke

Pics



Checking The Agenda



Carpooling on the "Starship Enterprise"?

Kevin Green

Do you have a question? MountainHeart staff members are available to answer any question, simple to complex, which you may encounter during your journey as a self-employed child care provider.

Sometimes, you may feel shy or embarrassed to ask questions. However, Case Managers encourage you to call or come into the child care office to ask any questions you may have about your paper work. MountainHeart staff are more than willing to help you understand the correct way to complete your Request for Payment Forms. Submitting correct payment forms and attendance sheets will insure prompt payment. Paperwork that is returned to you, due to mistakes, will take more time to process and result in your payment being received late.

I would like to address an issue that is often encountered on provider's attendance sheets. Child care providers are often "cautious" when including travel time to and from a parent's job or school. However, travel time is allowed and to be expected. The provider will, many times, only list the parent's schedule, such as 9:00 a.m. to 5:00 p.m. on the attendance sheet. If a parent drops a child off to your care at 8:42 a.m. to be at work at 9:00 a.m., your attendance sheet should reflect 8:42 a.m.

Only in the T.V. series Star Trek would a parent be able to drop off a child at 9:00 a.m. on the dot and then have Scottie "beam" them to work and be there on time. The same goes for picking a child up from care. If the parent leaves work at 5:00 p.m. and arrives to pick the child up at 5:23 p.m., your attendance sheet should reflect 5:23 p.m. The in and out times should always reflect accurate time.

Also, every child care provider, whether a family child care home, child care facility, or child care center, is required to have parents sign their full signature on the attendance sheets each day. Allowing parents to; (a) sign only initials, (b) sign the forms only once a month or (c) permit someone to sign for the parent, is not allowable.

If you are having any problems, or if you have questions concerning your Request for Payment Forms or Attendance Sheets, do not hesitate to contact your local MountainHeart office for assistance. Staff members are at your service to help you succeed as a child care provider and to provide the best possible care and service to child care families!



More Conference Pics



Winning A Prize



Providers From Mother Goose



Saturday, October 14, 2006
Capitol Complex Charleston, WV

The Buddy Walk was developed by the National Down Syndrome Society in 1995 to promote acceptance and awareness of people with Down syndrome.

For more information contact:
Christy at 304-743-6378 or
Jennifer at 304-776-0984.

www.dsnwv.org

Saturday Training: Love of Literacy

Core Competency: Curriculum
(Tier II)

In Wyoming County
On December 2, 2006
From 12:30 pm - 3:30 pm
At Pineville Presbyterian
Child Development Center

Participants will learn ways to implement books and reading experiences as ways of supporting learning goals for children. We will explore ways to make reading fun for children who are immersed in this age of multimedia.

Space is limited to 20 participants. Please call Reba or Jamie at 1-866-872-9204 to Pre-Register.





A Place To Grow Children's Center Accredited by NAEYC

Joining National Movement to Improve Early Childhood Education

Oak Hill WV, June 2006 - A Place To Grow Children's Center has earned accreditation from the National Association for the Education of Young Children - the nation's leading organization of early childhood professionals.

"We're proud to be accredited by NAEYC and recognized for our commitment to reaching the highest professional standards," said Melissa Colagrosso, owner/director of A Place To Grow. "NAEYC Accreditation lets families in our community know that children in our program are getting the best care and early learning experiences." A Place To Grow has been providing professional childcare and preschool since 1995. Melissa Colagrosso states, "Our goal has always been to provide family oriented childcare with a well-trained professional

staff, structured learning with an emphasis on fun, and lots of TLC. We treat all children as individuals and their families as unique." A Place To Grow also collaborates with the Fayette County Board of Education to provide a public school WV Pre-K program on site. "The success of our program is directly attributable to the dedication of our staff. It takes special people to be successful in the early education field and we have been very fortunate to maintain such a high quality teaching staff", says the director.

More than 11,000 early childhood programs serving over one million young children are currently accredited by NAEYC. "In recent years, we've seen a growing number of childcare and preschool programs earning NAEYC Accreditation," said Mark Ginsberg, Ph.D., executive director of NAEYC. "By earning accreditation, A Place To Grow Children's Center has become a leader in a national effort to raise the quality of early childhood education, and to help give all children a better start."

Responding to the growth of the system, in 1999 the NAEYC Governing Board appointed a National Commission of Accreditation Reinvention to conduct a comprehensive review of NAEYC's Accreditation system. Building on their work, NAEYC is making many changes to increase the reliability and accountability of the accreditation system and promote higher program quality. In April 2005, the NAEYC Governing Board Approved Early Childhood Program Standards and Accreditation Criteria, which will be used in the future to assess whether programs receive accreditation.

NAEYC created its accreditation program in 1985 to set professional standards for early childhood education, and to help families identify high-quality childcare and early education programs. To earn NAEYC's accreditation, a program conducts a self-study to determine how well it meets the standards. After necessary improvements are made, the program is observed by independent, professional validators, and then reviewed by a national panel. Programs are accredited by NAEYC for a five-year period.

Melissa Colagrosso admits, "It was a long and sometimes overwhelming process to apply and receive accreditation. I would, however recommend that all centers strive for accreditation. NAEYC accreditation has allowed our staff to receive the much deserved respect and recognition they deserve in this field. Accreditation also means a higher reimbursement rate from West Virginia Department of Health and Human Resources. The increased rate has allowed us to continue to serve subsidized families while increasing the quality of our early education environment and staff training. Melissa Colagrosso states, "A Place To Grow is proud to be one of less than fifty early education programs in our state, and one of only two in our area to receive this prestigious accreditation. We're proud to be recognized for our efforts to continually improve early education in Southern West Virginia. The children are our future and the future is looking brighter in Fayette County."

Roma's Real World

Autism

Dear Child Care Providers,

I attended an Autism workshop in August that was sponsored by the Autism Training Center, Marshall University. I received a great amount of valuable information that may help many child care providers that have children with suspected Autism.



What is Autism? Autism is a generic term that includes several specific disorders. The official medical name for Autism is Pervasive Developmental Disorder (PDD). A child with Pervasive Developmental Disorder has a pattern of delayed or difficult language development and impaired social interaction when compared to a child without PDD. Children identified with PDD have a unique set of symptoms in three areas: communication, socialization, and repetitive behaviors.

When planning for children with Autism the following goals and objectives should be addressed:

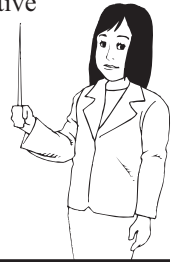
- ♥ daily living skills
- ♥ help children be independent
- ♥ help children understand self and feelings
- ♥ help children learn problem solving skills, and
- ♥ help children learn academic content.

When planning for children with Autism, care givers should think about having a back up plan, that includes learning how to manage the environment, setting rules and developing transition activities that meet the child's needs.

Please call Roma if you need some strategies or help setting up the environment and curriculum to met children's specific needs.

Training Sessions On Behavior Management

Title: Learn the Basics: How to Develop Behavior Management Intervention Strategies that Work.
Description: Participants will learn the ultimate goals of discipline and how to develop objectives for behavioral management plans. Participants will discover a variety of techniques for effective positive guidance.
Registration: Space is limited to 35 participants. Please call Reba or Jamie at 1-866-872-9204 to Pre-Register.



November 15, 2006
Greenbrier County WorkForce Conference Room
Lewisburg, West Virginia
10:00 am to 2:00 pm

Child Care Center Director's Training

All directors who wish to have staff participate in the Nicholas County Class which will begin in January 2007 must attend the Director's training.

Trainings will be held at the Nicholas County Workforce from 10:00 am to 5:00 pm on December 5, 2006 and December 12, 2006.

Please call Jamie or Reba at 1-866-872-9204 to register.

Please note that you must be fully registered on the STARS Career Pathway to attend this training.



New Infant Toddler Training

MountainHeart is pleased to offer the new WVIT (West Virginia Infant and Toddler) Training. This program will replace the One Step at a Time training.

The training will consist of ten classes plus two on-site technical assistance visits. In order to receive a certificate for completing the course, participants must complete all classes and course work.

The class will be held at the Mercer County WorkForce Conference Room at 9:30 am-5:00 pm on the following dates:

October 3, 4, 11, 13, 24, 25, 31
 November 1, 7, 8, 14



For more information about the WVIT program, please contact Ruth Tinnel at 1-866-872-9204.

Please note that you must be fully registered on the STARS Career Pathway to attend this training.

Trails Van Schedule

The TRAILS van will be at the following trainings:

County	October	November	December
Braxton	10/31 11:30 am - 12:30 pm	No Training This Month	No Training This Month
Fayette	No Training This Month	11/17 1:30 pm - 3:30 pm	12/5 11:30 am - 1:00 pm
Greenbrier	10/18 11:30 am - 1:00 pm	11/6 1:30 pm - 3:00 pm	12/11 11:30 am - 1:00 pm
McDowell	10/18 11:30 am - 12:30 pm	11/20 11:30 am - 12:30 pm	12/11 11:30 am - 12:30 pm
Mercer	10/2 2:15 pm - 3:15 pm	11/21 11:30 am - 12:30 pm	12/5 11:30 am - 12:30 pm
Monroe	10/17 11:30 am - 1:00 pm	No Training This Month	No Training This Month
Nicholas	10/16 1:45 pm - 2:45 pm	11/27 11:30 am - 12:30 pm	12/4 1:15 pm - 2:15 pm
Pocahontas	10/10 1:00 pm - 2:30 pm	No Training This Month	No Training This Month
Raleigh	10/26 11:30 am - 1:00 pm	11/1 11:30 am - 1:00 pm	12/18 11:30 am - 1:00 pm
Summers	10/16 11:30 am - 1:00 pm	11/14 11:30 am - 1:00 pm	12/13 11:30 am - 1:00 pm
Webster	10/19 11:30 am - 12:30 pm	No Training This Month	No Training This Month
Wyoming	10/24 1:30 pm - 2:30 pm	No Training This Month	No Training This Month

* Please remember this schedule is just an added service, we will still be visiting all homes and centers as usual.

IF PUBLIC SCHOOLS ARE CANCELLED IN YOUR COUNTY DUE TO INCLEMENT WEATHER, THERE WILL BE NO TRAINING THAT DAY.

MountainHeart is a program funded under an agreement with the DHHR Office of Children and Family Policy, Bureau for Children and Families, Early Care and Education Division.

Children are our future...and our future looks promising.

MountainHeart South Child Care Resource and Referral Training Schedule WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson October 2006

Core Competency Training Titles for October

Topic 1 - The Importance of Creating a Safe Environment for Children

Core Competency - 1 Hr. Health, Safety and Nutrition and 1 Hr. of professionalism (Tier II)

Summary - Participants will learn the significance of maintaining a safe environment in all child care settings. Participants will discuss a variety of emergency procedures such as fire safety, water safety, and toy safety.

Topic 2 - Children's Obesity and Physical Development.

Core Competency - 2 Hrs. Health, Safety and Nutrition (Tier II)

Summary - Participants will examine the effects that schedules, routines, and diets have on the child's overall development. Participants will investigate ways to incorporate movement into the daily curriculum.

BRAXTON (Sutton City Hall)

October 31, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

FAYETTE (Fayette County DHHR)

October 10, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

October 18, 2006	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1
October 25, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MCDOWELL (Welch Library)

October 18, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton Library)

October 11, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton WORKFORCE)

October 2, 2006	12:30 pm to 2:30 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2
October 9, 2006	12:30 pm to 2:30 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

MONROE (CASE of Monroe)

October 17, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

NICHOLAS (Summersville WORKFORCE)

October 16, 2006	12:00 pm to 2:00 pm	Topic 1
	2:30 pm to 4:30 pm	Topic 2

POCAHONTAS (McClintic Library)

October 10, 2006	11:30 am to 1:30 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2

RALEIGH (MountainHeart Child Care Services)

October 4, 2006	3:30 pm to 5:30 pm	Topic 1
	6:00 pm to 8:00 pm	Topic 2
October 17, 2006	11:00 am to 1:00 pm	Topic 2
	2:00 pm to 4:00 pm	Topic 1
October 26, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

SUMMERS (Summers County DHHR)

October 16, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

WEBSTER (Webster Springs Mayor's Office)

October 19, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

WYOMING (Wyoming County DHHR In Pineville)

October 24, 2006	12:00 pm to 2:00 pm	Topic 1
	2:30 pm to 4:30 pm	Topic 2

**For training reservations or more information,
please call Reba or Jamie at 1-866-872-9204.**

Components of Quality Care and Education Training

MountainHeart will be offering specialized training for Developmental Appropriate Practices. These Modules have been developed to meet the requirements of the West Virginia Early Learning Standards Framework (WV ELSF). The training sessions are recommended for all people who work with 2½-5 year old children in all settings.

Remember, all modules must be completed to receive a certificate. The modules will be broken

into eight sessions. If you are interested in these modules or have questions about the Components of Quality Care and Education modules, please call Roma Lester at 1-800-834-7082 or Dianna Thompson at 1-866-872-9204.



MountainHeart South Child Care Resource and Referral Training Schedule WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson November 2006

Core Competency Training Titles for November

Topic 1 - Reporting Child Abuse and Neglect 101

Core Competency - 2 Hrs. Health, Safety and Nutrition (Tier II)

Summary - Participants will learn how to recognize the basic signs and symptoms of suspected child abuse and neglect. Participants will learn the procedure for reporting suspected child abuse and neglect.

Topic 2 - Theory and Learning: Piaget and Erickson

Core Competency - 2 Hrs. Child Growth and Development (Tier II)

Summary - Participants will learn how to apply theory and research when designing centers that promote exploration and discovery through play.

BRAXTON

See Trainings listed for Nicholas or Webster Counties

FAYETTE (Fayette County DHHR)

November 17, 2006	12:00 pm to 2:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

November 2, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
November 6, 2006	12:00 pm to 2:00 pm	Topic 2
	2:30 pm to 4:30 pm	Topic 1

MCDOWELL (McDowell County DHHR)

November 20, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton WORKFORCE)

November 21, 2006	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1

MERCER (Princeton Library)

November 13, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
November 15, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MONROE

See Trainings listed for Greenbrier or Mercer Counties

NICHOLAS (Summersville WORKFORCE)

November 27, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

POCAHONTAS

See Trainings listed for Greenbrier or Nicholas Counties

RALEIGH (MountainHeart Child Care Services)

November 1, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
November 13, 2006	4:30 pm to 6:30 pm	Topic 2
	7:00 pm to 9:00 pm	Topic 1
November 28, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

SUMMERS (Summers County DHHR)

November 14, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

WEBSTER

See Trainings listed for Braxton or Nicholas Counties

WYOMING

See Trainings listed for McDowell, Mercer or Raleigh Counties

**For training reservations or more information,
please call Reba or Jamie at 1-866-872-9204.**

As A Child Care Provider - What You Need To Know About Meth Labs

Core Competency - 1 Hrs. Health, Safety and Nutrition & 1 Hr. Family & Community (Tier II)

This training will focus on what substances to look for and the effects of meth addiction on the parents and children. Training will be provided by the Fayette County Sheriff's Department. Space is limited to 25 participants. Please call Reba or Jamie at 1-866-872-9204 to Pre-Register.

Date: November 18, 2006
Time: 10:00 a.m. to 12:00 p.m.
Location: MountainHeart Conference Room
 228 Ragland Road, Beckley, WV 25801



MountainHeart South Child Care Resource and Referral Training Schedule WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson December 2006

Core Competency Training Titles for December

Topic 1 - The Basics of Puppet Making

Core Competency - 2 Hrs. Curriculum (Tier II)

Summary - Participants will learn how puppets enhance the early childhood curriculum. Participants will create puppets from a variety of materials and learn how to incorporate puppets into math, science, art, and language activities.

Topic 2 - Working and Communicating with Parents: A Road Map To Customer Services

Core Competency - 2 Hrs. Positive Interactions and Relationships (Tier II)

Summary - Participants will learn how to strengthen and support families through early care and education while maintaining positive relationships.

BRAXTON

See Trainings listed for Nicholas or Webster Counties

FAYETTE (Fayette County DHHR)

December 5, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

December 4, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
December 11, 2006	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1

MCDOWELL (Welch Library)

December 11, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton WORKFORCE)

December 5, 2006	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1
December 12, 2006	11:00 am to 1:00 pm	Topic 2
	1:30 pm to 3:30 pm	Topic 1

MERCER (Princeton Library)

December 6, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MONROE

See Trainings listed for Greenbrier or Mercer Counties

NICHOLAS (Summersville WORKFORCE)

December 4, 2006	11:30 pm to 1:30 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2

POCAHONTAS

See Trainings listed for Greenbrier or Nicholas Counties

RALEIGH (MountainHeart Child Care Services)

December 6, 2006	11:00 am to 1:00 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2
December 12, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
December 18, 2006	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1

SUMMERS (Summers County DHHR)

December 13, 2006	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

WEBSTER

See Trainings listed for Braxton or Nicholas Counties

WYOMING

See Trainings listed for McDowell, Mercer or Raleigh Counties

**For training reservations or more information,
please call Reba or Jamie at 1-866-872-9204.**

Training Opportunity For Nutrition And Creative Snacks

Shelia Muncy and Judy Hartwell, trainers from West Virginia University Extension office will provide professional development on creating healthy and colorful snacks. The participants will gain knowledge on the nutritional value of healthy snacks and learn how to involve children during the preparation of these healthy choices.

Participants will need to bring a drink and enjoy the snacks that they have prepared during this interactive session.

Space is limited to 25 participants. Please call Reba or Jamie at 1-866-872-9204 to Pre-Register.

Date: October 14, 2006
Time: 10:00 a.m. to 1:00 p.m.
Location: WV WorkForce Conference Room, Princeton, WV





VITA

(Volunteer Income Tax Assistance)

**FREE ELECTRONIC
TAX PREPARATION**

For more information contact your
local MountainHeart Child Care Office!!

Kopperston Office
1-800-834-7082 or 682-8271

Beckley Office
1-888-799-9217 or 253-7654

Princeton Office
1-800-738-8531 or 425-3669

Summersville Office
1-866-872-9204 or 872-9200

Lewisburg Office
1-866-223-7127 or 647-3800



The Earned Income Tax Credit (EITC) is for working families with incomes less than \$37,263. If you are eligible, you may receive money back from the Internal Revenue Service (IRS) even if you don't owe taxes - but you must file a tax return.

You may also qualify for the Child Tax Credit (CTC), a federal tax credit worth up to \$1,000 per child. You may qualify for the CTC if you have an earned income above \$10,500 and you can claim at least one dependent child under age 17.

If you want to know more about EITC or CTC or are interested in free income tax return preparation, contact your local MountainHeart office in Lewisburg, Princeton, Beckley, Summersville or Kopperston.

LeapFrog Recalls to Repair Children's Activity Centers Due to Arm Entrapment Hazard



**Learn-Around™ Playground
Activity Center**

Manufacturer: LeapFrog Enterprises Inc., of Emeryville, Calif.

Hazard: A child's arm can become caught in the activity center's plastic tube, posing a risk of injury to children.

Incidents/Injuries: LeapFrog has received 145 reports of children's arms becoming caught in the plastic tube, resulting in 54 reports of minor scratches and bruises.

Consumer Contact: For additional information, contact LeapFrog at (800) 701-5327 between 5 a.m. and 7 p.m. PT Monday through Friday, and between 7 a.m. and 4 p.m. PT Saturday, or visit the firm's Web site at www.leapfrog.com

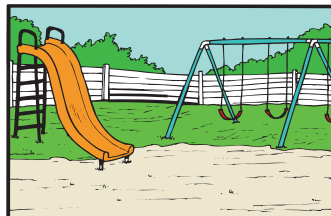
Consumers can obtain this release and recall information at CPSC's Web site at www.cpsc.gov.

A Reminder To 2006 Playground Grant Recipients

All Playground Grant Recipients must have their grant money spent by September 30, 2006. Grants were awarded for shade, surfacing, and specific equipment. All invoices documenting how funds were spent must be submitted by the October 30, 2006 deadline to:

MountainHeart Community Services, Inc.
Attention: Fiscal Division--Playground Grants '06
P. O. Box 1509
Oceana, WV 24870

If you have questions, please
call 682-8271.



We Get Mail!

Thank You for another wonderful conference. I am always impressed with the dedication & specialization your conference volunteers provide. Please know I feel very blessed and enriched when I invest in your training opportunities. I am envious... Please continue this invaluable support of your super providers.

With children and families in mind,

SG

naeyc

Atlanta is the place to be for the
NAEYC 2006 Annual Conference
& Expo, Nov. 8-11.

Hotels fill up quickly.

Register now.

www.naeyc.org



Trails Mix

Fire Safety

October 9th - 15th is fire safety week. Many organizations spend the whole month of October focusing on fire safety. What is the big fuss? According to National Fire Prevention Organization, in 2005 there were 381,000 house fires. Those fires led to 3030 deaths, and 13,300 injuries. That means that every three hours someone in America dies from a house fire.

That does not even begin to take into account other kinds of fires.

Fire safety is important all year long, but it can be helpful to take time during the year to teach our children the importance of fire safety. Remember that all child care providers must have escape plans made and posted, smoke detectors on every level of the building, and fire drills at least once a month (twice a month in the case of centers). All of this work does no good if the children do not know what to do if a fire really happens. There is a lot to be taught. Children need to know about "Stop, drop, and roll", checking for hot doors in case of a fire (to see if there is fire on the other side), as well as how to get out of the building and where to meet.



There are lots of resources available to use for a fire safety unit or classes. The US Fire Administration has lots of good information. Their website also has a kids section. Their website is www.usfa.dhs.gov, and their phone number is 301-447-1000. The National Fire Prevention Association has lots of facts and information for people that are interested. They can be found at www.nfpa.com or 617-770-3000. About.com also has some easy to use information and activities and can be found on the internet at <http://childcare.about.com/od/childsafet1/tp/firesafetytips.htm>.

Fire Safety Activities

Fire Drill: A great safety activity is to show the children the escape routes out of each room, and then to have your required fire drill. Let the children hear the fire alarm so they are not too scared to do something if it actually goes off (which also tests the batteries in the alarm at the same time). Then they practice getting out of the house and to safe meeting spot just like they would in a real fire.

Obstacle Course: When children are old enough, have them practice getting out of a building that is full of smoke. The easiest, and most fun way, is to set up a simple obstacle course and even blindfold older children. When they find the way out they could earn a treat. (Anything from a small prize to getting to eat lunch outside for the day would work great as a reward.) Remember that they should be crawling to avoid smoke (and injuries).

Field Trips: Lots of fire departments will give tours of the fire house or might even bring a fire truck to your child care site. If they will put on their fire gear, it could be a great experience for the children, as many children will run or hide from fire fighters in their gear out of fright. We want to make sure children know they are the good guys if trapped in a fire!

Stop, Drop, and Roll Game: Stop, Drop, and Roll is a hard thing for children to do, when the instinct is to run when you see that you are on fire. A great way to practice is to have the children run in a set area. When you shout "Fire" children should Stop, Drop, and Roll. Be sure to explain why this 'fun' is so important to practice!

Resources

US Fire Administration, www.usfa.dhs.gov
 National Fire Prevention Association, www.nfpa.com
 About.com,
<http://childcare.about.com/od/childsafet1/tp/firesafetytips.htm> and
<http://childcare.about.com/od/childsafet1/tp/firesafactivity.htm>



Thanks!

We would like to thank the following providers for their donation of gently used materials to our TRAILS program.

Pineville Presbyterian Child Development Center in Wyoming County,
 Kristina Day in Mercer County, and Leah Long in Mercer County.



RECIPE FOR SUCCESS

Shonda Zastawniak



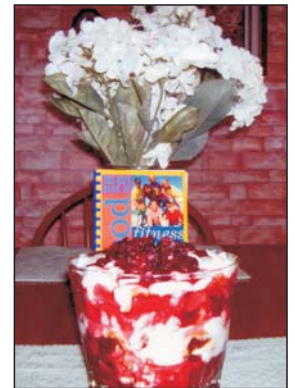
Dakota Prepares Dessert

Trainers as a rule rarely get to see the after-effects or the end results of what providers and children do with the resources, activities and information that have been presented in training. Much time is spent doing research for topics that are user-friendly, easy to work with and interesting. Knowing that all children do not tend to respond with the same level of excitement to the same projects and activities, it is of the utmost importance to provide an array of topics that are professional and promote best quality practices. That's why when given the opportunity to share news of a successful activity for children and providers, I jumped at the chance.

Debbie Bowyer attended a training this Summer in Raleigh County at the MountainHeart Community Services office on Ragland Road in Beckley. After showing up and signing in, Debbie made it known to me that she had some pictures of a cooking activity that she and her grandson had recently completed. The activity happened to be a recipe from "The Kids Book of Food, Fitness and Fun" that was given out by MountainHeart Community Services at this year's annual Provider Conference on Saturday, June 17 at Tamarack in Beckley. Debbie and her grandson Dakota, who is 11

years old, chose the recipe "Chocolate-Raspberry Trifle" on pages 84 and 85 of the Desserts Section in the Food, Fun and Fitness book. Debbie, a provider in Raleigh County who also works at the YMCA Happy Kids Preschool in Beckley said of the recipe chosen that "they really enjoyed doing it together" and that Dakota was "excited" about sharing the trifle with others. Since this particular recipe makes a substantial amount, Dakota was also able to share some of the trifle with individuals that attended the Pax Reunion this year. Dakota, who is now a sixth grader at Park Junior High School in Beckley, was so impressive and successful in his efforts that his mother even asked for a copy of the recipe.

After seeing the enjoyment on her face, and hearing the excitement in her voice, it occurred to me what a unique opportunity had been presented to Dakota, Debbie and myself. It is clear to me that Debbie and her grandson really enjoy spending time together, and they will continue to do so in the future. It also occurred to me that just as trainers may not know until after the fact about what happens with something said or done in training, providers too, usually have to wait until a child is much older, or in some cases even an adult before they know the impact they may have had in a child's life. Sometimes it is easy to wish you could wave a magic wand and change things for the better in the lives of children, but until that happens we will continue to provide the knowledge and guidelines that allow providers to do so.



Final Product



What To Do About The Flu

The flu is a problem that every child care provider is concerned about. A flu outbreak can severely affect your job as a provider. It can mean lack of help due to staff illness as well as a loss of customer due to sick children. Preventing the spread of influenza (the flu) in child care settings is vital.

Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Nausea, vomiting, and diarrhea also can occur, and are much more common among children than adults.

The main way that flu is spread is from person to person through coughs and sneezes. This can happen when droplets from the cough or sneeze of an infected person travel through the air and reach the mouth or nose of people nearby. Sometimes flu can be spread when a person touches droplets, nose drainage or saliva from an infected person, or a soiled object, and then touches one's own (or someone else's) nose or mouth before washing hands.

Vaccination against the flu each fall remains the primary way to prevent this disease. Vaccination, along with other measures, also may help to decrease the spread of influenza among children in the child care setting and among care providers.

For more information, visit www.cdc.gov/flu, or call the CDC Flu Information Line at (800) CDC-INFO.

Provider Conference Art Contest

MountainHeart is holding an art contest for the logo design for the next Annual Provider Conference.

- ♥ Entries by children only
- ♥ Theme: "Discover the Arts with MountainHeart"
- ♥ Flat Medium
- ♥ 8.5" x 11" Surface
- ♥ Prize is \$25.00 gift certificate to winning designer, and free registration to child's provider.

Please turn the artwork in by November 3, to your local MountainHeart office or mail to:

MountainHeart
P.O. Box 1509
Oceana, WV 24870



Medication Administration Training

MountainHeart Child Care is pleased to announce they will be sponsoring more Medication Administration Trainings. Training will be from 4:30 pm to 9:00 pm on the following dates:

- ♥ September 20, 2006 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ September 27, 2006 at Mercer County WorkForce Building (Princeton/MountainHeart Offices).
- ♥ October 2, 2006 at MountainHeart Community Services Offices in Kopperston (Wyoming County).
- ♥ October 9, 2006 at Greenbrier County WorkForce Building (Lewisburg/MountainHeart Offices).
- ♥ November 6, 2006 at the Nicholas County WorkForce Building (Summersville/MountainHeart Offices).
- ♥ November 29, 2006 at the MountainHeart Child Care Office at 228 Ragland in Beckley.
- ♥ December 6, 2006 at the Greenbrier County WorkForce Building (Lewisburg/MountainHeart Offices).
- ♥ December 11, 2006 Mercer County WorkForce Building (Princeton/MountainHeart Offices).

You must call Jamie or Reba at 1-866-872-9204 to register. Class size is limited to 12 and there will be a waiting list. If, for some reason after you register, an emergency arises and you are unable to attend, please call and let us know so we can put someone from the waiting list in your place.

Additional Requirements:

- ♥ Be registered on the STARS Career Pathway. The class is STARS approved.
- ♥ You need to bring a small baby doll with you.
- ♥ You need to bring a pair of latex or non latex gloves.

Due to the intensity of the material to be covered you must be there at the scheduled start time of training.

If you have any questions feel free to contact MountainHeart Child Care Services.



Training Materials Needed

MountainHeart Child Care Services C/O MountainHeart Community Services

P.O. Box 1509
Oceana, WV 24870

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

Important Child Care Information Enclosed!

MHCCS is funded through a grant from DHHR, Bureau for Children and Families, Division of Early Care and Education. MHCCS was established in 1992. WV Birth to Three is funded through a grant from DHHR, Office of Maternal, Child and Family Health. WV Birth to Three Regions VI & VII were established in 2003.