



Reflections from MY Desk

It's Hard to Say Goodbye...

In case you haven't heard, a great champion for WV children and families will be leaving.

Kay Tilton, the Director of WVDHHR Early Care and Education Division is retiring in December and for those of us who know her, it will be hard to say goodbye.

I met Kay the very first day of my employment as the MountainHeart Director for Child Care Resource and Referral and we've now been acquainted for more than 15 years. Kay has continually demonstrated her passion for early care and education and has devoted most of the last 40 years of her life to school and work. Without Kay Tilton's vision and leadership, Child Care Resource and Referral and Early Care and Education in West Virginia would not be the exceptional and stellar programs they are today. As a matter of fact, these programs might not even exist!

The following is a little history on Kay's life and career:

Kay Carter Tilton is a native West Virginian, graduated from Concord University, and attended the WV College of Graduate Studies. She has worked for the Department of Health & Human Resources for 37 years. She began her career as a caseworker in the Kanawha County office with child care subsidy and family child care monitoring, and worked in various positions at the state level in child care. After serving briefly as Acting Director of the Office of Social Services, Kay became the Director of the newly created Division of Early Care and Education.



Kay Carter Tilton

Kay received the 1991 Child Advocate Award from the WV Network for Young Children and the 2003 WV Association for Young Children award for outstanding contributions to WV's young children. On the national level, Kay participated in several technology transfer projects and was one of ten state administrators selected to serve on the Administration for Children and Families' first national Child Care Workgroup.

Kay feels very fortunate to have been involved with implementing several initiatives, including the Child Care and Development Block Grant, WV's resource & referral system, and WV pre-k services.

Kay stated, "In retirement, I look forward to focusing on family and friends: traveling with my husband Tom of 29 years, visiting my daughter Kara and future grandbabies in South Carolina, spending weekends and lunches with friends, volunteering, and hobbies - in no particular order."

Although I have a feeling our paths will cross again, join with me as I wish Kay a blessed and enjoyable retirement. She deserves it!

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Published by

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

Congratulations

Susan McCoy

Supervisor of the Year

Angie Scott

Case Manager of the Year

Chris Ruminski

Training Team Member of the Year

Lisa Harrah

Clerical of the Year

Jennifer Lusk

Professional Employee of the Year

Roma's Real World

The Power of Laughter

Is a sense of humor learned? Laughter, fun, and humor serve an important developmental function for young children as a way to express their growing power of reasoning and creativity. Children will retain more of what you teach if laughter is experienced during the teacher or child initiated activity. Laughter aids memory and increases alertness as well as concentration (www.brain.com, "Laughter and the Brain").

The physiological study of laughter is called "gelotology" which tells us that laughter seems to be produced via a circuit that runs through many regions of the brain. Everyone smiles and laughs. Even monkeys and apes have some facial expressions that are similar to human smiles. When parents tickle a baby and the baby responds with a smile or laugh, the parent laughs or smiles back to the child, a bond is created between the child and parent.

According to research, when a person laughs, carbon dioxide is driven out of the body and is replaced by oxygen-rich air. Studies show that laughter and humor boost the immunity, diminish pain, and help people deal with stress. Research data shows that laughter lowers blood pressure, decreases depression, increases muscle flexion, reduces allergy symptoms, strengthens the immune system, and reduces stress.

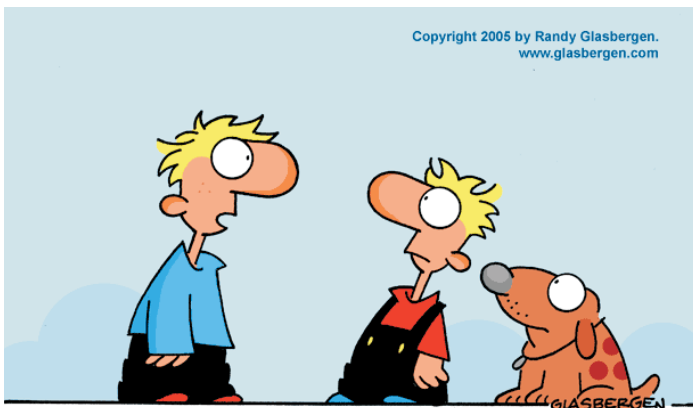
Having a good sense of humor and recognizing and taking opportunities for laughing out loud help develop good social skills and encourage the development of many other skills that children need, including pre-reading skills, creativity, and cognitive thinking. Stretching the imagination, thinking outside the box, and learning to look at a situation from different angles are other long-term benefits of developing a sense of humor. Children who are creative thinkers have a certain mental flexibility that allows them to escape from the pressures of a hyper-structured view of the world that translates into problem solving in the future.

If you would like activities that encourage laughter and fun call Roma Lester, Behavior Consultant at 1-800-834-7082.

Information from: *The Learning Power of Laughter*, Jackie Silberg



LOL Laughing Out Loud



"Mom is short for Mother because it wouldn't sound right to call her Moth."

Thank You

MountainHeart Child Care Resource & Referral would like to thank Angela Mooney for the donation of toys and Craigsville Library for the donation of books to the TRAILS program.



Need First Aid, Choke Saving and Rescue Breathing?

The Raleigh County American Red Cross, located at 200 Industrial Drive in Beckley, offers a community First Aid and CPR class which includes Choke Saving and Rescue Breathing every Saturday (except the first Saturday on the month) from 9:00 am to 1:00 pm. They also offer the class the second and fourth Tuesday of the month starting at 4:30 pm. You must pre-register for the class by calling Kathy at 255-1508. The cost for the class is \$40.95. Upon successful completion of the class, family & facility providers may be reimbursed through the MountainHeart mini-grant. Mini-grant applications are available from the Training Team staff or DHHR Regulatory Specialists.

In Mercer County, there will be a class held on October 10, 2007 starting at 9:00 am. The Mercer County American Red Cross office is located on Bland Street. You need to pre-register by calling 327-5017.

The ARC in Fayette County offers the class every Thursday starting at 4:00 pm. The class is taught in the basement of the Oak Hill post office. Call to pre-register at 469-4636.

For additional information please contact your local American Red Cross Office or visit the website at www.cwv-redcross.org.

Toy Giant Recalls Toys Made In China



In recent weeks, toy giant Mattel has recalled over 10 million toys made in China due to a variety of safety concerns. These recalls have raised concern among both parents and early childhood professionals about the toys children are currently playing with at home and in child care facilities.

If you have not already checked your inventory of toys, you can find a complete list of toy recalls by going to the Consumer Product Safety Commission's website at www.cpsc.gov/cpscpub/prerel/category/toy.html.

In the November 1993 issue of *Exchange*, Francis Wardle presented a checklist for early childhood professionals, "Criteria for Selecting Toys", which looks at toys both from an educational and a safety perspective. The checklist can be found online at www.childcareexchange.com. Click on the link on the right titled, "Criteria for Selecting Toys".

Kids R Us



Ask Crystal Domingues why she opened a Child Care Center in the heart of Raleigh County, Beckley WV and this is what she'll say, "Child Care is essential! It was during the time I was pregnant with my third child that I decided to open a child care center. Opening a center was a long time goal for me. I knew if I needed and wanted quality child care for myself and my family, then other families did, too."

Crystal states, "I feel it is very important to provide positive role modeling to children of all ages. Early childhood development is the basis for learning skills and educational structure. We provide quality child care and interaction daily for various age groups. A preschool program should allow children to learn the basics of school readiness skills while keeping in mind a child's overall development. School age children require a program that is focused on their needs and offers appropriate choices for them. It is very important to schoolagers to have their own physical and personal space. For this age group (5 to 12 years old) it is a must they have a motivating and encouraging place to come before and after school that is structured but allows them the opportunity to make choices and learn responsibility."



The Kids R Us staff just wrapped up a very successful summer program for school age children. Swimming, field trips, a mini reading program, creating a cardboard town with birdhouses and setting up a small computer lab were some of the exciting activities children and staff enjoyed.

Currently, Kids R Us is licensed for forty children---eight infants and toddlers and thirty two, two year olds and above. The center also employs an average of 5-7 staff on a regular basis and has been open since May of 2003. Hours of operation are Monday through Friday, from 6:30 am to 6:00 pm. The center is located between the two malls in Beckley at the top of Prosperity Hill (Robert C. Byrd Drive).

Future goals for the center include being licensed for 60 to 80 children in the next 12-24 months and successfully completing NAEYC accreditation.

Kids R Us would like to specifically thank the MountainHeart Training Team, TRAILS vans and TEAM JUMPSTART for all of their assistance and resources. Children and Play go together like peanut butter and jelly!



“Operation College Outreach”

MountainHeart Child Care Resource and Referral began focusing on higher education outreach activities in 2006. The efforts have continued in 2007. Our hope is to assist students with achieving success in their educational goals while supporting them through ongoing quality child care. Many families do not realize child care assistance is available to them until they hear from other students or child care providers. This financial support enables parents to work, go to school or attend other training opportunities. The goal was to visit area campuses during the time of enrollment in order to share resources and take child care applications for the students interested. MountainHeart staff set up a display table with numerous resources such as Women, Infants and Children (WIC) brochures, Child Care Aware pamphlets, information on WV Birth to Three Services, How to Find Appropriate Child Care handouts, as well as other informative materials regarding early childhood programs in our area.

Nineteen area Colleges, Universities, and Vocational Schools were targeted in Mercer, Greenbrier, Raleigh, Summers, Nicholas, McDowell, and Wyoming Counties. Most schools offered access to set up at the schools during Fall registration. Other schools requested written information to share with their students.

I would like to thank the MountainHeart College Outreach Representatives who worked diligently to make this project a success. The representatives included Brandi Radford and Shawna Green of the Raleigh County office, Myra Blake of the Mercer County office, Karen Howerton of the Nicholas County office, and Karla Cline of the Wyoming County office.

Angie Scott
Project Coordinator



Viewing The MountainHeart Display

Relay for Life



The Theme for 2007
was NASCAR

Little Smile's Family Daycare, and provider Crystal Anderson, participated in the American Cancer Society signature activity, Relay for Life, for the second year. Co-Captain for this year was Nancy Master. This year's event was held on August 4, 2007 at the Modlin Track Field at the Greenbrier Valley Medical Center.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy and service.

Crystal feels this is something that has affected us or someone we know in one form or another. She feels that getting the children involved will have a positive effect on them as well as getting them started in community activities and beneficial programs.

For more information about Relay for Life, contact the American Cancer Society at (304) 327-8770 or email to sherry.cicolini@cancer.org. If you would like to join or donate to Team Little Smile's, you can call Crystal Anderson at (304) 497-3903.

Did You Know?

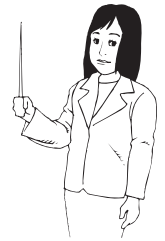
MountainHeart CCR&R has mini-grants available for family child care providers and child care facilities to assist in meeting child care regulations. Some of the items available include:

- ♥ Smoke Detectors
- ♥ Fire Extinguishers
- ♥ First Aid Kits
- ♥ Carbon Monoxide Detectors
- ♥ Safety Gates
- ♥ Creative Curriculum for Family Day Care
- ♥ Creative Curriculum for Pre-School (Facilities)
- ♥ High Scope Curriculum for Pre-School (Facilities)
- ♥ Car Seats
- ♥ Play Pens
- ♥ High Chairs
- ♥ Outlet Cover Plugs
- ♥ Door Knob Covers
- ♥ Cabinet Flex Locks
- ♥ Choke Tubes
- ♥ Reimbursement for First Aid/Choke Saving/Rescue Breathing classes.

For a complete list or more information contact your local MountainHeart office or Sara Monroe at 1-800-834-7082.

Professional Development Session On Behavior Management

Title: The Classroom Story
Description: Participants will learn how to set up a theater for learning through daily scheduling, classroom management strategies, and room arrangement that will anticipate and prevent challenging behaviors in the child care setting.
Registration: Space is limited to 20 participants. Please call Missie or Reba at 1-866-872-9204 to Pre-Register.
Date & Time: **October 20, 2007 from 10:00 am to 1:00 pm**
Location: **West Virginia WorkForce in Welch, West Virginia**



*Core Competency: Positive Relationships (Tier II & III)
 Target Audience: All*

West Virginia Infant/ Toddler (WVIT) Professional Development Program for Caregiver Administrators

These sessions are intended to provide administrators of infant and toddler programs with information about the West Virginia Infant/Toddlers Professional Development Program for Caregivers (WVIT PDP). These strategies will help reinforce their infant/toddler caregivers' learning and support implementation of the professional development. The 10 hour training focuses on the administrators' role and responsibilities as part of a team of professionals who share a common goal to provide high quality programs for infants and toddlers in all child care settings in West Virginia.

Any director or facility operator wishing to send an employee to the WVIT PDP must have completed this 10 hour training and be registered on the West Virginia State Training and Registry System (STARS).

For more information please call your Infant/Toddler Specialist, Tricia Smith at (304) 253-7654 or 1-888-799-9217

Upcoming Director Professional Development Sessions

October 5 & 12, 2007
10:00 am - 4:00 pm each day
WorkForce Building in Princeton, WV

Please call Missie or Reba @ 1-866-872-9204 to reserve your spot.

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

SLEEPING SAFE

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

Summary - Participants will discuss the latest SIDS research and best practices for keeping young children healthy and safe while sleeping.

October 29, 2007
Nicholas County WorkForce
Building in Summersville
6:00 pm to 8:00 pm

November 8, 2007
Wyoming County DHHR
in Pineville
12:30 pm to 2:30 pm



West Virginia Infant/ Toddler (WVIT) Professional Development Program for Caregivers

The WVIT Professional Development Program is a 50-hour training program for child care professionals registered on the STARS Pathway. The professional development opportunity is an ongoing process that requires the instructor and administrator to work together in a monitoring/mentoring process to help develop a plan that responds to the personal and professional development of the child care provider while meeting the needs of the children in the provider's care. The program consists of four modules, on-site visits, technical assistance, and follow-up visits to ensure that the training objectives have been met.

The program is open to centers, facilities and home providers who are registered on the STARS Pathway.

For more information please call your Infant/Toddler Specialist, Tricia Smith at (304) 253-7654 or 1-888-799-9217.

West Virginia Infant/Toddler Professional Development Program (WVIT PDP) is scheduled for the following dates, times and locations. Please call Missie or Reba at 1-866-872-9204 to reserve your place.

Session 1	10/19	10am - 4pm	Princeton WorkForce
Session 2	10/26	10am - 3pm	Princeton WorkForce
Session 3	11/2	10am - 4pm	Princeton WorkForce
Session 4	11/5	1pm - 5pm	Princeton WorkForce
Session 5	11/20	10am - 3pm	Princeton WorkForce
Session 6	11/29	10am - 4pm	Mercer Co. DHHR
Session 7	11/30	10am - 3pm	Mercer Co. DHHR
Session 8	12/3	10am - 4:30pm	Mercer Co. DHHR
Session 9	12/5	10am - 4pm	Mercer Co. DHHR
Session 10	12/12	10am - 12:30pm	Princeton WorkForce

If you are interested in reserving a place in a county closer to you, please call Tricia Smith at 1-888-799-9217 for more information.

IF PUBLIC SCHOOLS ARE CANCELLED IN YOUR COUNTY DUE TO INCLEMENT WEATHER, THERE WILL BE NO PROFESSIONAL DEVELOPMENT 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 CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

October 2007

Core Competency Professional Development Titles

Topic 1 - Developing A Child's Portfolio

Core Competency - 2 Hrs. of Child Observation & Assessment (Tier I) - Target Audience: All

Summary - Participants of this professional development session will learn the importance of making a child's portfolio and the role the portfolio plays in observation and assessment.

Topic 2 - Following The Path To Learning

Core Competency - 2 Hrs. of Child Growth & Development (Tier II) - Target Audience: School Age

Summary - Understanding and respecting the importance of play as a learning tool for school agers and adolescents. Additional information will be provided on what school agers think about play, why play is crucial for that age group and what play means to their learning process.

BRAXTON (Sutton Mayor's Office)

October 15, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

FAYETTE (Fayette County DHHR)

October 4, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

October 2, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1
October 30, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MCDOWELL (McDowell Co. WorkForce)

October 9, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

MERCER (Princeton WORKFORCE)

October 10, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

MERCER (Princeton Library)

October 3, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
October 17, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MONROE (CASE of Monroe)

October 16, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

NICHOLAS (Summersville WORKFORCE)

October 31, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

POCAHONTAS (McClintic Library)

October 8, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

RALEIGH (MountainHeart Child Care Services)

October 10, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
October 17, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1
October 29, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

SUMMERS

See sessions for Greenbrier, Mercer & Raleigh

WEBSTER

See sessions listed for Braxton or Nicholas Counties

WYOMING

See sessions listed for McDowell, Mercer or Raleigh Counties

For session reservations or more information, please call Missie or Reba at 1-866-872-9204.

TRAILS Van Schedule

The TRAILS van will be at the following professional development sessions:

County	October	November	December
Braxton	10/15 11:45 am – 12:30 pm	No Professional Development This Month	No Professional Development This Month
Fayette	10/4 11:30 am – 1:15 pm	11/13 11:30 am – 1:00 pm	12/6 11:30 am – 1:15 pm
Greenbrier	10/30 11:30 am – 1:00 pm	11/14 11:30 am – 1:00 pm	12/10 11:30 am – 1:00 pm
McDowell	10/9 11:45 am – 12:30 pm	11/16 11:45 am – 12:30 pm	12/4 11:45 am – 12:30 pm
Mercer	10/10 1:45 pm – 2:30 pm	11/28 11:45 am – 12:30 pm	12/17 1:45 pm – 2:30 pm
Monroe	10/16 11:30 am – 1:00 pm	No Professional Development This Month	No Professional Development This Month
Nicholas	10/31 11:45 am – 12:30 pm	11/9 2:45 pm – 3:30 pm	Van Will Not Be At Professional Development Session This Month
Pocahontas	10/8 11:30 am – 1:30 pm	No Professional Development This Month	No Professional Development This Month
Raleigh	10/29 11:30 am – 1:00 pm	11/27 11:30 am – 1:00 pm	12/11 11:30 am – 1:00 pm
Summers	No Professional Development This Month	11/26 11:30 am – 1:15 pm	No Professional Development This Month
Webster	No Professional Development This Month	No Professional Development This Month	No Professional Development This Month
Wyoming	No Professional Development This Month	No Professional Development This Month	12/5 11:45 am – 12:30 pm

* Please remember this schedule is just an added service, we will still be scheduling visits at family homes, facility and centers.

MountainHeart South CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

November 2007

Core Competency Professional Development Titles

Topic 1 - Promoting Positive Interaction & Relationships

Core Competency - 2 Hrs. of Family and Community (Tier II) - **Target Audience: School Age**

Summary - This professional development session looks at guiding older children in forming relationships that offer both structure and security, and how to improve a child's ability to make positive decisions for themselves. Participants will also receive guidelines on communicating with different ages of children and how to understand and be comfortable with group dynamics.

Topic 2 - Winter Safety Concerns

Core Competency - 2 Hrs. of Health, Safety & Nutrition (Tier II) - **Target Audience: All**

Summary - Participants of this professional development session will become more knowledgeable about safety concerns that occur in the winter months. Topics to be discussed will include, but are not limited to, exposure to cold, fire safety, toy safety and outside accidents.

BRAXTON

See sessions listed for Nicholas County

FAYETTE (Fayette County DHHR)

November 13, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

November 5, 2007	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1

November 14, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MCDOWELL (Welch Library)

November 16, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton WORKFORCE)

November 15, 2007	12:30 pm to 2:30 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

November 19, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

MERCER (Princeton Library)

November 28, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MONROE

See sessions listed for Greenbrier or Mercer Counties

NICHOLAS (Summersville WORKFORCE)

November 9, 2007	1:00 pm to 3:00 pm	Topic 1
	4:00 pm to 6:00 pm	Topic 2

POCAHONTAS

See sessions listed for Greenbrier or Nicholas Counties

RALEIGH (MountainHeart Child Care Services)

November 1, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

November 13, 2007	11:30 am to 1:30 pm	Topic 2
	2:00 pm to 4:00 pm	Topic 1

November 27, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

SUMMERS (Summers County DHHR)

November 26, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

WEBSTER

See sessions listed for Nicholas County

WYOMING

See sessions listed for McDowell, Mercer or Raleigh Counties

For session reservations or more information, please call Missie or Reba at 1-866-872-9204.

Components of Quality Care and Education Professional Development

MountainHeart will be offering specialized sessions for Developmental Appropriate Practices. These Modules have been developed to meet the requirements of the West Virginia Early Learning Standards Framework (WV ELSF) **and are recommended for all people who work with 2½-5 year old children in all early childhood settings. Remember, all modules must be completed to receive a certificate.** The modules will be divided into eight sessions and will begin in October for **Raleigh County**. Please call Missie or Reba at 1-866-872-9204 to pre-register.

Sessions are open to family providers, facilities & child care centers and will be held at **The Learning Tree in Beckley** from **6:00 pm to 10:00 pm** on the following dates:

- October 16, 2007 - Module 1**
- *October 20, 2007 - Module 2 & 3 - 9 am to 5 pm**
- October 30, 2007 - Module 4**
- November 6, 2007 - Module 5**
- November 13, 2007 - Module 6**
- November 20, 2007 - Module 7**
- November 27, 2007 - Module 8**



**Note: These modules will begin at a different time.*

MountainHeart South CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

December 2007

Core Competency Professional Development Titles

Topic 1 - Ethical Dilemmas In The Child Care Profession

Core Competency - 2 Hrs. of Professionalism (Tier I) - Target Audience: Directors/All

Summary - This professional development session will discuss the code of ethical conduct as established by the National Association for the Education of Young Children (NAEYC) and the importance of confidentiality.

Topic 2 - Healthy Habits And Attitudes For Children

Core Competency - 2 Hrs. of Child Growth & Development (Tier II) - Target Audience: School Age

Summary - Explores obesity issues in relation to school age children. This professional development session looks at how children's physical development influences their perception of their appearance and how the issue of weight affects their self esteem. Information will be provided on what care givers need to know about nutrition for different ages and how much physical activity is appropriate for older youth.

BRAXTON

See sessions listed for Nicholas or Webster Counties

FAYETTE (Fayette County DHHR)

December 6, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

December 3, 2007	10:00 am to 12:00 pm	Topic 2
	1:00 pm to 3:00 pm	Topic 1

December 10, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MCDOWELL (McDowell Co. WorkForce)

December 4, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

MERCER (Princeton WORKFORCE)

December 17, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

MERCER (Princeton Library)

December 4, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

December 12, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MONROE

See sessions listed for Greenbrier or Mercer Counties

NICHOLAS (Summersville WORKFORCE)

December 5, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

POCAHONTAS

See sessions listed for Greenbrier or Nicholas Counties

RALEIGH (MountainHeart Child Care Services)

December 6, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

December 11, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

December 18, 2007	10:00 am to 12:00 pm	Topic 2
	1:00 pm to 3:00 pm	Topic 1

SUMMERS

See sessions for Greenbrier, Mercer & Raleigh

WEBSTER

See sessions listed for Nicholas County

WYOMING - (*New Loc. - MountainHeart Comm. Serv. in Kopperston)

December 5, 2007	10:00 am to 12:00 pm	Topic 1
	1:00 pm to 3:00 pm	Topic 2

For session reservations or more information, please call Missie or Reba at 1-866-872-9204.

Which Professional Development Session Is Right For Me?

Now it's easier to choose a professional development session that meets your needs!

Starting this quarter, in the description of each class you will find some additional information. Common identifiers will be for classes focusing on different age levels and managerial leadership classes.

Remember: The new regulations now say, if you work in a child care center, you must have 6 hours of training in the age level of the children that you work with, and directors need 6 hours of management classes every year.

SATURDAY SESSIONS

The MountainHeart Professional Development Team is offering Saturday Training in an area near you! Call Missie or Reba @ 1-866872-9204 to reserve your seat TODAY!!

October 20th, 2007
10:00am-1:00pm

Environments: The Classroom Story
WorkForce WV Building, Welch, WV

November 3rd, 2007
1:00pm-4:00pm

How to Buy Age/Developmentally Appropriate Toys
Sutton City Hall, Sutton WV

December 1st, 2007
10:00am-2:00pm

Understanding School Age Children
Humpty Dumpty Child Care, Hinton, WV

Kids Doing Yoga!

Happy Hearts and Open Arms is a child care facility in downtown Ansted, WV. Michelle Leshner opened her doors in October of 2006. On one recent visit of the TRAILS van she decided to try the children's yoga program called the Yoga Kit for Kids by Kaplan Early Learning Company. She tried the yoga exercises in her program and soon the children fell in love with them. When Chris and Sandra brought the TRAILS program back we heard how much they were enjoying the yoga and asked for some pictures to share.



The Butterfly



The Windmill



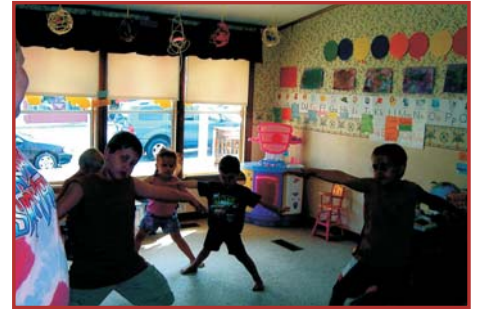
The Table



The Table



The Mouse



Hero

When Michelle sent pictures she also included this note that says more than we ever could:

The kids really surprised me by how seriously they took yoga! They all concentrated really hard and put their all into every pose. Yoga really does a lot of different things for their little bodies. Some poses help strengthen muscles like "The Table", some help with balance like "The Hero", and still others help stretch and relax like "The Mouse". Regardless of which pose they did, it helped to build their self-esteem. Each time they practiced, they could reach farther or hold a pose a little longer. I was so impressed with how much they loved it, that it is now a part of our daily routine. I encourage child care providers to try yoga out because I am sure your children will love it and benefit from it as much as mine have!

Michelle Leshner

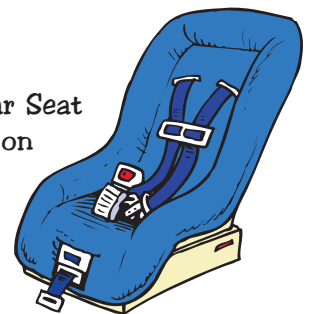
Happy Hearts and Open Arms

ADDITIONAL PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The MountainHeart Professional Development Team will be offering a session on Car Seat Safety at Nicholas County WorkForce Building Conference Room in Summersville on Wednesday, November 14, 2007. The session will run from 10:00 am to 2:00 pm with a 30 minute lunch break. You will receive a certificate for 3.5 Hrs. of training.

Space is limited to 20 participants. Call Missie or Reba at 1-866-872-9204 to pre-register today!

Please bring a car seat, if available.





Trails Mix

Hidden Dangers

Every day children across the nation are injured by dangers we do not even think or know about. The U.S. Consumer Product Safety Commission does a great job trying to keep the nation up to date and safe. One of their major responsibilities is releasing information about recalled products, but they also distribute various articles about safety as they become available. In one of their latest releases, they gave the "Top Five Hidden Home Hazards".

Number one on the list was magnets. Magnets caused over 1 million toys to be recalled in the last year! Swallowed magnets can attract to another magnet or metal piece in the body causing holes, blockages, infection and even death. Make sure you keep magnets away from children that might swallow them!

Number two on the list are recalled products. Many people have these items in their house and never know that they have a recall on them. Each year there are about 400 recalls. The best way to get this information is call (800) 638-2772 or check their web site at www.cpsc.gov. They will also send you e-mails with recall information if you request it!

Tip-overs kill an average of 22 children a year, and killed at least 31 in 2006. Make sure that furniture is firmly anchored and will not fall over on a child, especially a toddler learning to walk. Number four, Windows and Coverings also kill children every year. Nearly 12 children die annually from blinds cords. An average of 9 children dies every year by falling out of windows! The last dangers on their list are found in swimming pools or spas. Children often get trapped underwater or caught by the suction of a drain and badly injured or die.

The more we know, the better we are able to help our children. Please consider signing up with the Consumer Product Safety Commission to get their updates and recalls. Their phone number is (800) 638-2772 and their website is www.cpsc.gov.

Resource: www.cpsc.gov

The Most Popular Game Of All Time?!

Mancala is certainly one of the oldest games in the world with many variations around the world. Evidence suggests that it was played in Egypt in 1400 BC! The rules are simple and just about anything can be used to make the board and pieces. One center that has borrowed the Mancala board from the TRAILS program recently told us it was now the children's favorite game to play!



Board: The board can be drawn on paper, in the dirt, on the sidewalk with chalk, made out of an empty egg carton and a bowl at each end, or bought at the store.

Pieces: The pieces are called 'stones' and in many places in the world that is exactly what they use! You can use anything small enough to fit into your 'bowls'. Many boards use marbles, seeds, buttons, or plastic pieces.

General Rules: This is the rule set for one of the simplest versions of the game...

Each player "owns" the mancala on his right and the six small bowls closest to him (see the diagram). Player 1 starts by scooping up all the stones from one of his small bowls (players may never start from a mancala or from the opponent's six bowls). Player 1 drops one stone into the next bowl on the right, one stone into the second bowl on the right, continuing around the board (counterclockwise) until he has no more stones in his hand. If Player 1 reaches his own mancala, he drops a stone into it. Players do not drop stones into their opponents' mancalas, they skip them and continue dropping stones, one at a time, from their hand until they run out of stones. Players take turns moving. At the end of the game, players count the stones in their mancalas - the player with the most stones wins.

<http://www.centralconnector.com/GAMES/mancala.html>

There's A New Face In The Mix... TRAILS Mix, That Is!

Joanne McCallister is the new TRAILS Early Childhood Specialist. She graduated from Marshall University and continued her Master's level classes there, also. Her background and work experiences are very diverse but have always centered on children and parents. She has been employed as a children's librarian, elementary school teacher and childbirth educator. Joanne is a life long learner and is currently taking a class on infant and toddler development.



Joanne and her husband, Don, are most proud of their three daughters, Amy, Janel, and Tracy, and they enjoy spending time with their two grandchildren, Abigail (7), and Michael (6). Joanne believes the TRAILS program is a fascinating concept and a great program for family providers, child care centers and facilities that have a need

for quality resources and appropriate educational materials.

According to Joanne, "I count it a privilege to be a part of the MountainHeart Training Team and I am looking forward to serving the child care community in this area."

You can contact Joanne at the MountainHeart Beckley Office at 228 Ragland Road. Phone: (304) 253-7654.

Joanne's Recommended Reading List For Fall

- ♥ Sheep in a Shop
by Nancy Shaw & Margot Apple
- ♥ The Very Busy Spider
by Eric Carle
- ♥ Very Lonely Firefly
by Eric Carle
- ♥ If You're Happy and You Know It
by Annie Kubler
- ♥ The Napping House
by Audrey Wood and Don Wood
- ♥ Head, Shoulders, Knees & Toes
by Annie Kubler
- ♥ Leo The Late Bloomer
by Robert Kraus & Jose Aruego
- ♥ Guess How Much I Love You
by Sam McBratney & Anita Jeram
- ♥ All Fall Down
by Helen Oxenbury
- ♥ Goodnight Moon
by Margaret Wise Brown & Clement Hurd
- ♥ Fall by Chris L. Demarest
- ♥ Goodnight Max by Rosemary Wells
- ♥ Frederick by Leo Lionni



"Dear Roma"

It's Hard To Say Goodbye

Dear Roma,

I care for a three year old child who cries in the morning after his father has dropped him off at child care. He also cries when we start helping children get ready for lunch and just before nap time. His crying upsets the rest of the children and we end up with a classroom full of crying children. Please Help!

"It's hard to say goodbye"



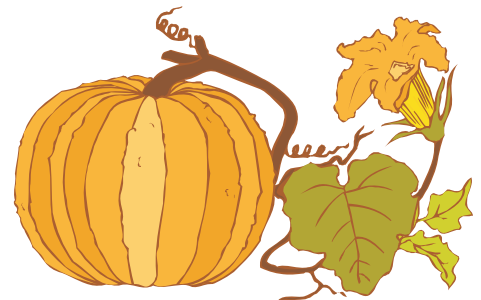
Dear "It's hard to say goodbye",

It's all right to miss mommy/daddy. Loving attachment lays the foundation for growing independence. Mastering separation feelings is a life-long process and can be painful, causing anger and fear in young children. Even going to bed feels like separation. What can you do to help children deal with separation? The following strategies will help children identify and understand the feelings that they are experiencing:

- ♥ Talk about change as it occurs and identify feelings of sadness, anger and fear,
- ♥ Encourage children to put feeling into words. Say to the child "I know it is hard for you to leave Daddy", or "I know you miss Daddy, Daddy misses you too," or "I know it makes you sad when Daddy leaves."
- ♥ Assuring the child that the parent will return. "Daddy will be back after nap."
- ♥ Avoid telling the child, "Don't cry" or "be good"!
- ♥ "Get acquainted" visits are essential to help children with separation.
- ♥ Help parents learn to display confidence when saying "goodbye."
- ♥ Give the child hope by saying, "You'll feel better when your friends arrive."

Please send questions to:

MountainHeart Child Care Services
Roma Lester
P.O. Box 1509 • Oceana, WV 24870
romalester@wvdhhr.org



Medication Administration Training

MountainHeart Child Care Resource & Referral is pleased to announce they will be sponsoring more Medication Administration Professional Development Sessions. Sessions will be from 4:30 pm to 9:00 pm on the following dates:

- ♥ September 25, 2007 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ September 27, 2007 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ October 11, 2007 at the MountainHeart Community Services Office in Kopperston (Wyoming County).
- ♥ October 18, 2007 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).
- ♥ November 8, 2007 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office).
- ♥ November 27, 2007 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ December 6, 2007 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ December 11, 2007 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).

You must call Missie or Reba at 1-866-872-9204 to register. Class size is limited to 15 and there will be a wait list. If, for some reason after you register, an emergency arises and you are unable to attend, please call and let us know so someone from the wait list can attend the session.

PLEASE NOTE:

- ♥ You must 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.
- ♥ You need to bring your STARS Bar Code ID's.

Due to the intensity of the material to be covered **YOU MUST** be present at the scheduled start time of training.

If you have any additional questions, contact Sara Monroe at MountainHeart Child Care Resource & Referral at 1-800-834-7082.



Training Materials Needed



MountainHeart
Child Care Resource & Referral

P.O. Box 1509 • Oceana, WV 24870

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

**Important Child Care
Information Enclosed!**

MHCCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of Early Care and Education. MHCCR&R 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.