

Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care



Vol. IV Issue 2

www.mountain-heart.org/ccsouth.htm

Spring 2007



Reflections from MY Desk

In February, I was privileged to hear one of this country's most renowned and beloved pediatricians, T. Berry Brazelton, Founder of the Brazelton Touchpoints Center® (BTC) in Boston. Dr. Brazelton was the keynote speaker at the 10th anniversary of the Celebrating Connections Conference.

The BTC® focuses on not only the needs of children but the needs of families, too. According to Dr. Brazelton, "Touchpoints is a practical approach for enhancing the competence of parents and building strong family-child relationships from before birth through the earliest years, laying the vital foundation for children's healthy development."

The BTC® believes the key to improving outcomes for children is to engage more effectively with parents. To reach as many families as possible, BTC® collaborates with like-minded (child care) providers that have the unique opportunity to influence families during their most formative years. Since its founding in 1996, BTC® has reached 12,000 providers serving more than one million families.

Dr. Brazelton and his assistant, Joshua Sparrow, MD, left us all with many "treasures of truth" about families and children. The following are a few I would like to share with you:

- ♥ There's a baby inside each of us
- ♥ We should move child care to "family care" because we can't take care of the child without taking care of the family
- ♥ You are the architect of children's brains - guiding the connections
- ♥ Your job is to fall in love with every child you work with

You can find out more information about the Brazelton Touchpoints Center at www.touchpoints.org

See Page 4 for "The Vision: A Need for Change"

Margie



It's Closer Than You Think!

Mark Your Calendar For The

MountainHeart Annual Provider Conference

"Discovering The Arts With MountainHeart"



Where: Summersville Arena & Conference Center
3 Armory Way • Summersville, WV 26651

When: Saturday, June 9, 2007

Who: Home, Facility, Center Based Child Care Providers, Preschool & Head Start Teachers

Why: Professional Development Hours, Provider Appreciation Gifts, Door Prizes, Provider Appreciation Luncheon & Lots of Fun

How: A conference brochure with a registration form will be mailed to you in April. When you receive it, mail it back with a \$10.00 non-refundable registration fee to the MountainHeart Administrative Office. The registration deadline is May 25th.

A limited number of stipends are available for providers that need them.

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Published by

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

Mark Your Calendars
June 9, 2007
MountainHeart's
Annual Provider
Conference
Summersville, WV

Roma's Real World

Partnering with Families on Children's Learning

To partner effectively with parents, you will need to get parents involved and keep them involved in their child's learning. Try to discover the special interests and abilities of all family members and think of ways to incorporate them into the program. Ask yourself, "What does the parent bring into the relationship that enhances our ability to work together?" For example:

- ♥ Making things for the program. Family members can make things at home that will benefit all the children in the program. Families can sew doll clothes, make curtains, or make matching games. Parents can collect "beautiful junk" that can be used in the art area.
- ♥ Sharing their culture. Families that are willing to share aspects of their cultural heritage can enrich the program greatly. You might ask family members to cook a traditional dish with the children, teach them a dance or song, tell a story, or share photos of their country.
- ♥ Share a talent or job. Once you learn about the special talent or interest and what family members do for a living, you can invite them to share their knowledge and experience with the children.
- ♥ Participating in a study/planning the curriculum. Families can be a great source of information and ideas if the topic of study is something that they are knowledgeable about. You might send home a note describing what you will be studying and invite parents to be a part of the planning. The families might want to join you on a field trip, contribute materials, or participate in a special activity.

Whatever families have to offer can enhance your program. The size of the contribution is not important. What families learn by contributing and the positive message their involvement conveys to children is what counts.



Sandbox Safety

Besides the educational benefits, sand is a source of great entertainment for kids. But before you begin filling those sandboxes, please remember the following sanitation and safety precautions:

- ♥ Purchase only new, sterilized "natural sand" from a hardware, gardening, or toy store. This should be labeled for use in children's sandboxes and should be a light tan in color. Stay away from white or light powder artificial sand because it may contain rocks, chunks, and materials made for asbestos. These materials are poisonous to both children and adults.
- ♥ Choose toys for sandbox play such as plastic toys, vehicles, and household objects (including measuring cups, strainers, funnels, and containers). These are all good choices because they can be cleaned and sanitized after each use. Avoid small objects that can pose choking hazards to young children.
- ♥ Both indoor and outdoor play sand should be discarded and replaced every two years. If the sand becomes contaminated discard immediately and purchase new natural sand.
- ♥ To prevent the spread of germs children should wash their hands immediately before and after sand play.
- ♥ If a child has a diaper accident or diarrhea in a sandbox, replace the sand immediately and sanitize the sandbox before further use.
- ♥ Outdoor sand boxes should be kept covered when not in use. This protects the area from roaming cats, dogs, and birds. If the sand box did not come with a commercial cover, use a canvas or plastic tarp.
- ♥ Spilled sand can lead to falls and injuries. Keep a broom and dust pan near indoor play areas and use a soft brush to remove any sand particles from children's clothes before they go inside.
- ♥ Keep eating and drinking areas separate from both indoor and outdoor sand play areas.
- ♥ Vigilant adult supervision is necessary and crucial to a successful play experience.
- ♥ It is also wise to discuss sand safety rules with children, making sure they know that throwing or eating sand is unacceptable.

Source: www.healthychild.net





FREQUENTLY ASKED QUESTIONS

When do I submit my Request for Payment form?

The Provider submits, a "Request for Payment Child Care Services" form and sign in/out attendance forms on the last day of services for the month. These forms will serve as both the official invoice for payment and the report of services. Payment forms should be submitted to the local CCR&R by the 3rd work day of each month.

What are Non-Traditional hours?

- Four (4) or more hours after 7:00 pm and before 6:00am, Monday through Friday.
- Four (4) or more hours anytime on Saturday or Sunday.
- Twelve (12) or more consecutive hours during a 24 hour period.

How do I complete the attendance sheet for time I provide care after 12:00am midnight?

Each day ends at 12:00am midnight. A new day begins at 12:01am. You (the provider) will sign the child out of your care at 12:00am and sign the child into your care at 12:01am on the following day. The parent will sign the child out at the time of pickup.

Will I get paid for providing care on a pending case?

After the parent submits the required verifications, the case will be approved and payment will be made beginning on the application date. If the parent does not submit all the required verifications within the 13 days, the case will be denied and no payment will be made. At that time, it becomes the parent's responsibility to pay for child care services rendered.

How do I know if the parent is eligible to receive child care?

The parent is issued a child care certificate upon approval. It is the parent's responsibility to provide you (the provider) with the certificate. The certificate will be issued to the parent to be given to the provider. It is the provider's responsibility to have a valid certificate in order to guarantee payment. The certificate list the names of the eligible child or children, child's birth date, daily rate, child fee, hours per day, days per week, days per month, and the starting and ending dates. This certificate is your guarantee of payment for child care services.

What is the child fee?

This is a per day fee that the parent will pay the provider for child care services. This fee is subtracted from the daily rate. For example, if the daily rate is \$18.00 per day and the child fee is \$1.75 per day, you will receive \$16.25 per day. The parent will pay \$1.75 to you directly. The child fee amount can also be accessed through FACTS PLUS.

Do I need to obtain a work/school schedule from the parent?

Yes. We only pay for services during the time the parent is at work or school. If you bill for times that differ from the school/work schedules you will not get paid. We do not pay for dental appointments, doctor appointments, errands, etc. If you have a question about which activities are approved, please call your local MountainHeart office.

Is the parent linked to me?

When the parent has added a provider to their child care case a child care certificate is issued to the provider. It is their responsibility to provide you with the child care certificate. This information can be obtained through FACTS PLUS.

Has my check been issued?

MountainHeart audits the Request for Payment forms and attendance sheets for errors and discrepancies. If there is an error or discrepancy the payment form is returned for correction. Once the Payment Request Form is approved it is entered into the system. MountainHeart does not write checks or mail checks. Information about your check can be obtained through FACTS PLUS.

How do I sign up for FACTS PLUS?

FACTS PLUS is a free service and you must have internet access. To sign up for FACTS PLUS call 1-800-291-0753 or log on to <https://www.wvfacts.org/factsplusnet/>.

What is CQCE?

The Components of Quality Care and Education (CQCE) modules were developed to meet the requirements of the West Virginia Early Learning Framework (WV ELSF). The components consist of eight modules related to the development of 2 to 5 year old children and their care. Each module is 4 hours in length and touches on topics such as literacy, child development and children with disabilities to name just a few. Participants in the class not only learn more about child care but also develop professional relationships with child care providers just like themselves. The modules are taught on a rotating basis throughout our region. The classes are taught in 4 hour increments and usually once a week for eight weeks. Each participant in the class receives a resource book full of information that they gain throughout the classes. Past participants of the class have stated that the knowledge that they gained improved their job performance and boosted their confidence in their care of children. Classes are currently ongoing and if you are interested in attending in your county, please feel free to contact our Summersville office for more information at 1-866-872-9204.

What Will It Take?

What will it take to ensure that young LOW-INCOME CHILDREN SUCCEED in the EARLY SCHOOL years?

A new National Center for Children in Poverty brief provides a blueprint for state and local policymakers, early learning administrators, teachers, families, community leaders and researchers to use effective preschool curricula and teaching strategies to help low-income young children close the achievement gap.

www.ecs.org/OOCN3389



The Vision: A Need for Change

In a perfect world...

- ♥ All professionals join parents as allies in the systems of care for their children.
- ♥ Communities develop comprehensive systems of support for children, built on the nucleus of strong relationships with parents.
- ♥ All parents understand the critical importance of providing their child with a warm and nurturing environment.
- ♥ Every infant receives the best preventive care possible so they can develop all of their potential.

Of course, we know that the world is not perfect

- ♥ Fewer parents have an extended family for support.
- ♥ Parents are faced with unprecedented challenges.
- ♥ The world has become more complex and dangerous.
- ♥ One in three victims of physical abuse is a baby less than twelve months old. Every day a baby dies of abuse or neglect at the hands of his or her caregivers. "The State of America's Children" 1997 Children's Defense Fund Yearbook.
- ♥ Public policy analysts warn that ever-increasing numbers of children portend more social problems in the future unless existing problems of childhood are addressed. "The 'Millennium Generation' is Making its Mark" by Dale Russakoff, Washington Post Staff Writer
- ♥ If our present rates of incarceration continue, one out of every twenty babies born in the United States today will spend some part of their adult lives in state or federal prison. U.S. Department of Justice Study March 9, 1997 Release
- ♥ During the last thirty years, violent crimes committed by youth have risen by 371 percent. There is startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first two years of life. "Ghosts from the Nursery: Tracing the Roots of Violence" Robyn Karr-Morse and Meredith S. Wiley Atlantic Monthly Press, 1997
- ♥ When asked about the major threats to children's health today, a 1998 public survey revealed that, while people are very concerned about children's health, they have a hard time identifying the major health hazards and health care needs for kids. When asked for specifics, their top concerns were drugs, crime, and the breakdown of the family, reflecting a general concern about moral values and parental responsibility. Reported in KidsCampaign Weekly, 12/14/98

We know that we can do better...

- ♥ We know that the future of our nation depends on the health and well-being of all children and families.
- ♥ We know that investing in prevention now will pay major dividends in the future.
- ♥ We know that there are serious gaps in the education and training of doctors and other professionals who care for our children and families.
- ♥ We know that we can close these gaps by supporting education and training programs built on the Brazelton philosophy of positive relationships between parents, providers, community, and the child.

From the Brazelton Foundation website: www.brazelton.org/touch.html

New Infant Toddler Specialist

I would like to take this opportunity to introduce myself. My name is Tricia Smith. I graduated from Concord College in 2001 with a Bachelors of Science degree in Education and have been working for MountainHeart Child Care Services as the TRAILS Early Education Specialist. I have recently become the New Infant Toddler Specialist.

Although I will miss all of you whom I have seen on a regular basis with the TRAILS van, I am excited about this new challenge and hope to see lots of you take the WVIT PDP (West Virginia Infant Toddler Professional Development Program).

HAPPY TRAILS TO YOU!



Tricia Smith
New Infant
Toddler Specialist

IT'S NOT TOO LATE!

File for the Earned Income Tax Credit by April 17th

Are you, a relative or a close friend about to "lose" up to \$4,400? The tax filing deadline is quickly approaching! You could be one of more than 200,000 West Virginians who will share millions this year through the Earned Income Tax Credit (EITC). To receive the tax credit, you must file a tax return by April 17 even if you don't owe any taxes.

People who earned an income less than \$38,000 in 2006 may be eligible. For example, families with two or more children who earned less than \$36,348 (or less than \$38,348 for married workers) are eligible for a credit of up to \$4,536. Families with one child who earned less than \$32,001 (or less than \$34,001 for married workers) are eligible for a credit of up to \$2,747.

Remember, free, fast tax return preparation assistance is available at your local MountainHeart Offices.



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 Reba or Jamie at 1-866-872-9204 to Pre-Register.



April 21, 2007 from 10:00 am to 1:00 pm
The Corner at MountainHeart Conference Room in Beckley, West Virginia

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

June 28 & 29, 2007
10:00 am - 4:00 pm each day
MountainHeart Office, Kopperston, WV

July 10 & 11, 2007
10:00 am - 4:00 pm each day
MountainHeart Office on Ragland Road, Beckley, WV

Please call Jamie 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.

Additional Professional Development for Infant/Toddler Caregivers

Beginning with Books

Core Competency - 2 Hrs. of Curriculum (Tier II)

Summary - Participants will learn when and how to implement reading concepts with children in this interactive workshop.

May 3, 2007
Mercer County WorkForce Building in Princeton
2:00 pm to 4:00 pm

May 31, 2007
MountainCap Child Development Center in Cowen
4:00 pm to 6:00 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 and times at the Greenbrier County WorkForce WV Building in Red Oak Shopping Center. Please call Jamie or Reba at 1-866-872-9204 to reserve your place.

- Session 1 - April 10th from 1:00 pm to 6:00 pm**
- Session 2 - April 11th from 2:00 pm to 6:00 pm**
- Session 3 - April 16th from 1:00 pm to 6:00 pm**
- Session 4 - April 17th from 1:00 pm to 5:00 pm**
- Session 5 - May 7th from 12:00 pm to 4:00 pm**
- Session 6 - May 8th from 1:00 pm to 6:00 pm**
- Session 7 - May 14th from 12:00 pm to 4:00 pm**
- Session 8 - May 18th from 1:00 pm to 6:30 pm**
- Session 9 - May 22nd from 1:00 pm to 6:00 pm**
- Session 10 - May 25th from 1:00 pm to 3:30 pm**

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

April 2007

Core Competency Professional Development Titles

Topic 1 - Artists, Athletes and Scholars

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

Summary - Participants will gain knowledge on educating and supporting older children by enriching their learning spaces, schedules and environments.

Topic 2 - Playing to Learn

Core Competency - 1 Hr. Child Growth & Development and 1 Hr. Curriculum (Tier I)

Summary - Participants of this professional development will discuss the importance of play in the early childhood setting.

BRAXTON

See sessions listed for Nicholas or Webster Counties

NICHOLAS (Summersville WORKFORCE)

April 16, 2007	3:30 pm to 5:30 pm	Topic 1
	6:00 pm to 8:00 pm	Topic 2

FAYETTE (Fayette County DHHR)

April 4, 2007	10:00 am to 12:00 pm	Topic 1
	1:30 pm to 3:30 pm	Topic 2

POCAHONTAS

See sessions listed for Greenbrier or Nicholas Counties

GREENBRIER (Lewisburg WORKFORCE)

April 2, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1
April 23, 2007	3:00 pm to 5:00 pm	Topic 1
	6:00 pm to 8:00 pm	Topic 2

RALEIGH (MountainHeart Child Care Services)

April 4, 2007	3:30 pm to 5:30 pm	Topic 1
	6:00 pm to 8:00 pm	Topic 2
April 25, 2007	2:30 pm to 4:30 pm	Topic 1
	5:00 pm to 7:00 pm	Topic 2
April 30, 2007	10:00 am to 12:00 pm	Topic 2
	1:00 pm to 3:00 pm	Topic 1

MCDOWELL (McDowell County DHHR)

April 25, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

SUMMERS (Summers County DHHR)

April 11, 2007	12:00 pm to 2:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

MERCER (Princeton WORKFORCE)

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

WEBSTER

See sessions listed for Braxton or Nicholas Counties

MERCER (Princeton Library)

April 11, 2007	1:00 pm to 3:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2
April 26, 2007	3:00 pm to 5:00 pm	Topic 1
	5:00 pm to 7:00 pm	Topic 2

WYOMING (Wyoming County DHHR In Pineville)

April 16, 2007	11:00 am to 1:00 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2

MONROE

See sessions listed for Greenbrier or Mercer Counties

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

Trails Van Schedule

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

County	April	May	June
Braxton	No Professional Development This Month	5/3 4:45 pm – 5:30 pm	No Professional Development This Month
Fayette	4/4 11:30 am – 2:00 pm	5/10 12:30 pm - 1:00 pm	6/25 11:30 am – 2:00 pm
Greenbrier	4/23 3:00 pm – 3:30 pm	5/21 1:30 pm – 2:00 pm	6/13 3:00 pm – 3:30 pm
McDowell	4/25 11:45 am – 12:30 pm	5/14 12:30 pm – 1:00 pm	6/13 11:45 am – 12:30 pm
Mercer	4/17 1:45 pm – 2:00 pm	5/2 1:45 pm – 2:30 pm	6/4 1:45 pm – 2:30 pm
Monroe	No Professional Development This Month	No Professional Development This Month	No Professional Development This Month
Nicholas	Van Will Not Be At Training In April	5/4 3:00 pm – 3:30 pm	6/18 3:15 pm – 4:00 pm
Pocahontas	No Professional Development This Month	No Professional Development This Month	6/28 12:30 pm – 1:00 pm
Raleigh	4/25 2:30 pm – 3:00 pm	5/16 1:30 pm – 2:00 pm	6/12 3:00 pm – 3:30 pm
Summers	4/11 12:00 pm – 12:30 pm	5/9 1:00 pm – 1:30 pm	6/15 1:30 pm – 2:00 pm
Webster	No Professional Development This Month	No Professional Development This Month	6/14 4:45 pm – 5:30 pm
Wyoming	4/16 12:45 pm – 1:30 pm	No Professional Development This Month	No Professional Development This Month

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

MountainHeart South CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

May 2007

Core Competency Professional Development Titles

Topic 1 - It's All About Me - Building Self-Esteem in Children

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

Summary - "I can't" is a phrase that is often spoken and dismissed in the early childhood environment. Participants of this professional development will learn techniques and strategies on how to help children build positive self-esteem.

Topic 2 - Separation, Disappointment and Loss: How school agers handle emotions and difficult situations.

Core Competency - 2 Hrs. of Family and Community (Tier II)

Summary - Participants will learn techniques on how to help school age children learn how to adapt in negative situations and how to respond appropriately.

BRAXTON (Sutton City Hall)

May 3, 2007	3:00 pm to 5:00 pm	Topic 1
	5:30 pm to 7:30 pm	Topic 2

FAYETTE (Fayette County DHHR)

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

GREENBRIER (Lewisburg WORKFORCE)

May 15, 2007	2:30 pm to 4:30 pm	Topic 1
	5:00 pm to 7:00 pm	Topic 2
May 21, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

MCDOWELL (Welch Library)

May 14, 2007	1:00 pm to 3:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

MERCER (Princeton WORKFORCE)

May 2, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1
May 29, 2007	12:00 pm to 2:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

MERCER (Princeton Library)

May 8, 2007	2:00 pm to 4:00 pm	Topic 1
	4:30 pm to 6:30 pm	Topic 2

MONROE

See sessions listed for Greenbrier or Mercer Counties

NICHOLAS (Summersville WORKFORCE)

May 4, 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)

May 9, 2007	11:00 am to 1:00 pm	Topic 2
	1:30 pm to 3:30 pm	Topic 1
May 16, 2007	1:30 pm to 3:30 pm	Topic 1
	4:00 pm to 6:00 pm	Topic 2
May 25, 2007	12:00 pm to 2:00 pm	Topic 1
	2:30 pm to 4:30 pm	Topic 2

SUMMERS (Summers County DHHR)

May 9, 2007	1:00 pm to 3:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

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 Reba or Jamie at 1-866-872-9204.

Components of Quality Care and Education Training

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). These 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. **Classes will begin in April for Webster and Raleigh Counties.** If you are interested in these modules or have questions about the Components of Quality Care and Education modules, please call Dianna Thompson at 1-866-872-9204 or Roma Lester at 1-800-834-7082.



MountainHeart South CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

June 2007

Core Competency Professional Development Titles

Topic 1 - Helping Children To Cope When Things Don't Go Their Way

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

Summary - The session will provide information that will help child care providers increase their understanding of resources, planned projects and activities from the perspective of school age children.

Topic 2 - Children and Art

Core Competency - 2 Hrs. Curriculum (Tier II)

Summary - Participants of this professional development will learn the value of art education. Hands-on activities and discussions about why art is important in an early childhood classroom will be encouraged.

BRAXTON

See sessions listed for Nicholas or Webster Counties

NICHOLAS (Summersville WORKFORCE)

June 18, 2007	11:30 am to 1:30 pm	Topic 1
	4:00 pm to 6:00 pm	Topic 2

FAYETTE (Fayette County DHHR)

June 25, 2007	10:00 am to 12:00 pm	Topic 1
	1:30 pm to 3:30 pm	Topic 2

POCAHONTAS (McClintic Library)

June 28, 2007	11:00 am to 1:00 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

June 13, 2007	3:00 pm to 5:00 pm	Topic 1
	5:30 pm to 7:30 pm	Topic 2
June 26, 2007	10:00 am to 12:00 pm	Topic 2
	1:00 pm to 3:00 pm	Topic 1

RALEIGH (MountainHeart Child Care Services)

June 6, 2007	12:30 pm to 2:30 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1
June 12, 2007	3:00 pm to 5:00 pm	Topic 1
	5:00 pm to 7:00 pm	Topic 2
June 21, 2007	3:30 pm to 5:30 pm	Topic 1
	6:00 pm to 8:00 pm	Topic 2

MCDOWELL (McDowell County DHHR)

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

SUMMERS (Summers County DHHR)

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

MERCER (Princeton WORKFORCE)

June 4, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

WEBSTER (Webster Springs Mayor's Office)

June 14, 2007	3:00 pm to 5:00 pm	Topic 1
	5:30 pm to 7:30 pm	Topic 2

MERCER (Princeton Library)

June 19, 2007	2:30 pm to 4:30 pm	Topic 1
	5:00 pm to 7:00 pm	Topic 2
June 26, 2007	2:00 pm to 4:00 pm	Topic 1
	4:00 pm to 6:00 pm	Topic 2

WYOMING

See sessions listed for McDowell, Mercer or Raleigh Counties

MONROE - (CASE of Monroe)

June 28, 2007	2:00 pm to 4:00 pm	Topic 1
	4:00 pm to 6:00 pm	Topic 2

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

IMPORTANT NOTICE

MountainHeart Sessions are provided for the professional development of all child care providers. To allow All Participants the opportunity to focus fully on the subject matter, we ask that you do not bring infants or children to the sessions.



We regret we are unable to provide child care during professional development. Thank you for honoring our policy in this matter.

SATURDAY PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The MountainHeart Professional Development Team will be offering a session on Car Seat Safety at MountainHeart Child Care Services in Beckley on Saturday, May 12, 2007. The session will run from 10:00 am to 2:00 pm.

Space is limited to 20 participants. Call Jamie or Reba at 1-866-872-9204 to reserve your seat today!



"Dear Roma" Coming Soon

Dear Providers,

We are planning to add a column titled "Dear Roma" by request of the Advisory Council during a recent planning session. I will answer questions related to challenging behaviors in the early childhood environments.



Please send questions to:

MountainHeart Child Care Services

Roma Lester

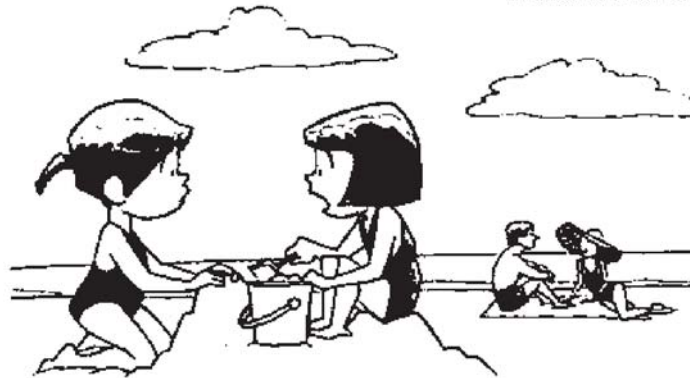
P.O. Box 1509

Oceana, WV 24870

romalester@wvdhhr.org

LOL Laughing Out Loud

AHAJOKES.COM



"I'm never having kids. I hear they take nine months to download."

Friends-R-Fun Child Development Center



Friends-R-Fun Child Development Center has been in existence for just over 20 years. With a few changes in equipment over the years, the playground used by the children had stayed essentially the same for those 20 years.

Renovating the playgrounds had been on the 'project list' for several years and fund-raising activities by the Parent Advisory Committee (cookie and Avon sales, etc.) had begun. The new 2003 Licensing Regulations gave added emphasis to the project. Fund-raising and renovating began in earnest working one play area at a time.

By the time the last area, the infant and toddler playground was to be renovated, all revenue sources had already been tapped and there was not enough money to finish the high cost areas for surfacing and shelter for the infant area. About that time, MountainHeart announced playground grants were available. Friends-R-Fun applied and the grant was awarded to us.

By careful designing and with the help of a creative local contractor, an outdoor area was constructed for the infant/toddler group where they could crawl and play. An outdoor classroom was essentially created that will greatly expand their ability to be outside. The smallest ones can crawl on the artificial (non-wood, non-splinter) flooring in a safe and confined area. An added bonus occurred by extending the roof by a few feet so that parents laden with infants, diaper bags, etc. can now enter the infant room under shelter and without danger of slipping on snow or ice.

According to the Director of Friends-R-Fun, Judy Olsen, "Just extending the roof a few inches and allowing parents to safely exit and enter the building made a huge difference. We had been working on and fund-raising for playgrounds for five years. There was no money left for the high cost of surfacing and shade. We were thrilled to hear about the grant and it made the finishing of the project possible. We can now allow the infants and toddlers to play, crawl and get fresh air with the rest of the children. The surfacing is easy to care for. The staff have been thrilled because they can now really take all the children outdoors safely!"

Submitted by Shonda Zastawniak



Trails Mix

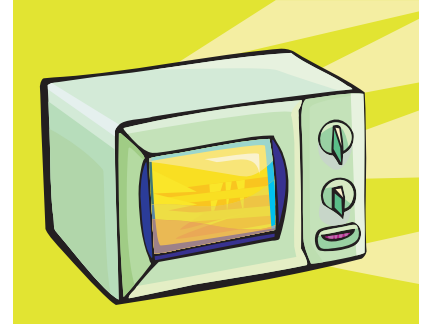
Use Your Microwave to Clean

One of the most commonly used tools for cleaning can be a huge disease carrier itself! The sponge, especially the kitchen sponge, can quickly become a bacteria infected, disease transferring, machine. Germs and bacteria love wet places to grow, and a sponge holds water and then little bits of food get stuck in the holes. This makes a perfect place for bacteria and spores to grow. Studies have found a dangerous mix of fecal bacteria, E. coli, and bacterial spores in the average kitchen sponge.

Microwaving a wet sponge on high for 2 minutes has been shown to kill 99% of all living germs and bacteria spores! The heat and boiling water is too much for them to take. It also starts the drying process, and a dry sponge is safe because bacteria must have a wet environment to live and grow.

There are just a few cautions to consider before getting started. Make sure your sponge does not contain steel or other metals, as that can cause fires in the microwave. If the sponge is not wet, it could catch on fire as you microwave it. Lastly, when the two minutes are up, be careful when you remove the sponge from the microwave because it will be HOT!

Source: <http://www.webmd.com/content/article/131/118080>



Experience Matters

My name is Sandra Cox and I work with the TRAILS program as the Associate. Only a year and a half ago I was a child care provider. I was a child care provider for 10 years, and know that every day is an adventure!

I know the challenges of providing quality child care. Over my ten years I have learned a lot and love sharing what I have learned with other providers. Now that I work with MountainHeart, I have knowledge of resources child care providers can access to help make their business a success.

If you need supplies, craft or art ideas, toys, or ever just have questions then my program is the one to call. The TRAILS program goes out to see people at their home, facility or center. Two trained staff members on the TRAILS Van can answer all kinds of questions, as well as recommend toys, supplies, and resources. One of the things I really like to do is help people with situations that I have been through.

For home child care providers, the mini-grant is available every year. This is a small grant that can be used to purchase items needed for your child care business and to help you meet Health & Safety Standards. For more information, please call your local MountainHeart TRAILS office.

Special Thanks!

We would like to thank Brenda Green, Sherry Harmon, and Dianna Thompson for donating items to the TRAILS Program.



Mother's Day and Father's Day are Coming!

Our families are some of the best in the world, and need all the support and help they can get. If you celebrate holidays, remember that Mother's day is on May 13th, and Father's Day is on June 17th. Consider having the children you care for make something special as a surprise for their parents.

Ideas to help you celebrate these important days don't have to be elaborate or fancy. Making hand prints so parents always have a record of how small their children really were can be very special. Having a picture or two printed would do the same thing, and the children could even make a frame for it out of craft materials. Children could even paint pictures of their family, and you could write a greeting on the picture for them.



Growing Sunflowers

There are lots of myths and legends about people trying to capture the sun, but there is a way you can do it... well, sort of. Sunflowers are wonderful plants with huge yellow flowers just like the sun, and when you pick them and bring them inside, it's just like having your own bright sun indoors. The best thing is that they grow really fast!

You will need:

A packet of sunflower seeds, a sunny spot in the garden where there is plenty of room (if you don't have room in the garden there are special ones to grow in a pot - see below), some compost or manure

What to do:

1. Dig up the area where you are going to plant your seeds. Mix in some compost or manure.
2. Make several low mounds about half a meter apart with a saucer shape in the top. This will help you to know where your seeds are planted.
3. Plant about 5 seeds in each saucer. Plant the seeds about half a centimeter deep.
4. Water them gently. Keep the saucer moist until the seedlings emerge.
5. When the seedlings have a couple of leaves, pull out the weakest ones and leave the two best ones to grow.
6. Some sunflower plants can grow 3 meters tall! Others are not quite so big.
7. If you can only grow your sunflowers in a pot, there is a cute variety called Teddy Bear which has lovely fuzzy flowers and only grows 40cm tall. Do you know this funny old rhyme?

Fuzzy-wuzzy was a bear,

Fuzzy-wuzzy had no hair,

So Fuzzy-wuzzy wasn't fuzzy, wuz he?

8. By the way, sunflower seeds are yummy to eat, but they are much easier to husk if you are a parrot!

Extreme caution should be used by any individual with a sensitivity to nuts.

Source: www.global-garden.com.au/gardenkids.htm



Smoke Alarm Safety Reminder

Consumers should replace their smoke alarms every 10 years since the sensors in these devices can degrade because of environmental contamination and from age. In addition to replacing batteries in smoke alarms at least once every year, CPSC and USFA (United States Fire Administration) recommend testing them monthly. Battery backup is an important consideration for those alarms that are powered by your home's electrical system.

Between 1999 and 2003, there were an estimated 356,000 unintentionally set residential fires reported to fire departments annually. These fires resulted in an estimated annual average of 2,500 deaths and 14,000 injuries.

CPSC staff came to the following conclusions about children and smoke alarms in a 2004 report on this issue:

- ♥ Children under the age of 16 have longer periods of deep sleep compared to adults
- ♥ Current smoke alarms do not reliably wake children under the age of 16.
- ♥ Various home configurations and locations of smoke alarms can limit the transmission of sound throughout the house.
- ♥ Interconnected smoke alarms can provide earlier warning of smoke and fire and placing them inside bedrooms may provide improved warning when bedroom doors are closed.

Source:

U.S. Consumer Product Safety Commission

www.cpsc.gov





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:

- ♥ March 22, 2007 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ March 26, 2007 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office).
- ♥ March 27, 2007 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ April 12, 2007 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).
- ♥ April 24, 2007 at the MountainHeart Community Services Office in Kopperston (Wyoming County).
- ♥ May 10, 2007 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ May 15, 2007 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ June 19, 2007 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).
- ♥ June 28, 2007 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office).

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.