



Child Care Chronicles



Vol. V Issue 2

www.mountain-heart.org/ccsouth.htm

Spring 2008

A Newsletter of MountainHeart Child Care Resource & Referral Region VI



Reflections from MY Desk

The theme for the two 2008 Annual Provider Conferences scheduled for April is "The Big Picture". The message behind the theme is this: "The Big Picture" in Child Care is Everyone's Business! Child Care should be important to parents, grandparents, providers, employers, pediatricians, elected officials, the business community, the early childhood community, the religious community, the medical community, the school system, colleges and universities and every single person or entity in a child's community. Are you beginning to see "The Big Picture"?

How can we work together to help transform how some people think about children and child care? "The Big Picture" we should relay to our communities is this:

- ♥ Child Care has meaning to children and to those who care about them
- ♥ Child Care has a unique and distinct purpose
- ♥ Child Care has a vision for the present and for the future
- ♥ Child Care creates life long learners
- ♥ Child Care supports parents and families
- ♥ Child Care allows children to learn through play and exploration
- ♥ Child Care teaches children to care and want to give back to their community
- ♥ Child Care teaches children to discover, problem solve and be creative
- ♥ Child Care teaches children a love for life and their community

Now, you can really see the "Big Picture"! Be an enthusiastic advocate for child care!

"Education is not the filling of a pail but the lighting of a fire." WB Yeats

Margie

Newsletter and Professional Development Schedule Updates By E-Mail

Did you know that you can receive your Newsletter and Professional Development Schedule updates by e-mail? If you have a valid e-mail address and would like to have newsletter and professional development schedule notices sent to your computer, let us know and we will be sure to add you to the list.

This also makes it easy to share the newsletter with friends and family. You can simply forward the e-mail you receive to others who might be interested in the articles and child care information included in the newsletter each quarter.

To have your e-mail address added to the list, send an e-mail to: subscribeccsouth@mountainheartwv.org. We will add you to the list as soon as we receive your request.

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MountainHeart
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Newsletter Designed & Published by
Mike Stafford

SPRING



Important Dates! Mark Your Calendars!

The MountainHeart Conference Committee Members are planning **TWO** Annual Provider Conferences this Spring. April 5th and 19th of 2008 will be the dates, so mark your calendars now. The first conference will be held in Fayette County at the Oak Hill Holiday Inn. The second conference will be held at Pike View High School in Mercer County.

Both conferences will feature the same speakers and resources. This year's conference is titled "The Big Picture" and will feature two nationally recognized speakers, Dr. Don Hall and Randy Housh, who are known to entertain, teach, and motivate groups. Dr. Don Hall is a full tenured professor in the Counseling Program at Marshall University. He is a licensed psychologist and counselor, has published articles in local, state, and national journals, and has written two books and two training manuals. Randy Housh brings 29 years of experience in non-profit management, human resource development, and public speaking. Mr. Housh has conducted over 500 workshops and seminars. The emphasis of the conferences will be on professionalism and curriculum with six hours of STARS credit given at the end of the conference.

You may attend only one conference, so choose the one that is best for you. Registration is required, but the conference is FREE. Lunch will be included.

Remember to mark your calendars and get ready to "see" **The Big Picture** for ways to enhance your early childhood programs. Registration is NOW IN PROGRESS! Join your peers in registering for this event. Seating is limited so reserve your seat today!

Did You Know?

- ♥ It is unlawful for any person under fifteen years of age to operate or be a passenger on a bicycle or any attachment to a bicycle used on a public roadway, public bicycle path or other public right-of-way unless at all times when the person is so engaged he or she wears a protective bicycle helmet of good fit, fastened securely upon the head with the straps of the helmet. (WV Code §17C-11A-4).
- ♥ Bicycles account for more childhood injuries than any other consumer product but the car. Studies show that bicycle helmets reduce the risk of head injury by as much as 85% (National Safe Kids Campaign).



Submitted by
Dianna Thompson

Thank You for your donations to the TRAILS van.

- ♥ Kids at Hart
- ♥ Jennifer Alley
- ♥ Linda Hill-Karnes



Frequently Asked Questions

- Q) How do I qualify for a Higher Tier reimbursement level?
- A) Family Child Care Providers can obtain a higher Tier level of reimbursement by becoming accredited. Providers must:
- ♥ Be at least 21 years of age.
 - ♥ Have a high school diploma or GED (you must apply for a waiver).
 - ♥ Provide care to children for a minimum of 15 hours per week.
 - ♥ Provide care to a minimum of 3 children in a home environment. At least 1 child must not be a member of the provider's household.
 - ♥ Be the primary caregiver.

For more information on accreditation, please contact your local MountainHeart office or National Association for the Education of Young Children (NAEYC).

- Q) I made three errors on my payment form for a child in which I had billed for 16 days. The Request for Payment form was returned to me for corrections. Will I get paid for the other 3 children that I have billed for correctly?
- A) Yes. The other children listed on the Request for Payment will be paid if billing was submitted correctly.

Submitted by Betty Hamrick

Keep Baby Safe While Sleeping

- ♥ Place baby on his or her back for naps and at night.
- ♥ Use sleep clothing, such as a one-piece sleeper, instead of a blanket.
- ♥ Do not let anyone smoke near baby.
- ♥ Use a firm mattress in a safety-approved crib covered by a fitted sheet.
- ♥ Make sure nothing covers the baby's head.
- ♥ Do not use pillows, blankets, sheepskins, or pillow-like bumpers in baby's sleep area.
- ♥ Keep soft objects, stuffed toys, and loose bedding out of baby's sleep area.
- ♥ Keep baby's sleep area close to, but separate from, where you and others sleep.
- ♥ Don't forget TUMMY TIME when baby is awake and is being watched.

Discuss these and other facts related to safe sleep environments for infants at MountainHeart's Sleeping Safe professional development opportunity.

Source: <http://www.nichd.nih.gov/sids>

Address Change

The address for the Summersville Office has changed. The change was made by the EOC/911 Center. The new address is:



MountainHeart Child Care Services
830 Northside Drive
Suite 139
Summersville, WV 26651

Please be sure to direct your future mailings to the above address.

Web Sites Of Interest

Gardening for Children
www.kidsgardening.org

Virus Protection Software (AVAST)
www.avast.com

Spyware Removal Software (Adaware)
www.lavasoftusa.com



Dana Slater Family Child Care Provider

Dana Slater is a family child care provider located in Fayetteville. She opened the doors of her house in May, 2001, and has been welcoming in children and families ever since. Everyone that enters is greeted with warmth into a child friendly environment that points toward the high quality of child care being offered by Dana to all the parents who choose her for their child care provider.

Evidence of what the children are working on is always easy to spot. Dana is excited about what her children are doing with literacy. Every week her diverse group makes a book. Using their art, digital pictures of the children themselves, or even stickers, Dana helps the children to create a love of books, literature, and learning for a lifetime. Some of the current titles published by this group include "What I Can Do With My Hands" (with photos of children illustrating the words), "The Mixed Up Names Book" (pages are divided so children can match the correct name with the correct child), and a "Numbers and Counting Book" (using stickers and drawings to lead children to the right numbers). When asked why she puts so much time into her projects with the kids, Dana modestly replies that she loves hearing her children tell their parents "Look what I did today" with the sound of pride in their voices.

Besides working with her children from ages two to school age, Dana is also expanding her own education. Almost two years ago, Dana started the ACDS (Apprenticeship for Child Development Specialists) classes. She was very nervous about going, but now she recommends ACDS for everyone. The classes have taught her not only what to do, but how and most importantly, why. Dana's classmates share stories, ideas, and experiences about child care and provide constant support. The ACDS classes are worth college credit hours, and they have inspired Dana so much that she is taking other classes, and will graduate in May with an Associate degree in Early Childhood Psychology from Mountain State University.

Dana stands as a strong example of quality child care. MountainHeart would like to thank Dana for the great work she is doing, and the difference she is making in children's lives.

Submitted by Chris Ruminski



Week of the Young Child Celebration

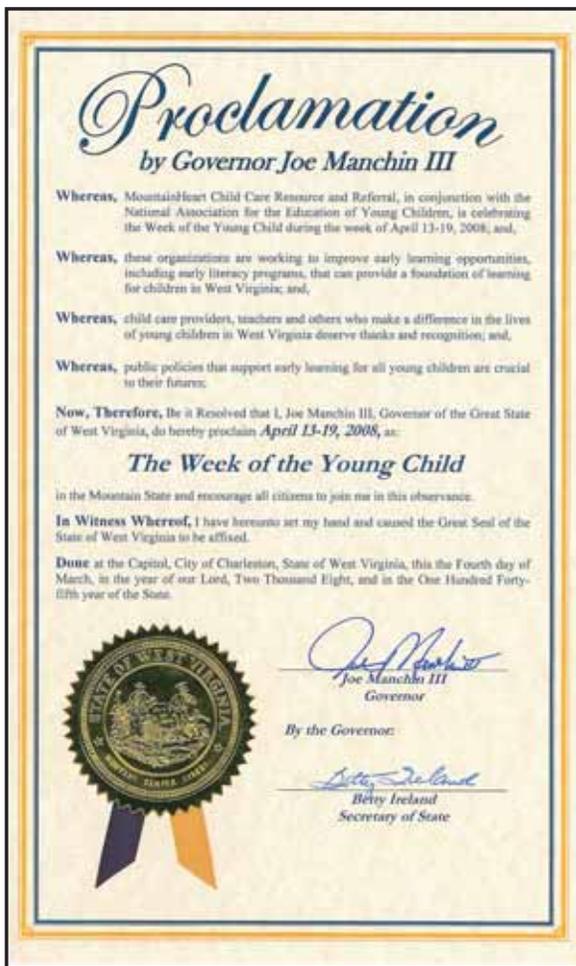
MountainHeart CC R&R will be celebrating the “Week of the Young Child” during April 13th through the 19th. According to NAEYC (National Association for the Education of Young Children), this week is designated to honor children and thank those that make a difference in young children's lives. The theme for this week is: BRING COMMUNITIES TOGETHER FOR CHILDREN-CHILDREN BRING COMMUNITIES TOGETHER.

We would like to take this opportunity to invite you to stop by the MountainHeart office in your local community to meet a representative from PBS (Public Broadcasting Service) who will spend one day in each of the five MountainHeart offices to distribute a free book to each child who comes in to celebrate with us. Contact your local office to find out the day of the week that PBS will be doing the book distribution in your area.

Children in all child care or early childhood settings are also invited to draw a special picture and turn those in to the TRAILS van or MountainHeart offices by April 11th. Pictures will be displayed in the each MountainHeart office during the celebration.

Once again, join with us in our celebration of the young children in your care by participating in a variety of activities MountainHeart will be hosting during this week.

Submitted by Angela J. Scott and Joanne McCallister
Committee members for “Week of the Young Child”



Governor Proclaims Week of the Young Child



MountainHeart Child Care Resource & Referral
Week of the Young Child Committee
Missie Harris, Brandi Radford, Myra Blake,
Angie Scott (Chairperson), Karla Cline & Joanne McCallister

Professional Development Session On Behavior Management

Title: Positive Behavior Support
Description: The professional development session will provide an over view of the positive behavior support curriculum. Participants will discover positive behavior techniques that can be incorporated into the curriculum for early childhood environments as well as after school programs.
Registration: Space is limited to 20 participants.
 Please call Reba or Missie at 1-866-872-9204 to Pre-Register.



June 10, 2008 From 1:00 pm - 4:00 pm
Mercer County WorkForce in Princeton, West Virginia

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

Child Care Center Directors and Facility operators must attend a one time Administrator Training before their staff can attend the WVIT PDP

Upcoming Director Professional Development Sessions

June 11, 2008

9:00 am - 4:00 pm

MountainHeart Conference Room in Beckley, 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.*

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

The WVIT Professional Development Program is a 50-hour training focusing on the child care professional working with children from **birth to 35 months**, the caregivers relationship with families, child development, and quality programming. Caregivers must complete all 10 sessions to complete the program.

WVIT PDP offers:

- ♥ Hands-on activities
- ♥ Interaction with other caregivers in your profession
- ♥ FREE resources available to eligible participants

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

For more information please contact 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	4/8	10-4	Lewisburg Workforce
Session 2	4/16	10-3	Lewisburg Workforce
Session 3	4/25	10-4	Lewisburg Workforce
Session 4	4/29	10-3	Lewisburg Workforce
Session 5	5/13	10-3	Lewisburg Workforce
Session 6	5/20	10-4	Lewisburg Workforce
Session 7	5/23	10-3	Lewisburg Workforce
Session 8	6/3	10-4:30	Lewisburg Workforce
Session 9	6/10	10-4	Lewisburg Workforce
Session 10	6/13	10-12:30	Lewisburg Workforce

Upcoming Sessions of WVIT PDP for Caregivers

Please remember that you must be a caregiver working with children ages birth to 35 months at least 20 hours per week and credentialed on the WV STARS Career Pathway. If you are working in a center, your director must attended the West Virginia Infant/Toddler Professional Development Program for Caregiver Administrators and also be credentialed on the WV STARS Career Pathway.

July/August/September - Wyoming County
 October/November/December - Raleigh County

Call your Infant/Toddler Specialist, Tricia Smith, at 1-888-799-9217 ext. 418 to reserve your spot.

SLEEPING SAFE

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

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

April 11, 2008
10 am to 12 pm
Summers County DHHR

May 14, 2008
10 am to 12 pm
MountainHeart in Kopperston

June 5, 2008
10 am to 12 pm
Monroe County DHHR



Choosing Developmentally Appropriate Toys for Infants and Toddlers

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

Summary - Participants will explore developmental milestones for children birth thru 35 months and discuss learning materials and activities that will promote growth in all the developmental areas.

May 22 6:00 pm - 8:00 pm Summersville WorkForce
 June 16 6:00 pm - 8:00 pm Princeton WorkForce

IF PUBLIC SCHOOL IS CANCELLED IN YOUR COUNTY DUE TO INCLEMENT WEATHER, THERE WILL BE NO PROFESSIONAL DEVELOPMENT THAT DAY.

MountainHeart CCR&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.

MountainHeart South Professional Development Schedule

WU STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

April Topics

Topic 1 - Opening Doors to Success: Communicating with Parents, Families, and Children

Core Competency - 1 Hr. of Positive Interactions & Relationships and 1 Hr. of Family & Community (Tier II)

Target Audience - All

Summary - The professional development session will offer insight into effective communication for positive interaction and outcomes. Information will be provided on how to productively structure and maintain successful professional relationships with a focus on understanding the perspective of parents and families.

Topic 2 - Shaken Baby Syndrome

Core Competency - 2 Hrs. of Health, Safety, & Nutrition (Tier I)

Target Audience - Infant/Toddler

Summary - Participants in this session will learn about the dangers of Shaken Baby Syndrome and discover strategies to implement when working with infants and toddlers.

May Topics

Topic 1 - Did You Know: Statistics about Accidents and Deaths in Child Care

Core Competency - 2 Hrs. of Health, Safety, & Nutrition (Tier I)

Target Audience - I/T, Pre-School, School-Age & Management

Summary - How often do accidents occur in child care? What are some ways to help keep children stay safe in child care? Participants of this session will learn statistics about common accidents in child care and ways to help prevent them from occurring.

Topic 2 - It's a Jungle Out There

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

Target Audience - School Age

Summary - The professional development session will focus on planning and facilitating discovery learning through active engagement and inquiry with simple inexpensive science activities for school age children. Learn about the power of good selection by planning activities with hands-on experience and critical "outside the box" thinking that highlights learning strategies and solutions.

June Topics

Topic 1 - Introduction to the Family Child Care Creative Curriculum

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

Target Audience - Family Child Care Providers

Summary - Participants of this session will review the Creative Curriculum for Family Child Care. Information covered will include an introduction to the curriculum and the importance of establishing a good listening environment.

Topic 2 - Outdoor Activities - Group Game Dynamics

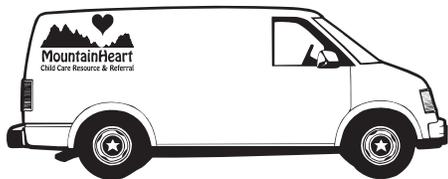
Core Competency - 2 Hrs. of Child Growth & Development (Tier II)

Target Audience - Pre-School / School Age

Summary - This professional development session will focus on the support of children as engineers and architects with materials designed to engage, educate, and empower. Participants will discover creative techniques on problem solving, math, and language arts by implementing activities in the outdoor classroom to achieve structure in play.

Want To See The TRAILS Van?

The TRAILS Van attends one monthly training in each of our region's twelve counties.



Please look for the picture of the van beside the training

*Visits at professional development sessions are an added service. We will continue scheduling visits at family homes, facilities and centers.

Which Professional Development Session Is Right For Me?

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

The description of each class will contain some additional information. Common identifiers will be classes focusing on different ages 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.

Professional Development Opportunities

April - June 2008

Braxton County - Braxton County DHHR

 June 16, 2008	10:30 am - 12:30 pm 1:00 pm - 3:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities
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Fayette County - Fayette County DHHR

 May 20, 2008	10:30 am - 12:30 pm 1:00 pm - 3:00 pm	Did You Know? It's A Jungle Out There
 June 9, 2008	12:00 pm - 2:00 pm 3:00 pm - 5:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities

Fayette County - *Hosted Training* A Place to Grow in Oak Hill

June 17, 2008	6:00 pm - 8:00 pm	Problem Solving Skills and Developmental Assets For Young Children
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Fayette County - Holiday Inn in Oak Hill

April 5, 2008	7:00 am - 4:30 pm	Annual Provider Conference - The Big Picture
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Greenbrier County - Lewisburg WORKFORCE

 April 15, 2008	12:00 pm - 2:00 pm 3:00 pm - 5:00 pm	Opening Doors to Success Shaken Baby Syndrome
 May 27, 2008	11:00 am - 1:00 pm 2:00 pm - 4:00 pm	Did You Know? It's A Jungle Out There
 June 2, 2008	1:00 pm - 3:00 pm 4:00 pm - 6:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities

McDowell County - WORKFORCE

 May 14, 2008	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Did You Know? It's A Jungle Out There
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McDowell County - Welch Library

 April 15, 2008	10:30 am - 12:30 pm 1:30 pm - 3:30 pm	Opening Doors to Success Shaken Baby Syndrome
 June 18, 2008	11:00 am - 1:00 pm 2:00 pm - 4:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities

Mercer County - Pikeview High School in Princeton

April 19, 2008	7:00 am - 4:45 pm	Annual Provider Conference - The Big Picture
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Mercer County - Princeton WORKFORCE

 April 8, 2008	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Opening Doors to Success Shaken Baby Syndrome
May 20, 2008	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Did You Know? It's A Jungle Out There
June 3, 2008	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities
 June 17, 2008	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Outdoor Activities Intro to the Family Child Care Creative Curriculum

Mercer County - Princeton Library

April 30, 2008	10:00 am - 12:00 pm 12:30 pm - 2:30 pm	Opening Doors to Success Shaken Baby Syndrome
 May 16, 2008	10:00 am - 12:00 pm 12:30 pm - 2:30 pm	Did You Know? It's A Jungle Out There
May 29, 2008	10:00 am - 12:00 pm 12:30 pm - 2:30 pm	It's A Jungle Out There Did You Know?
June 25, 2008	11:00 am - 1:00 pm 2:00 pm - 4:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities

Monroe County - Monroe County Public Library

 April 23, 2008	11:00 am - 1:00 pm 2:00 pm - 4:00 pm	Opening Doors to Success Shaken Baby Syndrome
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Nicholas County - Summersville WORKFORCE

 April 24, 2008	12:00 pm - 2:00 pm 2:30 pm - 4:30 pm	Opening Doors to Success Shaken Baby Syndrome
May 31, 2008	10:00 am - 2:00 pm	Creative Curriculum for Family Child Care
 June 26, 2008	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities

Pocahontas County - McClintic Library

June 16, 2008	11:00 am - 1:00 pm 1:30 pm - 3:30 pm	Intro to the Family Child Care Creative Curriculum Outdoor Activities
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Professional Development Opportunities

April - June 2008

Raleigh County - MountainHeart Child Care Resource & Referral

<p> April 16, 2008</p> <p>April 23, 2008</p> <p>May 13, 2008</p> <p> May 22, 2008</p> <p>June 10, 2008</p> <p> June 23, 2008</p>	<p>11:00 am - 1:00 pm 1:30 pm - 3:30 pm</p> <p>2:00 pm - 4:00 pm 5:00 pm - 7:00 pm</p> <p>10:00 am - 12:00 pm 12:30 pm - 2:30 pm</p> <p>11:30 am - 1:30 pm 2:00 pm - 4:00 pm</p> <p>10:00 am - 12:00 pm 12:30 pm - 2:30 pm</p> <p>10:30 am - 12:30 pm 1:00 pm - 3:00 pm</p>	<p>Opening Doors to Success Shaken Baby Syndrome</p> <p>Shaken Baby Syndrome Opening Doors to Success</p> <p>Did You Know? It's A Jungle Out There</p> <p>It's A Jungle Out There Did You Know?</p> <p>Intro to the Family Child Care Creative Curriculum Outdoor Activities</p> <p>Outdoor Activities Intro to the Family Child Care Creative Curriculum</p>
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Summers County - Summers County DHHR

<p> April 28, 2008</p>	<p>10:00 am - 12:00 pm 1:00 pm - 3:00 pm</p>	<p>Opening Doors to Success Shaken Baby Syndrome</p>
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Webster County - Webster Springs WORKFORCE

<p> May 14, 2008</p>	<p>11:00 am - 1:00 pm 1:30 pm - 3:30 pm</p>	<p>Did You Know? It's A Jungle Out There</p>
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Wyoming County - MountainHeart Community Services in Kopperston

<p> May 12, 2008</p>	<p>10:00 am - 12:00 pm 1:00 pm - 3:00 pm</p>	<p>Did You Know? It's A Jungle Out There</p>
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Wyoming County - *Hosted Training* Presbyterian Day Care in Pineville

<p>June 21, 2008</p>	<p>10:00 am - 2:00 pm</p>	<p>Car Seat Safety</p>
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Components of Quality Care and Education Professional Development

MountainHeart will be offering specialized sessions for Developmentally 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 2 1/2-5 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 April for Mercer 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 Mercer County WORKFORCE from 4:30 pm - 9:00 pm on the following dates:

- April 3, 2008 - Module 1
- April 17, 2008 - Module 2
- April 24, 2008 - Module 3
- April 28, 2008 - Module 4
- May 5, 2008 - Module 5
- May 19, 2008 - Module 6
- June 5, 2008 - Module 7
- June 12, 2008 - Module 8



Saturday Professional Development Opportunities

Creative Curriculum for Family Child Care

Core Competency - 4 Hrs. of Curriculum (Tier II)

Summary - Participants of this professional development will receive an overview of The Creative Curriculum for Family Child Care. Discussion will include the importance of setting the stage and the value of play areas. Participants will also develop a daily schedule to take with them.

Training will be held on May 31, 2008 at the Summersville WorkForce from 10 am to 2:00 pm.

Problem Solving Skills and Developmental Assets of Young Children

Core Competency - 4 Hrs. of Child Observation and Assessment (Tier II)

Summary - Active experiences for active children. Learn how to plan and implement opportunities for children to learn about problem solving and critical thinking. Attendees will also receive information on how to design effective learning environments for children that enhance these skills.

Training will be held on June 17, 2008 at A Place To Grow in Oak Hill from 6 pm to 8 pm.

Car Seat Safety Training

The MountainHeart Professional Development Team will be offering a session on Car Seat Safety at The Presbyterian Day Care in Pineville on Saturday, June 21, 2008. 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 1/2 Hrs. of training.

Please bring a car seat, if available.



The MountainHeart Professional Development Team is offering Saturday Training in an area near you!

Call Jamie or Reba @ 1-866-872-9204
to reserve your seat TODAY!!

SPRING

Dear Roma

Dear Roma,

I have a dilemma and don't know how to handle the situation. I work in the infant room which is next door to the preschool room and can hear what is happening in that room. I overheard a preschool caregiver telling a child to go stand in a corner for time-out. Is making a child stand in a corner appropriate? If it isn't appropriate discipline, how do I address this situation?



“Out on a Limb”

Dear “Out on a Limb”,

Asking a child to stand in a corner is not appropriate. There are many ways to give positive guidance rather than using time-out. Time-out is not an appropriate behavior management tool for young children. This type of behavior management can place children under stress, damage self-esteem, and isolate children rather than teaching problem solving skills.

My advice is to share the incident with the director. Hopefully, the director will speak with the staff person and follow up with scheduling training for all staff on appropriate behavior management strategies for different age groups.

Please send questions to:

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

Mini-Grants Make A Difference!

The MountainHeart mini-grant is an exciting way to get materials for your child care setting! The mini-grant is available to Family Child Care Providers and Child Care Facilities. The purpose of the mini-grant is to assist providers in meeting licensing requirements. Items such as smoke detectors, fire extinguishers, digital carbon monoxide detectors and first aid kits are available to meet basic start-up health and safety regulations.

In the past year, we have also been helping providers with some of their larger equipment needs. We have purchased items such as play pens, high-chairs, car seats, gates and cots, to name a few. Special request items to meet the regulations may also be considered and approved by the mini-grant committee.

Another new addition to the mini-grant program, is the availability of curriculum materials and books. When you request a book, such as Creative Curriculum, curriculum materials are also included as a bonus! Creative Curriculum is an excellent source to assist you in planning and setting up your child care environment. In addition, one of the TRAILS Early Childhood Specialists will make an onsite visit to your home or facility and make recommendations of materials to order such as blocks, costumes, infant toys, sand and water tables, musical instruments and outdoor play items. When the items arrive, the TRAILS staff will bring your new materials out to you. You can also receive professional development STARS credit from the training provided by the TRAILS Early Childhood Specialist.

Remember, you can apply for a mini-grant once a year! So, if you have never taken advantage of this great resource, or you are in need of items to meet regulations, you should complete an application today! Just follow these six easy steps:

Step One: Call your DHHR Child Care Specialist, your local MountainHeart office or local TRAILS staff to receive a mini-grant application.

Step Two: Complete the application. Use the check off list for items we have in stock or write in items needed to meet regulations for your child care home or facility.

Step Three: Obtain approval and signature from your local DHHR Child Care Specialist.

Step Four: Mail your completed mini-grant application to:

MountainHeart
P. O. Box 1509, Oceana, WV 24870,
Attention: Sara Monroe

Step Five: You will receive a letter in the mail to let you know you are approved and your items are available.

Step Six: After receiving your letter, please call your local MountainHeart office to schedule a time to pick your items up OR contact the TRAILS program to have your items dropped off during a TRAILS visit.

Submitted by Chris Ruminski

SPRING TRAILS MIX

Something New In The TRAILS Mix

A new member has been added to the TRAILS program. Erica Bragg, a recent graduate of Valley College, has joined the TRAILS team as the TRAILS associate in the Raleigh County office.



Erica Bragg

TRAILS Early Childhood Associate

Erica has one son, 19 month old James. She brings to the program her organizational skill, computer knowledge, and a desire to serve child care workers through the TRAILS van.

When you see Erica in her “travels”, please welcome her to the MountainHeart team.

Submitted by Joanne McCallister

The Importance Of Reading To Children

How important is reading to the children in your care? Statistics show that it is very important. “Most of the reading problems faced by today's adolescents and adults are the result of problems that might have been avoided or resolved in their early childhood years.” (National Research Council, 2000)

Based on a survey done by the United States Department of Education, children who have not developed literacy skills by the time they enter school are 3 to 4 times more likely to drop out of school in later years. Reading on a regular basis to the children in your care may be their best link to literacy.

The TRAILS van can be utilized to promote reading by checking out age appropriate books for infants to school age children. Our TRAILS vans have a large selection of literature covering cultural diversities, non-fiction, rhymes, and tales of all sorts.



Submitted by Joanne McCallister

Springing Forward With TRAILS

For those that have not yet taken advantage of the TRAILS program, the time could not be better. The TRAILS staff will come out to visit you at your home, facility, or center. On our visits we bring a listening ear, friendly advice, new activities, the latest research, and lots of toys, equipment, and materials you can borrow for children of all ages.

As many of you remember, MountainHeart had a fire that burned our Administrative Office in Wyoming County in January of 2006. This has caused many changes, including moving the base of operations for one of the TRAILS programs. That TRAILS program is now working out of the Raleigh County office, even though Raleigh County is one of the areas covered by the other van. After much consideration and discussion we have decided to change some of the counties that the two TRAILS programs cover. This will allow the TRAILS staff to provide assistance and resources more easily and more often to more of you.

Joanne McCallister and Erica Bragg will continue to serve McDowell, Mercer, and Wyoming Counties. They will be adding Raleigh County to the other three counties that they serve. Chris Ruminski and Sandra Cox will be retaining the counties they already serve (Fayette, Greenbrier, Monroe, Pocahontas, and Summers). They will be adding Braxton, Nicholas, and Webster to their service area.

All the TRAILS staff are excited about this change. We think that it will help improve the service we are able to give to you, our most important priority!

Joanne McCallister and Erica Bragg: 304-253-7654 or 1-888-799-9217 (toll free)
Serving: McDowell, Mercer, Raleigh, and Wyoming Counties

Chris Ruminski and Sandra Cox: 304-647-3800 or 1-866-223-7127 (toll free)

Serving: Braxton, Fayette, Greenbrier, Monroe, Nicholas, Pocahontas, Summers, and Webster Counties

Submitted by Chris Ruminski

Parents' Internet Monitoring Study



A survey commissioned by Cox Communications and NCMEC¹ found that

- ♥ Over half (51%) of parents either do not have or do not know if they have software on their computer(s) that monitors where their teenager(s) go online and with whom they interact.
- ♥ 42% of parents do not review the content of what their teenager(s) read and/or type in chat rooms or via Instant Messaging.
- ♥ Teenagers who Instant Message use chat lingo to communicate and parents don't know the meanings of some of the most commonly used phrases. 57% don't know LOL (Laughing Out Loud), 68% don't know BRB (Be Right Back), and 92% don't know A/S/L (Age/Sex/Location).
- ♥ 95% of parents couldn't identify common chat room lingo that teenagers use to warn people they're chatting with, that their parents are watching. Those phrases are POS (Parent Over Shoulder) and P911 (Parent Alert).
- ♥ Nearly three out of 10 (28%) parents don't know or are not sure if their teens talk to strangers online.
- ♥ 30% of parents allow their teenagers to use the computer in private areas of the house such as a bedroom or a home office. Parents say they are more vigilant about where their teen(s) go online if the computer is in a public area of the household.
- ♥ 58% of parents surveyed say they review the content of what their teenager(s) read and/or type in chat rooms or via Instant Messaging; 42% do not.

Source: <http://www.netSMARTZ.org/safety/statistics.htm>

¹Ketchum Global Research Network. Parents' Internet Monitoring Study. National Center for Missing & Exploited Children and Cox Communications, 2005.

Basic Information On The Stimulus Payments

You've heard about it. Now find out how to get yours.

What is it? It's an economic stimulus payment that more than 130 million households will receive starting in May. It's not taxable, and it won't reduce your 2007 or 2008 refund or increase the amount you owe when you file your 2008 return.

Are you eligible? You're eligible if you have a valid Social Security Number (SSN) and show qualifying income of at least \$3,000 on your federal tax return. Both people listed on a "married filing jointly" return must have valid SSNs to qualify for the payment – if only one has a valid SSN, neither can receive the payment.

How do you get it? Just file a federal tax return for 2007, even if you normally don't have to because your income usually doesn't meet the filing threshold. You can't get it if you don't file.

How much will you get? The actual amount depends on the information contained on your tax return. Eligible individuals will receive between \$300 and \$600. Those who are eligible and file a joint return will receive a total of between \$600 and \$1,200. Those with children will get an additional \$300 for each qualifying child. To qualify, a child must be eligible under the Child Tax Credit and have a valid Social Security number.

The payments phase out at certain income levels, so those with higher incomes may receive a reduced payment or even no payment.

How will you receive the payment? Be sure to choose direct deposit when you file your tax return, even if you aren't due a regular tax refund on your tax return. That way, the stimulus payment will go right to your bank account. Otherwise, we'll mail you a check.

What if some or all of your income consists of Social Security, veterans' or other benefits? The economic stimulus law allows Social Security recipients and recipients of certain veterans' benefits and Railroad Retirement benefits to count those benefits towards the qualifying income requirement of \$3,000. Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment. To get the payment, you have to file a 2007 tax return using either Form 1040 or the short Form 1040A.

Source: <http://www.irs.gov/newsroom/article/0,,id=179211,00.html>



**National Stimulus Day
March 29, 2008**

SPRING

Talk to Me

Do you ever wish you had someone to talk to about your personal child care issues such as caring for a child in the “terrible twos” stage, working with difficult parents, cooking nutritious recipes children will eat, or managing the business side of child care?

Many times, your world, as a provider, revolves totally around the children you care for and adult conversation is almost non-existent in your daily life. While talking to an imaginative four year old about his make believe friend, “Mr. Crabbie Patty”, or explaining to a three year old how the stars stay up in the sky and why eating only chocolate for breakfast is really not a good thing can be delightful and very insightful, sometimes you would just like to enjoy an “adult conversation”.



Well, now you can!

The MountainHeart professional development team would like to give you the opportunity, in between provider training sessions, to bring a “brown bag” lunch, meet and greet other providers and network with one another through communication on an informal basis. You might also want to seek some advice or guidance from someone who has experienced the same thing or has a new solution for your problem. Or maybe you just need someone to listen.

Anytime there are two trainings scheduled with an hour break in between (morning afternoons or evenings), you are invited to stay through the break, eat your lunch and share your ideas or ask questions along with other providers on a variety of child care topics. Professional development staff will be available to join in your discussions, provide answers and connect you to resources of all kinds.

It's a simple idea, really. Just relax, sit back and talk to me. We've got a lot to share!

Contact Shonda Zastawniak for more details.



MountainHeart
Child Care Resource & Referral
 P.O. Box 966 • Beckley, WV 25801

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

Important Information Professional Development Schedule Inside

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.