

Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care



Vol. IV Issue 3

www.mountain-heart.org/ccsouth.htm

Summer 2007



Reflections from MY Desk

Greetings to all of our Child Care Providers and Friends in the Early Childhood Community! I hope you are enjoying the balmy breezes of summer!

For starters, I would like to give **KUDOS** to Roma Lester and Chris Ruminski for chairing another successful MountainHeart Annual Provider Conference "Discover the Arts With MountainHeart"! I would also like to acknowledge and thank the conference committee, staff volunteers,

speakers, vendors, artists, staff of the National Guard Armory in Summersville and our faithful providers who attend the conference each year!

Secondly, I would like to give **KUDOS** to Paul Ratchford, the new President and CEO of The Greenbrier at White Sulphur Springs for his visionary thinking in partnering with child care on behalf of his employees!

In a recent article, The Register-Herald quoted Mr. Ratchford as saying, "The employees wanted child care for their children and that's something I believe in." Ratchford and his wife Kris have six children. "So, starting June 1, we will subsidize 33 percent of our employees' child care costs, free of charge. Instead of paying \$18 to \$20 a day, they are now paying \$12 a day. That's something we should have been doing for our employees." Ratchford also stated, "The number one customer is our employees. If we don't treat our employees with dignity and respect as internal customers then you will not receive the service levels that represent their best efforts." Ratchford also believes that The Greenbrier has a moral responsibility to be the primary benefactor for the community and he intends to make sure the resort is "being a good neighbor" and "engaging the community".

A special thank you goes to The Greenbrier for donating a certificate for a one night stay at the premiere resort for one lucky winner at the MountainHeart Provider Conference!

MountainHeart Mail

Letters from Parents

Dear Ms. Cook

This letter is to inform you that I will no longer be needing child care assistance for my son, Douglas. I have graduated college and accepted a position with a hospital in Virginia. My employment with them will begin as of June 2007.

I sincerely appreciate your service in assisting me to pay for child care while I attended school. You all made it a lot easier for me to accomplish my goal without having to worry about child care expenses for my son. I am very grateful for the assistance, and I hope that you all will continue to help others as you helped me. Thanks again.

Sincerely,
Rebecca B.



Letter Reprinted With Permission Of Parent

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Published by

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

Be Sure To Check Out
The Pictures From The
Annual Provider
Conference Held On
June 9, 2007 At The
Summersville Armory
Throughout This Issue!

Roma's Real World

How to Understand and Communicate Empathic Messages: Tidbits from Dr. Will Moiser's Developmental Appropriate Guidance



When a child comes to you with a problem, he or she wants your empathy and understanding for the problem. Practice using empathic understanding to touch the child's feelings to help them become independent in their thinking. For example:

Child: Ms. Smith, what do you think of my picture?

Teacher: Wow, you are really excited about your picture, you must really like it!

This brings focus back to the two concepts "praise and encouragement". Which is appropriate to implement? Praise implies an objective value judgment. For example: "Your painting is beautiful." If this kind of praise does not continue, a child may perceive that his or her value as a person is diminishing. A young child could easily assume that his or her value is directly tied to an ability to produce "beautiful" art work.

Encouragement is very specific and focuses on behavior and not the product. For example: "I like the effort that you put into your picture". Neither the child nor the product is labeled as good or bad.

Practice using three part "I" messages to communicate positive behavior expectations in the child care setting. A three part "I" message is a statement about the child's behavior but focuses on the feelings of the teacher about the behavior and what the teacher wants to do because of his/her feelings. Examples of a three part "I" message:

"When I see you coloring with a crayon, I feel so happy, I want to say "yahoo!"

"When I see you picking up the toys, it makes me feel so excited, I want to dance."

These tidbits of information are not damaging to the child's self-esteem nor degrading to the child. Using these simple practices will lead to a more peaceful and productive classroom. The child will become excited and want to get attention and interaction from their efforts in your classroom.

For more insight on how to use "I" messages, plan to attend Roma's quarterly training sessions or call 1-800-834-7082.



Door Prizes Donated By Vendors



Session with James Harris, LICSW

Mark Your Calendars

The MountainHeart Professional Development Team is offering Saturday Training in an area near you!
Call Missy or Reba @ 1-866-872-9204 to reserve your seat TODAY!!

July 21st, 2007

10:00am-2:30pm

Rules, Hearts, & Activities: Making Better Child Care
WorkForce WV Building, Lewisburg, WV

August 18th, 2007

10:00am-2:00pm

Car Seat Safety: Are You Using It Right?
WorkForce WV Building, Princeton, WV

September 15th, 2007

10:00am-12:00pm

The Danger of Meth Labs
WorkForce WV Building, Summersville, WV

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

“Discovering The Arts With MountainHeart” Provider Conference A Success!

MountainHeart Child Care Resource and Referral held their annual provider conference at the Summersville Armory on June 9, 2007 which was an overwhelming success with attendance of 178 early childhood caregivers and over 40 vendors. We were delighted to have Martin and Delia Wach as the keynote presenters. Martin and Delia have written and illustrated many children's books. Many early childhood caregivers shared appreciative comments such as: “best conference ever, knowledgeable presenters, great food, beautiful tote bags, networking with other providers was great, fantastic giveaways, and wonderful vendors.” Thanks to all our providers for your attendance and support for the annual provider conference!

Quotes From The Conference

“MountainHeart is a wonderful Resource and Referral System. The people there are a Godsend. They are passionate about what they do!”

“Sometimes in this field we feel we are out there by ourselves and no one understands our unique issues. MountainHeart Child Care Resource and Referral has always been there to support our efforts and help us provide the best quality as a child care center. They care about what they do and are great at it.”

“Thank you MountainHeart!! I work for Braxton County Head Start. Your Child Care Resource and Referral services allow our families the opportunity for both parents to earn a living.”

“Very rewarding, lots of fun, and good people to work with.”

Cowen Day Care Center Celebrates New Location

The Mountain CAP Child Development Center in Cowen has moved to our new and much larger facilities. As part of the Mountain CAP family of services for almost two years, the child care center staff is very pleased with what we are now able to offer families and children of our community.

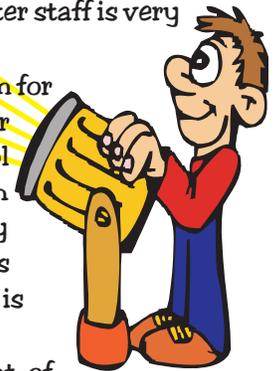
Located at 6025 Webster Road, this new location provides easier access, more room for the children, larger outdoor play area and room for future expansion. We have a larger capacity of up to 32 children, including a large area for 3-5 year olds and after-school children, a room for 2-year-olds, and an infant/toddler room; this allows us to give each age group individual attention. Our hours are 6:00 a.m. through 5:30 p.m. Monday through Friday. We also do parent workshops, parent and child activities such as “Daddy and Me Fishing Day”, as well as playgroups for families in our community. This is made possible thru the Mountain CAP Starting Points program in Webster County.

Our center participates in the MountainHeart program through the Department of Health & Human Services, which makes daily child care possible for many families. Our staff also takes part in valuable on-going training provided by MountainHeart, Celebrating Connections, and other community agencies. This training keeps our staff on the cutting edge so we can better serve the children in our care.

We are continually looking for ways our center can better serve the community. We are grateful for everything that Mountain CAP, the parents of the children we serve, and the community have done to help make this move possible. We could not have done it otherwise, and we are looking forward to a bright and positive future for our center and for the children in our care.

Maxann Taylor, Director of the Mt. CAP CDC and Webster Co. Starting Points

Spotlight On



WISER

Women's Institute for a Secure Retirement

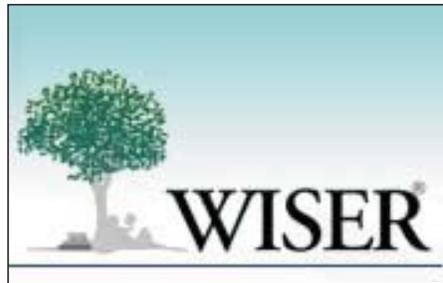
The Women's Institute for a Secure Retirement works to provide low and moderate income women (aged 18 to 65) with basic financial information aimed at helping them take financial control over their lives and to increase awareness of the structural barriers that prevent women's adequate participation in the nation's retirement systems.

Although women have entered the labor force in record numbers, their access to retirement benefits has not followed at the same level. As the only project to focus exclusively on the specific inequities that disadvantage women, WISER seeks to improve the opportunities for women to secure retirement income.

WISER is a nonprofit organization that works to help women, educators and policymakers understand the important issues surrounding

women's retirement income. We create a variety of consumer publications including fact sheets, booklets and a quarterly newsletter that explain in easy-to-understand language the complex issues surrounding Social Security, divorce, pay equity, pensions, savings and investments, banking, home-ownership, long-term care and disability insurance.

Check out the website at: www.wiserwomen.org



Signing In For The Conference



The Staff From A Place To Grow



Children's Artwork On Display

Websites Of Interest

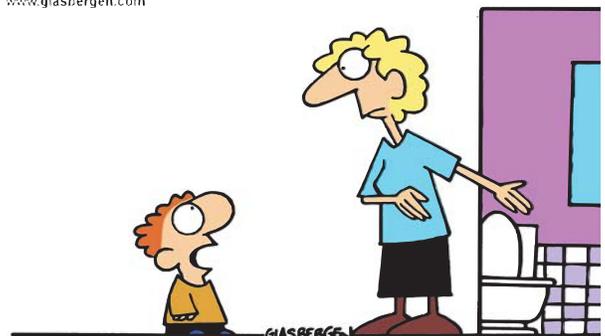
- U.S. Consumer Product Safety Commission - www.cpsc.gov
- Government Information On Food - www.nutrition.gov
- Positive Parenting - www.positiveparenting.com
- WV Department Of Health & Human Services - www.wvdhhr.org



The MountainHeart Display Board

LOL Laughing Out Loud

Copyright 2002 by Randy Glasbergen.
www.glasbergen.com



"Why do I need to learn potty training? Is it something I'll use later in life? Will it help me get into a good college? Do chicks dig guys who are potty trained?"

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 Missy at 1-866-872-9204 to Pre-Register.



August 21, 2007 from 6:00 pm to 8:00 pm

Robbin's Nest, 2250 Sutton Lane in Sutton, West Virginia (Located behind bowling alley in Flatwoods)

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

July 10 & 11, 2007

10:00 am - 4:00 pm each day

MountainHeart Office on Ragland Road, Beckley, WV

Please call Missy 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.

July 19, 2007
MountainHeart Conference
Room in Beckley
3:00 pm to 5:00 pm

August 7, 2007
McClintic Library
in Marlinton
10:00 am to 12:00 pm

July 27, 2007
Nicholas County WorkForce
Building in Summersville
3:00 pm to 5:00 pm

August 14, 2007
McDowell County WorkForce
Building in Welch
10:00 am to 12:00 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 MountainHeart Conference Room on Ragland Road in Beckley, WV. Please call Missy or Reba at 1-866-872-9204 to reserve your place.

Session 1 - July 24th from 10:00 am to 4:00 pm

Session 2 - July 25th from 10:00 am to 3:00 pm

Session 3 - July 31st from 10:00 am to 4:00 pm

Session 4 - August 1st from 10:00 am to 3:00 pm

Session 5 - August 20th from 10:00 am to 3:00 pm

Session 6 - August 22nd from 10:00 am to 4:00 pm

Session 7 - August 28th from 10:00 am to 3:00 pm

Session 8 - August 29th from 10:00 am to 4:30 pm

Session 9 - Sept. 4th from 10:00 am to 4:00 pm

Session 10 - Sept. 5th from 10:00 am to 12:30 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 August 2007

Core Competency Professional Development Titles

Topic 1 - I'm Telling!

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

Summary - Dealing with and understanding sibling rivalry. Participants will receive ideas and information for building positive relationships and promoting quality interactions.

Topic 2 - Helping the Children: Preventing Child Abuse and Neglect

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

Summary - Participants of this professional development session will learn to identify the signs and symptoms of child abuse & neglect and how to relate to a child who has been abused.

BRAXTON

See sessions listed for Nicholas County

FAYETTE (Fayette County DHHR)

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

GREENBRIER (Lewisburg WORKFORCE)

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

MCDOWELL (*New Location - McDowell Co. WorkForce)

August 9, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton WORKFORCE)

August 7, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton Library)

August 14, 2007	11:00 am to 1:00 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2
August 28, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1

MONROE (*New Location - Monroe County DHHR)

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

NICHOLAS (Summersville WORKFORCE)

August 24, 2007	11:00 am to 1:00 pm	Topic 1
	1:30 pm to 3:30 pm	Topic 2

POCAHONTAS

See sessions listed for Greenbrier or Nicholas Counties

RALEIGH (MountainHeart Child Care Services)

August 2, 2007	11:00 am to 1:00 pm	Topic 2
	2:00 pm to 4:00 pm	Topic 1
August 7, 2007	1:00 pm to 3:00 pm	Topic 1
	3:30 pm to 5:30 pm	Topic 2
August 21, 2007	11:00 am to 1:00 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2

SUMMERS

See sessions for Greenbrier, Mercer & Raleigh

WEBSTER

See sessions listed for Nicholas County

WYOMING (Wyoming County DHHR in Pineville)

August 14, 2007	12:00 pm to 2:00 pm	Topic 1
	2:30 pm to 4:30 pm	Topic 2

For session reservations or more information, please call Reba or Missy 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) 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 broken into eight sessions and will begin in July for **Mercer County**. Please call Reba or Missy at 1-866-872-9204 to pre-register.

Sessions are open to family providers, facilities & child care centers and will be held at **Wee Tots in Bluefield** from **5:00 pm to 9:00 pm** on the following dates:

July 10, 2007 - Module 1
July 24, 2007 - Module 2
August 7, 2007 - Module 3
August 14, 2007 - Module 4
August 28, 2007 - Module 5
September 4, 2007 - Module 6
September 18, 2007 - Module 7
September 25, 2007 - Module 8



MountainHeart South CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

September 2007

Core Competency Professional Development Titles

Topic 1 - Lev Vygotsky - Theory of Development

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

Summary - Participants of this professional development session will study Lev Vygotsky's thoughts and theories on children and how he believed they developed.

Topic 2 - Understanding School Children's Brains and What Makes Them Tick

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

Summary - How to increase cooperative learning and social skills. Participants in this professional development session will receive information pertaining to school age children's cognitive abilities.

BRAXTON

See sessions listed for Nicholas or Webster Counties

FAYETTE (Fayette County DHHR)

September 18, 2007	11:00 am to 1:00 pm	Topic 1
	2:00 pm to 4:00 pm	Topic 2

GREENBRIER (Lewisburg WORKFORCE)

September 11, 2007	12:00 pm to 2:00 pm	Topic 2
	3:00 pm to 5:00 pm	Topic 1
September 24, 2007	11:00 am to 1:00 pm	Topic 1
	3:30 pm to 5:30 pm	Topic 2

MCDOWELL (Welch Library)

September 21, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2

MERCER (Princeton WORKFORCE)

September 7, 2007	10:00 am to 12:00 pm	Topic 1
	12:30 pm to 2:30 pm	Topic 2
September 18, 2007	10:00 am to 12:00 pm	Topic 2
	12:30 pm to 2:30 pm	Topic 1

MERCER (Princeton Library)

September 25, 2007	11:00 am to 1:00 pm	Topic 1
	1:30 pm to 3:30 pm	Topic 2

MONROE

See sessions listed for Greenbrier or Mercer Counties

NICHOLAS (Summersville WORKFORCE)

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

POCAHONTAS

See sessions listed for Greenbrier or Nicholas Counties

RALEIGH (MountainHeart Child Care Services)

September 6, 2007	10:00 am to 12:00 pm	Topic 2
	1:00 pm to 3:00 pm	Topic 1
September 13, 2007	12:30 pm to 2:30 pm	Topic 1
	3:00 pm to 5:00 pm	Topic 2
September 24, 2007	2:00 pm to 4:00 pm	Topic 1
	5:00 pm to 7:00 pm	Topic 2

SUMMERS

See sessions for Greenbrier, Mercer & Raleigh

WEBSTER (MountainCap Starting Points, Cowen)

September 20, 2007	2:00 pm to 4:00 pm	Topic 1
	4:30 pm to 6:30 pm	Topic 2

WYOMING

See sessions listed for McDowell, Mercer or Raleigh Counties

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

SLEEPING SAFE

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

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

September 7, 2007
Greenbrier County WorkForce
Building in Lewisburg
1:00 pm to 3:00 pm

September 19, 2007
Mercer County WorkForce
Building in Princeton
1:00 pm to 3:00 pm



SATURDAY PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The MountainHeart Professional Development Team will be offering a session on Car Seat Safety at Mercer County WorkForce Building Conference Room in Princeton on Saturday, August 18, 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 3½ Hrs. of training.*

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

Please bring a car seat, if available.



CONGRATULATIONS

Tammy Fleshman & Gale Cole

PIP Grads

We would like to congratulate two MountainHeart Birth To Three employees for graduating from the Partners in Policymaking Program.

Car Seat Training Success

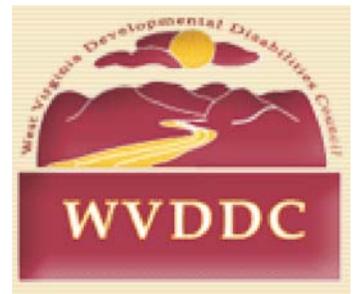
The MountainHeart Professional Development Team provided a car seat training, "Car Seat Safety, Are You Using It Right", in Raleigh County on May 12th, 2007. Desireé Martin, TRAILS Resource Assistant, received her certification as a Child Passenger Safety Technician from the National Highway Traffic Safety Administration (NHTSA). According to NHTSA, 85% of individuals that use car seats everyday use them incorrectly. The training informs providers of the laws and regulations on car seats. Eighteen providers attended the first of these training sessions. Several providers were surprised as to how much they had learned and enjoyed the hands-on experience of practicing how to correctly install a car seat in a vehicle. A second training is planned for August 18, 2007 at the WORKFORCE WV Building in Princeton from 10:00 a.m. - 2:00 p.m.



2008

Partners in Policymaking Program

The West Virginia Developmental Disabilities Council is seeking applications for the 2008 Partners in Policymaking Program (PIP).



PIP is a leadership development Program for adults with developmental disabilities and parents & family members who have young children with developmental disabilities.

WVDDC will be accepting PIP Applications until July 15, 2007. You can download an application at: www.wvddc.org Up to 35 participants will be chosen to participate in the next PIP class.

For more information contact Jan Lilly-Stewart at jlstewart@wvdhhr.org or at 304-558-4185

Just so you know...

Sometimes child care providers ask MountainHeart staff to provide them with a telephone number for Charleston. Generally, providers are wanting to know more information about the status of their check or they want to drive to Charleston to pick up their check. We regret that sometimes providers may become frustrated when they are told there is no telephone number for checking the status of their check in Charleston.

According to staff at the DHHR Bureau for Children and Families:

With direct deposit and FACTS PLUS, we have given them (providers) the tools they need to assist them with both issues. If they want their check quickly, they need to do direct deposit. If they need information about their check they can access FACTS PLUS (via the internet). Providers can trust that information to be accurate. The division that processes checks in Charleston does not have the capacity to be the state-wide system for answering check inquiries.



Trails Mix

Summer Safety!

Summer is here. The heat is back and we need to keep our children (and ourselves) safe! The two easiest ways to protect everyone is by using sunscreen and drinking lots of water.

Sunscreen is needed if children (or adults) are going to be out in the sun. An SPF of at least 15 is recommended. Many people prefer to use a higher SPF, especially if they or their children burn easily. Most sunscreen must be applied 30-45 minutes before it becomes effective. Regular use of sunscreen will keep uncomfortable burns to a minimum and reduces the chance of skin cancer by as much as 75%! **Remember that to apply sunscreen to a child in child care you must have signed parent permission.** Many child care sites have the parent bring a bottle of sunscreen for their child so allergies are not an issue. Child care providers are not required to purchase/provide sunscreen.

The second way to beat the heat is with water. Water play is a lot of fun, but even more importantly we need to make sure our children get enough water to drink. Dehydration, heat exhaustion and heat stroke all happen quickly in the hot summer months. All three are uncomfortable, and can lead to serious problems including death! The easiest way to deal with all of these is to make sure everyone is getting plenty to drink. Non-caffeinated drinks are a must, with water being the best choice. When children are having fun, it is easy for them to forget to stop and feel thirsty so we have to remind them to drink sometimes. Also make sure shade is available during outside time, and watch for children that are not sweating, flushed red, nauseous, feel weak, have headaches or dizziness. Those children need to cool down and get some good liquids in them immediately! If the symptoms continue or get worse, it is time to get some professional medical help.

Resources

http://www.keepkidshealthy.com/medicine_cabinet/sun_screens.html

http://www.medicinenet.com/heat_stroke/article.htm

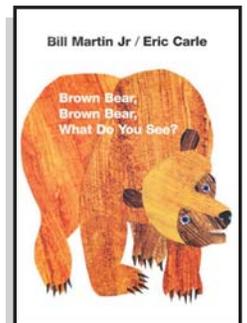
Activity: Color Search:

(Ages 2+)

Read *Brown Bear, Brown Bear, What Do You See?* by Bill Martin, Jr. and Eric Carle. Then give the children a color to look for.

Take a walk or spend some time outside and keep searching for that color. Record on paper or a poster, with pictures or words, what the children found. Change colors the next day.

Adapted from *The Giant Encyclopedia of Science Activities*



Special Thanks!

We would like to thank the following organizations and individuals for their donations to the TRAILS Program.

- ♥ Lisa Harrah
- ♥ Kim Catron
- ♥ Michelle Thompson
- ♥ Teresa McConnell
- ♥ Rebecca Mollohan @ Webster Springs Head Start
- ♥ Tricia Smith
- ♥ Hatch Early Childhood Products
- ♥ Pineville Presbyterian Child Development Center

Game: Over the Wall

(Ages 7+)

Take an open area and use (or make) a line that cuts the space in half. One person starts on the wall (the line) as a tagger. To be 'on the wall', the tagger must keep one foot on the line. All the other players start on one half of the area. When the person on the wall calls "Over the Wall", everyone has to get



over the line to the other side. The person on the wall tries to tag them while staying on the 'wall'. Any people tagged join the first tagger on the wall. Continue going "Over the Wall" until there is only one un-tagged person left. That person is the winner and starts off the next round as the first tagger 'on the wall'.



Presentation of Door Prize



Checking Out The Vendors



The Staff From LA East



Tara's Creations



Anita Jarrett - Art: Birth To Five



Door Prizes Are Great!

Summer Activity Fees and Subsidized Families

Child Care policy states: 2.2.6. Explanation of the payment rates available through the program and an explanation of allowable charges by the provider. (See Chapter 6.3.2, Certificate System Payment Rates Section, and Appendix B - Child Care Payment Rates. Allowable charges by the provider shall be limited to: reasonable registration fees, transportation fees, late fees and charges for time not approved by the agency. The Provider shall inform the parent of these fees prior to enrollment. If the parent is responsible for paying a portion of the daily fee, the daily fee shall only be charged for days that the child is actually in care.

Summer activity fees are not included in this list, therefore, it is not an allowable charge to subsidized families. The child care unit realizes that this may become an issue of child care availability, and hopes to address options to cover summer activity fees in the future.

"Dear Roma" Bad Behavior

Dear Roma,

There is a four year old female who has attended my child care for over two years. Her behavior has been good until two months ago when she started having tantrums, hitting children, taking toys, and spitting when she doesn't get her way or when asked to follow the rules. What can I do to help this child?



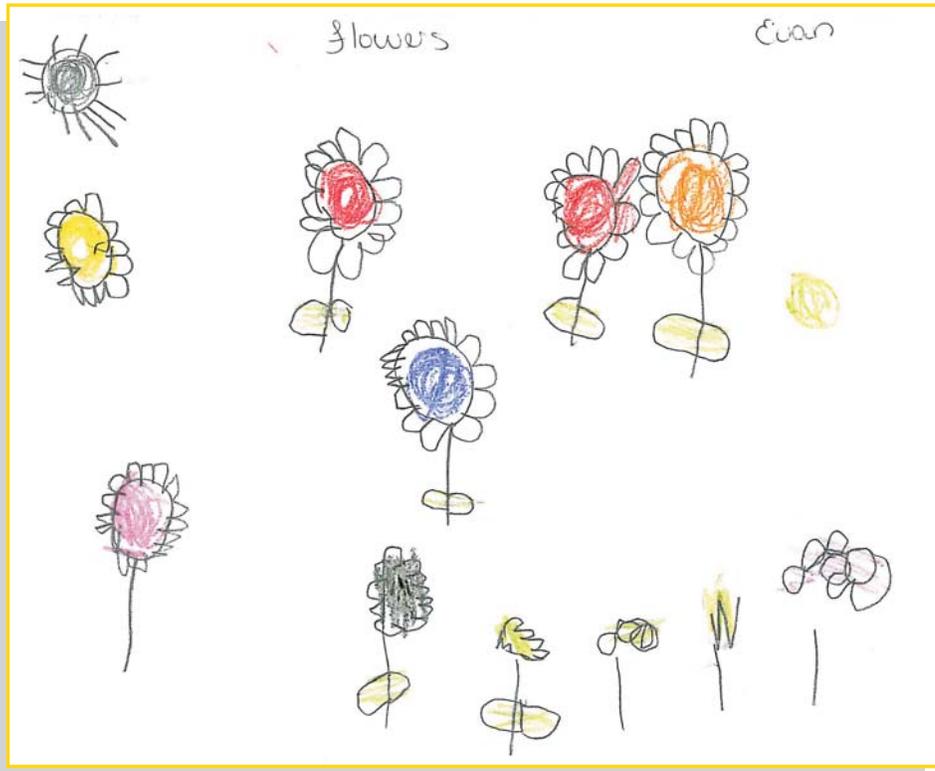
Dear Child Care Provider,

First, I suspect that something has changed in the child's home environment or in the child care environment which is causing the child stress. Please make a quick survey of the child care environment for stressors that may be causing the aggressive behavior in the child care setting. Next, speak with the parents to check for stressors in the home environment. The following simple strategies can be implemented to help the child feel in control:

- ♥ Give the child the benefit of the doubt.
- ♥ Focus on what to do differently.
- ♥ Focus on the behavior, not the child.
- ♥ Help the child take responsibility for his/her behavior and provide a chance for learning.
- ♥ Identify choices such as: "Do you want to listen to the story on the rug or at the table?"
- ♥ Take three deep breaths before starting the guidance, and teach children to take deep breaths (brings oxygen to the cortex, slows down the heart rate, and turns off the fight or flight response).

Please send questions to:

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



MountainHeart Child Care Resource & Referral would like to congratulate Evan for having his drawing selected for the Art Contest.

Evan's artwork (pictured to the left) was used in some of the printed materials used in the Annual Provider Conference held on June 9, 2007.

He was awarded a \$25.00 Gift Certificate to Wal-Mart for his accomplishment.

Evan is eight years old. When asked why he enjoyed attending Child Care, this was his response: "I like it because I get to be with my friends and I like to play race car games."



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!**

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.