



Child Care Chronicles

Vol. V Issue 1

www.mountain-heart.org/ccssouth.htm



Winter 2008

A Newsletter of MountainHeart Child Care Resource & Referral Region VI



Reflections from MY Desk

**Just like snowflakes,
MountainHeart Child Care providers are
One of a kind...**

**As they float to the earth,
each unique, tiny flake,
has no idea the impact it will make,
Just like the snowflakes,
We are no two alike,
And our results are best
When we unite.**

**Looking forward to
good things in 2008!**

Margie

**and the staff of
MountainHeart Child Care Resource & Referral**



Going Green! Important News Concerning Your Professional Development Schedule

MountainHeart Child Care Resource & Referral, in an effort to be environmentally friendly, will be mailing only one Professional Development Schedule. Your schedule will now be included in the newsletter. Please remember to refer to the Child Care Chronicles Newsletter or our Website to view the quarterly Professional Development sessions.



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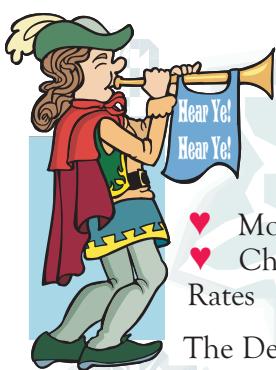
A Publication of



MountainHeart
Child Care Resource & Referral

Earl D. Smith, Executive Director
Margaret Younce, Program Director
Phone: **1-800-834-7082**

Newsletter Designed & Published by
Mike Stafford



Department Announces Improvements in the Child Care Program

- ♥ More Families Eligible for Child Care Assistance
- ♥ Child Care Providers to See Increase in Reimbursement Rates

The Department of Health and Human Resources is pleased to announce an increase in the eligibility guidelines for families in need of child care assistance beginning October 26, 2007. Intake eligibility guidelines will increase from 150% of 2005 Federal Poverty Level to 150% of 2007 Federal Poverty level. A family of three can now make up to \$25,764 per year and still be eligible for child care assistance. Families already receiving assistance will be able to remain on the program until they make more than 185% of 2007 Federal Poverty Level. For a family of three, this means that, once on the program, they can make up to \$31,764 per year and continue to receive assistance in paying for child care. Previously, a family of three would lose assistance after making \$29,772.

Reimbursement rates for child care providers participating in the child care assistance program will also be increasing to more closely match what parents in the private market are paying. Four separate rates are being established based on the age of children in care. Separate rates are now set for children up to two years of age, children two to three years of age, children three to four years of age and for children age 5 and up. Center rates will increase by \$1-\$2 per day for preschool children. Family child care facility and family child care home providers will receive an increase of \$1 to \$3 per day per child. These new rates will be effective retroactively to October 1, 2007, so providers will see the increase on the check they receive in November.

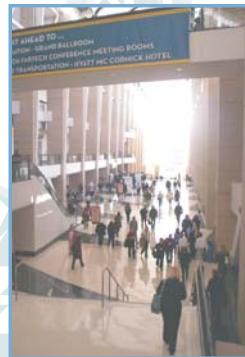
The Division of Early Care and Education is also busy developing a tiered reimbursement system that will reward child care providers who achieve higher standards of quality. The Department currently rewards nationally accredited child care providers with an additional \$4 per day per child. The Department is developing additional rewards of \$2 per day per child for those providers who are providing higher quality care above basic regulatory requirements, but have not yet achieved accreditation. To help child care centers to achieve higher standards of care, the Department will also offer \$1500 grants to those centers wishing to purchase curricula or materials to improve the quality of services provided to children. Family homes and facilities will be eligible for smaller grants of \$500 to \$750 once the system is finalized. The Department anticipates implementing this program within the next 60-90 days.

These increases were made possible through the use of federal Temporary Assistance to Needy Families (TANF). Child care is a valuable support service for low-income families and TANF recipients, allowing them to participate in work or educational activities. This money will support the availability and affordability of child care for low income families and the quality of care for all of West Virginia families and children.

Submitted by Deidre W. Craythorne
Health and Human Resources Specialist, Senior

NAEYC Annual Conference & Expo!

Two MountainHeart Staff, Roma Lester and Susan McCoy, recently had the opportunity to attend the country's largest early childhood conference sponsored by the National Association for the Education of Young Children (NAEYC). The NAEYC conference was held in the USA's most exciting city - Chicago! The city is known for its architecture, museums, restaurants, and the Magnificent Mile. Chicago is also home to thousands of early childhood educators.



On The Way To A Session

Roma and Susan found amazing opportunities to learn about and experience the latest early childhood products and services on the market. They also enjoyed sharing information about early childhood in West Virginia with other educators from around the world. NAEYC conference sessions and exhibits provided many creative ways to explore diverse topics and themes, display the latest research and best practices and discuss the newest emerging strategies for the care and education of young children.

Submitted by Roma Lester,
Behavior Consultant

"I think one of the greatest advances to child care was the creation of the NAEYC Accreditation system, which has helped so much to raise the quality of programs."

T. Berry Brazelton, MD

For more information, www.naeyc.org or rightchoiceforkids.org



Roma's Real World

Helping Forgotten Victims: Children and Violence

Trauma for children is any event - real or perceived - that is terrifying or threatening to them. Children are not any less impacted by trauma than adults. Infant and toddlers may be too young to verbalize and cognitively process traumatic experiences but they are not too young to be changed by the event. Young children are especially vulnerable because of their limited life experiences, and immature cognitive, emotional, and social development.

Children who witness violence in their home or community can be profoundly traumatized by the event. Children who are indirectly affected become forgotten victims. For example, a child watches her father become violent with her mother, the child realizes that if she tells anyone "they" may come and take her away.

Children who have witnessed violence often develop a range of physical, social-emotional, cognitive, and behavioral difficulties (Whitlock, 1997) characterized by giving up play, lack of trust, fear of adults, shame, and isolation. The behavioral symptoms may include delays in language, poor impulse control, difficulty handling separation anxiety, poor peer relationships, and avoidance of closeness.

Children symbolize and express their conscious and unconscious world through play and actions. Erikson (1963) viewed play as a child's means of achieving mastery over traumatic experiences, and can be viewed as the most natural method of self-healing.

To help children deal with traumatic events, plan activities that provide children opportunities to problem solve and discover solutions to traumatic events. Read books and implement storytelling that help children talk about and understand events that have taken place in their family or community.

If you have questions or need information on helping children that have experienced a traumatic event, please call Roma Lester, Behavior Consultant at 1-800-834-7082.

Child Safety Website

FREEIDPROGRAM.com is your resource on the Internet that provides high quality child safety resources used by parents and caregivers to better protect the children they love and care for!

The KIDS SAFE ID Program provides every child with a Premium Child Safety Resource Package, that allows kids and parents to choose from 30 unique, kid-friendly design themes.

Thanks to sponsorship by law enforcement and national business partners, the premium child safety resource program is sponsored free for every child (normally \$30.00). Parents/caregivers simply pay a small shipping and handling fee to have the resources shipped directly to them.

Ready to create your own KIDS SAFE ID? Try it now!

**KIDS
SAFE
ID®**

LOL Laughing Out Loud

Copyright 2002 by Randy Glasbergen. www.glasbergen.com



**"Snow White was poisoned by an apple,
Jack found a giant in his beanstalk, and look
what happened to Alice when she ate the mushroom!
And you wonder why I won't eat fruit and vegetables!?"**

**Merry Christmas
& Happy New Year!**

Moving Ahead With ACDS

Apprenticeship for Child Development Specialist (ACDS) continues to offer more opportunities for individuals interested in furthering their education in the field of Early Care and Education. Currently, 15 different counties offer the ACDS class to high school students who are interested in the field of early care and education.

Also, there are new opportunities for graduates of ACDS to continue their education by getting an Associates degree and then a Bachelor's degree if they choose. Pierpont Community College (formerly, Fairmont State Community College), WV State Community College, Marshall Community College and Mountain State University give student's credit from ACDS to get an Associates degree.

To help us maintain these classes around the state, we need more instructors. To find out if you qualify to become an instructor, please check our website at www.wvacds.org.

For further information about ACDS classes, please contact Suzi Brodof at 1-866-WVA-ACDS, ext. 406 or suzilb@aol.com.

Spotlight On



Here We Grow Child Care Center opened on October 29th under the management of Amy Sabo, director and Kim Coalson, owner. This center was birthed through requests from the community for a center to meet the needs of their after school children. With no other center of this type in the community, the need was apparent to both Amy and Kim.

The center is located in Mercer county at 147 Presbyterian Avenue, Lashmeet, WV beside the old Lashmeet School with hours of operation from 7AM to 6PM, Monday through Friday. They are currently accepting children ages 2 to 12.

Here We Grow Child Care Center is dedicated to serving the community by providing care, protection, and educationally stimulating experiences for children in a responsible atmosphere.

According to Amy and Kim, "Our philosophy at Here We Grow is to provide a welcoming, child-friendly environment supplementary to their home care. Under the care of educated and trained staff, we provide children with a wide range of learning experiences through the utilization of learning centers and developmentally appropriate activities."

Along with the planned activities, they provide nutritious snacks and meals and homework time with help.

Future plans include forming a parent committee to discuss suggestions or topics of importance. They also have employees enrolled in the WVIT program to be licensed to accept children birth to three.

We at MountainHeart CCR&R would like to welcome the staff and children of Here We Grow to the childcare community and thank them for playing a role in providing quality childcare.

Submitted by Joanne McCallister, TRAILS Early Childhood Specialist

Did You Know?

- ♥ Home fire-related fatalities are more likely to occur during December through February, the cold weather months. (Safe Kids USA)
- ♥ The number one cause of house fires is cooking left unattended.
- ♥ **West Virginia Fires At A Glance**
(July 1, 2005 - June 30, 2006)
Smoke detectors were present in only 30% of residential fires.

Source: National Fire Information Reporting System and the WV State Fire Marshal's Office

Submitted by Dianna Thompson,
Early Childhood Specialist



Would you like to "Host A Training"?

Would your day care center or facility like to host a Professional Development Session for your staff and other child care providers?

Please contact Roma Lester at 1-800-834-7082 or Dianna Thompson at 1-866-872-9204.



Kim Coalson
Owner



Professional Development Session On Behavior Management

Title: The Classroom Story

Description: Participants will learn how to set up a theater for learning through daily scheduling, classroom management strategies, and room arrangement that will anticipate and prevent challenging behaviors in the child care setting.

Registration: Space is limited to 20 participants.

Please call Missie or Reba at 1-866-872-9204 to Pre-Register.

March 13, 2008

from 5:30 pm to 8:30 pm

First Brethren Church in Oak Hill, 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

January 7 & 8, 2008

10:00 am - 4:00 pm each day

WorkForce Building in Summersville, 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.*



Mercer County WVIT Class

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.



January 15, 2008
McDowell County WorkForce
Building in Welch
10:00 am - 12:00 pm

February 14, 2008
MountainHeart Child Care Office
in Beckley
6:30 pm - 8:30 pm

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 36 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	1/22	10-4	Summersville Workforce
Session 2	1/28	10-3	Summersville Workforce
Session 3	1/29	10-4	Summersville Workforce
Session 4	2/4	10-3	Summersville Workforce
Session 5	2/18	10-3	Summersville Workforce
Session 6	2/25	10-4	Summersville Workforce
Session 7	2/26	10-3	Summersville Workforce
Session 8	3/3	10-4:30	Summersville Workforce
Session 9	3/10	10-4	Summersville Workforce
Session 10	3/11	10-12:30	Summersville Workforce

**IF PUBLIC SCHOOL IS 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.

MountainHeart South CCR&R Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

January Topics

Topic 1—Winter Boredom Busters

Core Competency—1 Hr. of Curriculum and 1 Hr. of Health, Safety, and Nutrition (Tier I) - Target Audience: All

Summary—Participants will learn new, interactive games and songs to promote physical activity during the long winter days.

Participants are requested to bring five file folders and your favorite healthy snack recipes.

Topic 2—Power Struggles, Self-Esteem and Positive Mental Health for Older Children

Core Competency—2 Hrs. of Positive Relationships (Tier II) - Target Audience: School Age

Summary—Participants will learn skills on how to decrease power struggles with children and how to understand a school age bully. Information will also include tips for increasing positive self-esteem.

February Topics

Topic 1—Winter Boredom Busters

Core Competency—1 Hr. of Curriculum and 1 Hr. of Health, Safety, and Nutrition (Tier I) - Target Audience: All

Summary—Participants will learn new, interactive games and songs to promote physical activity during the long winter days.

Participants are requested to bring five file folders and your favorite healthy snack recipes.

Topic 2—Power Struggles, Self-Esteem and Positive Mental Health for Older Children

Core Competency—2 Hrs. of Positive Relationships (Tier II) - Target Audience: School Age

Summary—Participants will learn skills on how to decrease power struggles with children and how to understand a school age bully. Information will also include tips for increasing positive self-esteem.

March Topics

Topic 1—Understanding School Age Children and Their Homework Battles

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

Summary—Discover ways to promote good homework habits while improving children's memory skills and their willingness to cooperate in completing their assignments.

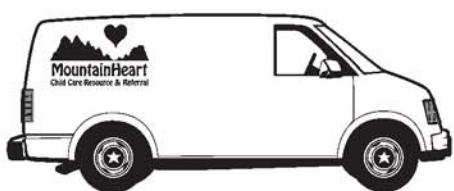
Topic 2—Gardner's Theory of Development

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

Summary—Participants will review Howard Gardner's Theory of Early Childhood Development. Information will be provided on his multiple levels of intelligence.

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 trainings in your county.

*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 Opportunity January- March 2008

Braxton County - Sutton Mayor's Office



February 26, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Fayette County - Fayette County DHHR



January 22, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

February 4, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

March 25, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Understanding School Age Children & Their Homework
Gardner's Theory of Development

Greenbrier County - Lewisburg WORKFORCE



February 12, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm
6:30 pm - 8:30 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Choosing Developmentally Appropriate Toys for I/T

Understanding School Age Children & Their Homework

Gardner's Theory of Development

McDowell County - Welch Library



February 25, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

McDowell County - WORKFORCE



March 25, 2008

10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Understanding School Age Children & Their Homework

Gardner's Theory of Development

Mercer County - WORKFORCE



January 22, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm
11:00 am - 1:00 pm
2:00 pm - 4:00 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Gardner's Theory of Development

Understanding School Age Children & Their Homework

Mercer County - Princeton Library



February 28, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Understanding School Age Children & Their Homework

Gardner's Theory of Development

Understanding School Age Children & Their Homework

Gardner's Theory of Development

Mercer County - Mercer County DHHR in Princeton



March 25, 2008

11:30 am - 1:30 pm

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Monroe County - *New Location* Monroe Day Care Center in Union



March 18, 2008

5:30 pm - 7:30 pm

Understanding School Age Children & Their Homework

Nicholas County - Summersville WORKFORCE



January 30, 2008

10:00 am - 12:00 pm
12:30 pm - 2:30 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm
10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Understanding School Age Children & Their Homework

Gardner's Theory of Development

Pocahontas County - *New Location* Kids First Child Care in Hillsboro



March 18, 2008

6:00 pm - 8:00 pm

Understanding School Age Children & Their Homework

Raleigh County - MountainHeart Child Care Resource and Referral



January 24, 2008

10:00 am - 12:00 pm
1:00 pm - 3:00 pm
12:00 pm - 2:00 pm
3:00 pm - 5:00 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm
12:00 pm - 2:00 pm
3:00 pm - 5:00 pm
10:00 am - 12:00 pm
12:30 pm - 2:30 pm

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Winter Boredom Busters

Power Struggles, Self-Esteem and Positive Mental Health

Gardner's Theory of Development

Understanding School Age Children & Their Homework

Understanding School Age Children & Their Homework

Gardner's Theory of Development

Professional Development cont.

Summers County - Summers County DHHR

	March 20, 2008	10:00 am - 12:00 pm 12:30 pm - 2:30 pm
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Webster County - Starting Points in Cowen

	March 20, 2008	3:30 pm - 5:30 pm 6:00 pm - 8:00 pm
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Wyoming County - MountainHeart Community Services in Kopperston

	February 1, 2008	3:00 pm - 5:00 pm
	March 28, 2008	10:00 am - 12:00 pm 12:30 pm - 2:30 pm

Understanding School Age Children & Their Homework
Gardner's Theory of Development

Understanding School Age Children & Their Homework
Gardner's Theory of Development

Choosing Developmentally Appropriated Toys for I/T
Understanding School Age Children & Their Homework
Gardner's Theory of Development

To pre-register for more information, please call Missie or Reba @ 1-866-872-9204.

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 January for Nicholas 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 Nicholas County WORKFORCE from 4:30 pm - 8:30 pm on the following dates:

January 21, 2008 - Module 1
January 28, 2008 - Module 2
February 4, 2008 - Module 3
February 18, 2008 - Module 4
February 25, 2008 - Module 5
March 3, 2008 - Module 6
March 17, 2008 - Module 7
March 31, 2008 - Module 8



!!!ATTENTION CENTER DIRECTORS!!!
MountainHeart Professional Development Team
is now offering Director Professional Development
opportunities in a county near you.



Title: Planning for New Staff

Tier Level: II

Core Competencies: 1.5 Hrs. Professionalism & 1.5 Hrs of Program Management

Summary: This professional development session will highlight how to implement and facilitate policies and procedures for new staff. Ideas to include: team building activities, staff meeting ideas, and encouraging positive staff relationships.

Raleigh County - MountainHeart Child Care R&R

Mercer County - Princeton WORKFORCE

Greenbrier County - Lewisburg WORKFORCE

Fayette County - First Brethren Church in Oak Hill

Nicholas County - Summersville WORKFORCE

Saturday, January 26, 2008

9:00 am - 12:00 pm

Wednesday, February 6, 2008

12:30 pm - 3:30 pm

Wednesday, February 20, 2008

1:00 pm - 4:00 pm

Thursday, February 28, 2008

11:30 am - 2:30 pm

Wednesday, March 12, 2008

12:00 pm - 3:00 pm

Coming Attractions
Look for something different!
FREE!!

Two MountainHeart Provider Conferences

Fayette County - April 5, 2008 – Oak Hill Holiday Inn

Mercer County - April 19, 2008 – Pike View High School



Two nationally known speakers
6 hours STARS credit
no cost, registration required
Watch for information soon!!!



Saturday Professional Development

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

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

January 19th, 2008

10:00 am - 12:00 pm

February 16th, 2008

2:00 pm - 4:00 pm

March 1st, 2008

10:00 am - 2:30 pm

Story Time with Joanne

Chamber of Commerce Building, Hinton

Primary Caregiving in the Infant/Toddler Classroom
MountainHeart Child Care Services, Beckley

Games and What Children Learn from Them
WorkForce Building, Lewisburg

Dear Roma

Dear Roma,

I care for a three year old child who attends child care five days a week for 7 ½ hours daily. The child is aggressive (hitting, biting, and spitting) and calls the children and caregivers "stupid" when things don't go her way. I have tried many strategies to stop the ugly language and the aggressive behavior but none have worked. What do you recommend?

"Run Out of Strategies"

Dear "Run Out of Strategies",

Many caregivers have experienced similar dilemmas in their child care environments. First, the child doesn't understand the concept of the word "stupid". So she doesn't realize that this word hurts her friend's feelings. Explain the meaning of the word, develop a word list to substitute for the word "stupid", be as creative as possible, and develop a word wall to help children develop appropriate vocabulary/language skills. Model and role play appropriate behavior to help the child understand what behavior is expected in the child care. Model how we touch our friends with gentle hands. Teach a lesson on germs and show a picture of a germ to help children understand that biting and spitting spreads germs that can make our friends sick. Read books, tell stories, and plan activities to help children understand that those behaviors are unacceptable and problem solve solutions to replace those behaviors. Remember repetition is a great strategy.

Please send questions to:

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



Music From Around the World

Find music from various genres from around the world, such as Latin, African, country, jazz, classical or even polkas. Listen to the music and encourage the children to describe the music. Is it fast or slow? Can they identify any of the instruments being played? You may want to find some pictures of the instruments to show the children.

If you know a special dance, show the children the basic movements or invite them to create their own. There may be a parent or someone in the community that could come and play some ethnic music.

Introduce child size rhythm instruments so that the children can play along with the music. You may want to record the children and play it back.



Benefits of this activity are: promotes cultural awareness, builds pre-literacy skills, supports early math learning (for example patterns), and encourages large-motor activity.

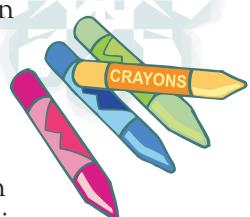
Activity for school age
Source: <http://www2.scholastic.com>
Submitted by: Joanne McCallister

Drawing to Music

Materials:

• Crayons or other art materials, drawing paper, and a variety of music.

Explain to the children that composers often tell a story with music, and they are going to have a chance to listen to some music and draw a picture that describes how the music makes them feel. Make it clear to the children that there is no right or wrong way for their picture to look.



Play different types of music and give the children time to express themselves in their pictures.

Benefits: encourages creative expression, provides exposure to different kinds of music, and builds fine-motor skills important to handwriting.

TRAILS MIX

Where There Is Smoke, There Is Danger...

November 15th marked the 31st annual Great American Smokeout. Secondhand smoke has a huge impact on children. In fact, smoking around infants has been found to increase the risk of Sudden Infant Death Syndrome (SIDS), and hospitalizations for illnesses (like pneumonia and bronchitis). The dangers do not stop as children get older. Risks of ear infections, allergic reactions, lung infections, lung cancer, asthma, a lower ability to learn and slow growth all increase as children are exposed to tobacco smoke. Just 20 minutes of breathing in a smoky environment can cause problems to appear and the dangerous chemicals will linger in a well ventilated room for at least two hours after the last cigarette has been put out.



Dangerous Chemicals Will Linger In A Well Ventilated Room For At Least Two Hours After The Last Cigarette Has Been Put Out

We all agree that we need to keep our children safe and growing up healthy. The best way of doing this is to make at least the interior of your house non-smoking, and better yet to encourage all the families you work with to quit smoking. The average smoker has to try 5 to 7 times before they are successful. Don't stop encouraging the smokers you know! They can quit!

Resource: Tobacco-Free Coalition of Lancaster County



Snowman Biscuits

Note: This recipe is for ages 5 and older with adult supervision.
Raisins and Pretzel sticks may be potential choking hazards.

What You Need

- ♥ Refrigerated biscuits
3 biscuits per snowman
- ♥ Raisins
- ♥ Pretzel sticks
- ♥ Cookie sheet
- ♥ vanilla frosting
(optional, see note*)

Frosting:

- ♥ Powdered sugar
- ♥ Milk
- ♥ Colored sugar
- ♥ Clean Paint brush or basting brush

What You Do

To assemble each snowman, lay 3 biscuits vertically on a cookie sheet. Add raisins for eyes, nose, mouth and buttons. Use the pretzel sticks for arms.

Bake as directed on the biscuit can.

*Optional: Make frosting out of the powdered sugar and milk. Frost each snowman, then sprinkle with colored sugar. Enjoy!

Recipe by Tami Rose

Resource: www.familycorner.com

Make Your Own Matching Game!

Supplies:

- ♥ Note cards or construction paper cut down to flash card size or pieces of cardboard
- ♥ Buy two identical packs of stickers in your favorite theme

Create:

- ♥ Make your new game by placing matching stickers on two different cards. Be sure and make matches that your children can put them together later! You can consider laminating your cards if you would like them to be even more durable.

Play:

- ♥ To play your new game, have all the children playing gather around. Shuffle the cards and lay them face down in rows. (Make sure each card has a match before starting). Then, going one at a time, have the children flip over two cards to try and find a match. If they find a match, they get to keep them. All players must show both cards to everyone, and put them back where they found them if they are not a match. Celebrate every match found! Older children will want to play competitively by seeing who gets the most pairs, and younger children can work together to try and clear the board of all the cards.



Celebrate every match found!

This idea was shared by Dana of Fayette County.

Methicillin-Resistant Staphylococcus aureus MRSA

What is MRSA?

Staphylococcus aureus ("staph") is a common type of bacteria (germ) that is often found on the skin and in the nose of healthy people. It can also grow in wounds or other sites in the body, sometimes causing an infection. For example, staph is one of the most common causes of skin infections. Penicillin is a drug that was once commonly used to treat staph infections. However, over time many staph bacteria have become difficult to treat with penicillin and antibiotics related to penicillin. These new or resistant forms of Staphylococcus aureus are called methicillin-resistant Staphylococcus aureus, or MRSA. The illnesses they cause are the same as those caused by other staph; the difference is in how they are treated.

How are MRSA and other staph spread?

Staph bacteria (including MRSA) are most often spread by close contact with infected people or the things they touch. It is not spread through the air.

Practical Advice for Teachers and Directors

- ♥ Observe children for open wounds. If any wounds are draining or contain pus, recommend the child be seen by a doctor. If the wound drainage cannot be contained by a bandage, then consider excluding the child from the center.
- ♥ Use gloves when providing wound care. This includes wearing gloves when cleaning wounds, changing bandages, or during other situations where a staff member may come in contact with a child's body fluids or blood.
- ♥ Encourage hand washing before and after eating, and after toileting.
- ♥ Do not share personal items, bed linens, and towels.
- ♥ Staff should immediately report any signs of infection or illness that may affect the health or safety of children or adults to the director of the child care program and the parents or guardian of the ill child(ren).

Resource:

<http://www.vdh.virginia.gov/Epidemiology/Surveillance/MRSA/>



Child Development Scholarship Program

Scholarships will be awarded for up to two 3-hour courses per semester to pay for tuition and fees, plus \$250 per course for books and related educational expenses, such as travel, parking, or child care fees.

To be eligible, a student must be:

Employed full time in a full-day child care center, working 12 months out of the year, or working full time as an in-home family child care provider.

Currently enrolled or accepted for enrollment at a West Virginia college or university in an undergraduate degree program in early childhood field or specialization.

Enrolled in a course that counts toward an approved degree or meets remediation requirements for an approved degree.

For more information contact: Tricia Smith at 1-888-799-9217 or Marilyn Bowe, WV Higher Education Commission at (304) 558-0530

Money Back for Your Hard Work?

When Pigs Fly ...Right?

Well, look to the
sky because today
is your lucky day!

You May Be Eligible for the Earned Income Tax Credit (EITC)!

- Did you make less than \$40,000 last year?
- Do you know you could receive up to \$4,716 from the IRS?
- Are you between the ages of 25 and 65?
- Do you know you can claim EITC for three years back?
- Do you know FREE tax help is available?

Be sure to ask your tax preparer if you are eligible for EITC!

FREE Tax Preparation Available!

Volunteer Income Tax Assistance (VITA) sites are located throughout West Virginia during tax season. Returns can be filed electronically and deposited into your bank account within 7 to 10 days at no charge.





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. Look for more information coming soon!



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.