

A Newsletter of MountainHeart Child Care Resource & Referral Region VI



Reflections from MY Desk

Recently, a MountainHeart South staff member, Susan McCoy, accepted an invitation to make a presentation to the State and Territory Child Care Administrators (STAM) conference in Washington, DC. While the presentation focused on a specific, requested topic, Susan also included an informative PowerPoint presentation showcasing many of the wonderful services that are available through West Virginia's statewide Child Care Resource and Referral system. Participants, representing states from around the country, were amazed at all of our quality initiatives and services available to parents, child care providers and the child care community through the statewide Resource and Referral system and MountainHeart!

Susan's presentation led to many questions and dialogue that even continued throughout the day. According to Susan, from her discussions with other attendees, West Virginia is very progressive in our approach to quality child care initiatives and also very forward thinking in regards to early childhood education, professional development for providers and resources such as the TRAILS program.

It looks like West Virginia may very well be ahead of the game and even leading the way in many areas and that should make us all proud!

***Let's Goooooo, WV CCR&R!
Let's Goooooo, MountainHeart!
Lookin' good!***

Margie

Read more about the STAM Presentation on Page 4

The Director's Corner

In the busy life of child care, we are often times overwhelmed by all the duties we must complete as a child care director. This frequently leaves little time for one on one communication with staff. I have recently been reading the book, Solutions for Early Childhood Directors: Real Answers to Everyday Challenges by Kathy Lee, and there is a wonderful article on using 15 minutes effectively. The author suggested scheduling 15 minutes with each staff person once a month and really getting to know what challenges they are facing and any concerns that they may have. The author further suggests taking 15 minutes to write a staff person a note, about a job well done, and send this note to their home instead of giving them the note at work. Good staff/director communications are essential for providing quality care for children, so take that 15 minutes and see where it leads you might find a solution for a challenge yet discovered.

Source: Solutions for Early Childhood Directors: Real Answers to Everyday Challenges by Kathy Lee. Gryphon House Books. www.gryphonhouse.com

Submitted by Dianna Thompson, Early Childhood Specialist - Summersville Office

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A Publication of



MountainHeart
Child Care Resource & Referral

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What is the Kids First South Campaign?



The Kids First communities were organized by the KIDS COUNT project to build grassroots support for a quality rating system for child care providers. The rating system will give child care programs the support they need to improve their quality and ultimately achieve national accreditation, the gold standard of quality. KIDS COUNT is anticipating legislation in 2009 that will create this child care quality rating and improvement system.

The project will support a voluntary quality rating and improvement system with multiple tiers of reimbursement for child care providers who serve at-risk children. The establishment of a rating system will give early childhood development (ECD) programs the financial and technical support they need to gradually improve their quality and ultimately achieve national accreditation.

The Kids First Campaign will educate parents, child care providers, and community leaders about the state of child care in their region and effective ways to let their voices be heard during the next eighteen months. The Kids First Campaign will encourage parents, child care providers, and community leaders to advocate as organizations or as individuals for the implementation of a quality rating system (QRS) with tiered reimbursement for child care providers.

The objectives of the campaign are:

- ♥ To invite, involve, and maintain a diverse group of parents, child care providers, and community leaders in the region.
- ♥ To organize coalition meetings that provide education to members about child care issues and effective advocacy tools.
- ♥ To work with KIDS COUNT on building a reliable database of local contacts.
- ♥ To recruit local parents, child care providers, and community leaders to be spokes people for the campaign.
- ♥ To coordinate grassroots outreach and media relations efforts.
- ♥ To help publicize the 2007 KIDS COUNT Data Book.



Submitted by Roma Lester, Behavior Consultant - Kopperston Office

Lice Happens

It's back to school time and children will want to bring home buddies. But there's one buddy you don't want them to bring home and that's head lice. If your child or a child in your care gets head lice there are ways it can be treated.

Being a childcare provider you need to provide a written policy on prevention, detection, and treatment of head lice. Parents should understand the importance of screening often. They should also understand the risks of using pesticidal lice products and be informed of non-chemical treatment alternatives.

According to CDC (Centers for Disease Control and Prevention), the most important step in treating head lice infestation is treating the person and other family members with head lice with over the counter or prescription medication to kill the lice. Apply lice medication according to instructions. Generally, retreatment is recommended after 9-10 days. Manual removal is a safe alternative. Separate hair into sections and remove all attached nits with fingernails or a fine tooth comb to help assure total lice treatment.

Wash and dry all clothing and bed linens that the infested person wore or used by the infested person in a 2-day period just before treatment. Things that are unable to be wash may be dry cleaned or sealed into a plastic bag for 2 weeks.

Just remember, don't panic. There are ways to treat and prevent head lice.

Source: Centers for Disease Control and Prevention

Submitted by Sandra Cox, TRAILS Associate - Lewisburg Office



Tiered Reimbursement and You

Recently, the Division of Early Care and Education introduced the new Tiered Reimbursement System for early child care providers. The Tiered Reimbursement System will offer child care providers the opportunity to receive a higher rate of pay for meeting a higher quality standard.

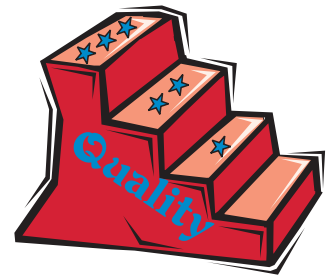
Many child care providers are already meeting the higher standards and this gives them the opportunity to earn additional pay for doing so. The process for qualifying for the additional Tier Reimbursement is quite simple.

Family Child Care Providers must have a regular certificate of registration for at least six (6) months in West Virginia and must enroll children who receive subsidies for care. Child Care Centers and Facilities must have a regular operating license (not a provisional or initial) and have children who receive subsidies for care.

Child Care Providers should complete an application and provide verification of having met the higher standard in the form of a validation notebook or CD. MountainHeart CCR&R can help with this process. Each MountainHeart office has a sample validation notebook on site and our Professional Development staff are available to answer questions.

Further information about the Tier Reimbursement Program can be found on the West Virginia Department of Health and Human Services website (http://www.wvdhhr.org/bcf/ece/earlycare/tiered_reimb.asp). Providers may also contact their local MountainHeart CCR&R office.

Submitted By Dianna Thompson
MountainHeart Early Childhood Specialist - Summersville Office



Good News For Families, Children And Child Care Providers!!!

As of August 1, 2008, the Monthly Rate will be used for the base rates when a child is in care between 13 to 20 days. For example, if a child is in care for 14 days, the provider will be paid 20 days for the month. The Per Day Rate is used if the child attends less than 13 days or more than 20 days. For example, if a child is in care for 12 days, the provider will be paid for 12 days or if a child is in care 21 days, the provider will be paid for 21 days. This change will positively impact children, families, and all providers by allowing families to access the part-time child care they need!

Submitted by Susan McCoy, Supervisor - Lewisburg Office

Spotlight On

The Salvation Army Child Development Center

Hats off to the Salvation Army Child Development Center in Mercer County for their diligent work in providing the community with quality child care individualized to meet the needs of families.

The Salvation Army Child Development Center staff have made extra efforts to identify children's needs and develop curriculum and activities to meet those individual needs.

Dianne Keatley, director of the Salvation Army Child Development Center requested technical assistance and training on specific disabilities such as Autism. With the rising diagnosis of children with Autism, Dianne wanted to ensure that her staff understood the disability and knew how to implement practical practices that could address some of the challenges that may arise in the child care setting. Dianne included parents and grandparents in these training opportunities.

Submitted by Roma Lester
Behavior Consultant - Kopperston Office





Roma's Real World Transition Time Can Be Difficult

Many times, early childhood educators think children are experiencing challenging behaviors, when in reality, the behaviors are actually age-appropriate. It is very important you learn the developmental characteristics for the age of the children you teach or care for and have realistic expectations for them. Your early childhood program should make every effort to fit children's developmental needs.

Learn to be a good observer of children and be sensitive to their needs. If the child is wiggly, let them move; if the child is frustrated, adapt the activity or change the approach. In addition, work closely with parents to be aware of family changes that may affect the child's behavior in child care.

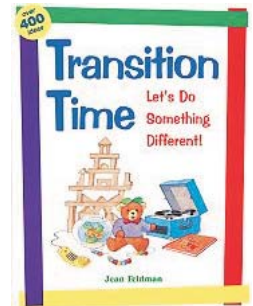
Attempt to prevent problems whenever possible. If a child is fighting over a toy, get duplicates. If a child is tired or irritable before their nap then change nap time.

Be a problem solver and try new techniques. If something isn't working, then change your approach. Think about what is causing the problem and how you can manipulate the variables to correct it, so both you and the children can be successful.

Resource: Transition Time: "Let's Do Something Different"

Author: Jean Feldman

"Let's Do Something Different" is a great resource for transition activities. If you would like to receive a packet of transition activities, contact your TRAILS Early Childhood Specialists.



Ms. McCoy Goes To Washington

In July, MountainHeart Child Care Resource and Referral was given the opportunity to present information to a national group of State Administrators regarding collaborative efforts with the Workforce Development System. Susan McCoy, Supervisor of the Greenbrier County office, traveled to Washington, D.C. to attend the State and Territory Administrator Meeting and present the information on behalf of MountainHeart. In her PowerPoint presentation, Ms. McCoy discussed the services that both agencies offer to customers and demonstrated the collaboration between the two by sharing the referral based process utilized in the Workforce centers throughout the region.

MountainHeart began its involvement with Job Training and Partnership Act (JTPA) at its inception and continued services through the transition into Workforce Investment Act in 1998. MountainHeart continues to provide services in 27 of the 55 counties in West Virginia and has been involved with 5 Workforce WV Career Centers across the state.



Susan McCoy with
STAM Child Care Administrators

For more information, contact MountainHeart at (304) 682-8271, 1-800-834-7082 or visit on-line at www.mountain-heart.org.

Submitted by Susan McCoy,
Supervisor - Lewisburg Office

Provider Appreciation Month A Success

May 9th, 2008 was appointed as the National Provider Appreciation Day. MountainHeart CCR&R wanted to be able to "appreciate" more providers by lengthening this to the entire month of May. This was done by allowing providers who attended trainings in this month to sign up for a chance to win a gift basket provided by MountainHeart. They were also encouraged to schedule a TRAILS van visit and receive a certificate and small gift.

The winners of the gift baskets were Deborah Collins from Raleigh County, Dana Estep from Fayette County, and Debra Defibaugh from Greenbrier County. Congratulations to the winners and to all of you who provide quality care for children.

Super Saturday Professional Development Session On Behavior Management

Title: Living with ADHD
Description: This Professional Development Session will provide participants with an overview of the Attention-Deficit/Hyperactivity Disorder and how families cope. This session will share information on causes, complications, behavior management and classroom management. Nancy Mink, Early Head Start Teacher, will share her life experiences about the struggles she has overcome living with ADHD. Nancy has presented at State, Regional and National Conferences.



Registration: Space is limited to 20 participants.
 Please call Reba or Missie at 1-866-872-9204 to Pre-Register.

October 4, 2008 From 10:00 am - 2:00 pm
 Mercer County WorkForce in Princeton, West Virginia

Core Competency
Positive Interaction & Relationships
 (Tier III)

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
October 7, 2008
9:00 am - 4:00 pm

WorkForce Conference Room in Princeton, WV
 Please call Missie or Reba @ 1-866-872-9204 to reserve your spot.

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

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	11/7	10-4	Princeton Workforce
Session 2	11/13	1-5	Princeton Workforce
Session 3	11/21	10-4	Princeton Workforce
Session 4	12/5	10-3	Princeton Workforce
Session 5	12/17	1-5	Princeton Workforce

Sessions 6-10 will be scheduled for next quarter and will begin sometime in January 2009.

SLEEPING SAFE

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

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



November 5, 2008
4 pm to 6 pm
Greenbrier County WorkForce

Saturday Professional Development Opportunity

Title - Art for Preschool and School Age - Let's Get Messy!

Core Competency - 2 hours of Curriculum (Tier II)

Target Audience - Preschool/School Age

Summary - This training will cover ways to design and implement art activities into areas of the curriculum that will encompass children's interests and abilities in art.

December 6, 2008 from 11:00 am to 1:00 pm
MountainHeart Conference Room in Beckley

Anyone Wishing To Attend Professional Development Sessions Must Be Pre-Registered In Order To Attend.

Please call Missie or Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.

MountainHeart South Professional Development Schedule

WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

October Topics

Topic 1 - Is The Next Pulitzer Prize Writer With You?

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

Target Audience - School Age

Summary - Everyday, early child care providers form the foundations for future learning. One area that should receive a good deal of focus is literacy and writing, this professional development session will help providers understand how children develop as writers and how to encourage writing in early childhood development and its link to literacy.

Topic 2 - Journey of Change

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

Target Audience - All

Summary - Developing your ideas of change for achieving excellence in your program. This session will involve participants in finding out about and understanding collaboration. Learn how to establish an environment of success for all children that promotes diversity, shared growth and authenticity in working together toward a common goal including what a quality child care program looks like. Additional information and resources on provider "burnout" will be addressed.

November Topics

Topic 1 - Improving Quality Through The Tier II Reimbursement System

Core Competency - 2 Hrs. of Program Management (Tier II)

Target Audience - Administrative/Child Care Providers

Summary - This professional development session will provide an overview of the Tier II Quality Reimbursement System developed by the Department of Health and Human Services, Bureau of Early Care and Education. The completion of the application process provides additional money for programs increasing quality child care.

Topic 2 - Above and Beyond: Reach for the STARS, Discover the Career Pathway.

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

Target Audience - All

Summary - Learn about the eight core competencies set up by the state of WV for use in the Early Childhood field. Find out what they mean, why they are important and how to use them in planning and designing strategies for improvement in your program.

December Topics

Topic 1 - Getting Families Involved In Child Care (\$-Indicates Training Necessary when working toward Tier II Reimbursement)

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

Target Audience - Administrative/Child Care Providers

Summary - Participants of this professional development session will discover fun and inventive ways to get families involved in child care. Ideas will revolve around the "family meeting" concept.

Topic 2 - Lessons in After School - Foundations of a Successful Homework Program.

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

Target Audience - School Age

Summary - Learning academically, physically, socially, and emotionally is at the heart of a well designed after school program - but are we setting children up for success or failure? Learn how a well designed after school program can provide young people powerful opportunities for learning and growth by supporting academic goals with a structured homework plan for school age children. This session will also address the link between after school programs and national accreditation.

Ouch! Biting Hurts!

Core Competency - 1.5 Hrs. of Positive Interactions and Relationships and ½ Hr. of Child Observation and Assessment (Tier II)

Summary - Participants will discuss the problem of biting, how to control it, and create sound policies dealing with biting.

October 2, 2008
6:00 pm to 8:00 pm
Princeton WorkForce

October 14, 2008
1:00 pm to 3:00 pm
Braxton County DHHR

October 28, 2008
6:00 pm to 8:00 pm
Summersville WorkForce

Saturday Professional Development Opportunity

Attention: Afterschool Program Staff and Child Care Providers!

Tools of the Trade:
Giving Kids a Lifetime Guarantee
2008 Training Workshops

Earn six hours of WV STARS credit or professional development certificate. Space is limited. Advance registration is required.


Visit www.mountain-heart.org/cessouth.htm for more information and registration form.

Saturday, November 1, 2008 - Pike View High School in Princeton
Cost: \$20 per participant
For more information contact Jane Hange @ 304-720-9882.


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!!

Professional Development Opportunities for October - December 2008

Braxton County - Braxton County DHHR

 October 16, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

Fayette County - Fayette County DHHR


 October 15, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

 December 15, 2008 10:30 am - 12:30 pm **Getting Families Involved In Child Care (\$)**
1:30 pm - 3:30 pm **Lessons In After School - Foundations of a Successful Homework Program**

Fayette County - First Brethren Fellowship Hall

November 1, 2008 10:00 am - 1:00 pm Who Let The Cook Out? We Need Snacks!

Greenbrier County - Lewisburg WORKFORCE

 October 9, 2008 12:00 pm - 2:00 pm Is The Next Pulitzer Prize Writer With You?
3:00 pm - 5:00 pm Journey of Change

November 5, 2008 4:00 pm - 6:00 pm **Sleeping Safe**


 November 14, 2008 11:00 am - 1:00 pm Improving Quality Through The Tier II Reimbursement System
2:00 pm - 4:00 pm Above and Beyond: Reach for the STARS, Discover the Career Pathway

 December 4, 2008 12:00 pm - 2:00 pm **Getting Families Involved In Child Care (\$)**
3:00 pm - 5:00 pm **Lessons In After School - Foundations of a Successful Homework Program**

McDowell County - WORKFORCE



 November 26, 2008 10:00 am - 12:00 pm Improving Quality Through The Tier II Reimbursement System
1:00 pm - 3:00 pm Above and Beyond: Reach for the STARS, Discover the Career Pathway

McDowell County - Welch Library

 October 24, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

 December 8, 2008 11:00 am - 1:00 pm **Getting Families Involved In Child Care (\$)**
2:00 pm - 4:00 pm **Lessons In After School - Foundations of a Successful Homework Program**

Mercer County - Princeton WORKFORCE

 October 4, 2008 10:00 am - 2:00 pm Living with ADHD
 October 8, 2008 10:00 am - 12:00 pm **Is The Next Pulitzer Prize Writer With You?**
1:00 pm - 3:00 pm **Journey of Change**

October 22, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

November 14, 2008 10:00 am - 12:00 pm **Improving Quality Through The Tier II Reimbursement System**
1:00 pm - 3:00 pm **Above and Beyond: Reach for the STARS, Discover the Career Pathway**

 December 10, 2008 11:00 am - 1:00 pm Getting Families Involved In Child Care (\$)
2:00 pm - 4:00 pm Lessons In After School - Foundations of a Successful Homework Program

Mercer County - *Hosted Training* - Mother Goose Child Care Center in Princeton


October 28, 2008 6:30 pm - 8:30 pm Journey of Change

Mercer County - Princeton Library


 November 21, 2008 10:30 am - 12:30 pm Improving Quality Through The Tier II Reimbursement System
1:30 pm - 3:30 pm Above and Beyond: Reach for the STARS, Discover the Career Pathway

December 5, 2008 10:30 am - 12:30 pm **Getting Families Involved In Child Care (\$)**
1:30 pm - 3:30 pm **Lessons In After School - Foundations of a Successful Homework Program**

Monroe County - CASE

 October 31, 2008 11:00 am - 1:00 pm Is The Next Pulitzer Prize Writer With You?
2:00 pm - 4:00 pm Journey of Change


Nicholas County - Summersville WORKFORCE

 October 21, 2008 11:00 am - 1:00 pm Is The Next Pulitzer Prize Writer With You?
2:00 pm - 4:00 pm Journey of Change

 November 12, 2008 10:00 am - 12:00 pm **Improving Quality Through The Tier II Reimbursement System**
1:00 pm - 3:00 pm **Above and Beyond: Reach for the STARS, Discover the Career Pathway**

 December 3, 2008 10:00 am - 12:00 pm Getting Families Involved In Child Care (\$)
1:00 pm - 3:00 pm Lessons In After School - Foundations of a Successful Homework Program

Pocahontas County - Marlinton Career Center

 November 12, 2008 3:00 pm - 5:00 pm Understanding Shaken Baby Syndrome

*Anyone Wishing To Attend Professional Development Sessions
Must Be Pre-Registered In Order To Attend.*

Please call Missie or Reba @ 1-866-872-9204 to reserve your seat today!

If you are registered for a session, you will be notified by telephone if the session is canceled.


Professional Development Opportunities for October - December 2008


Pocahontas County - McClintic Library

October 20, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

Raleigh County - MountainHeart Child Care Resource & Referral

October 14, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

 **October 22, 2008 10:30 am - 12:30 pm Is The Next Pulitzer Prize Writer With You?**
1:30 pm - 3:30 pm Journey of Change

 November 4, 2008 10:00 am - 12:00 pm Improving Quality Through The Tier II Reimbursement System
1:00 pm - 3:00 pm Above and Beyond: Reach for the STARS, Discover the Career Pathway
November 12, 2008 10:30 am - 12:30 pm Improving Quality Through The Tier II Reimbursement System
1:30 pm - 3:30 pm Above and Beyond: Reach for the STARS, Discover the Career Pathway

December 4, 2008 10:00 am - 12:00 pm Getting Families Involved In Child Care (\$)
1:00 pm - 3:00 pm Lessons In After School - Foundations of a Successful Homework Program

December 6, 2008 11:00 am - 1:00 pm Art for Preschool and School Age - Let's Get Messy!

December 9, 2008 6:00 pm - 8:00 pm Understanding Shaken Baby Syndrome

 **December 11, 2008 11:00 am - 1:00 pm Getting Families Involved In Child Care (\$)**
2:00 pm - 4:00 pm Lessons In After School - Foundations of a Successful Homework Program

Summers County - Summers County DHHR

 December 8, 2008 10:00 am - 12:00 pm Getting Families Involved In Child Care (\$)
1:00 pm - 3:00 pm Lessons In After School - Foundations of a Successful Homework Program


Webster County - Webster County WorkForce

 December 2, 2008 11:00 am - 1:00 pm Getting Families Involved In Child Care (\$)
2:00 pm - 4:00 pm Lessons In After School - Foundations of a Successful Homework Program

Webster County - Webster Springs City Hall

October 14, 2008 10:00 am - 12:00 pm Understanding Shaken Baby Syndrome

Wyoming County - MountainHeart Community Services in Kopperston

 October 16, 2008 10:00 am - 12:00 pm Is The Next Pulitzer Prize Writer With You?
1:00 pm - 3:00 pm Journey of Change

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 2½-5 year old children in all early childhood settings. Remember, all modules must be completed to receive a certificate.**

The modules will be divided into eight sessions and will begin in October for **Raleigh County and surrounding counties.**

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 **MountainHeart Conference Room in Beckley** on the following dates:

Module 1 - October 7, 2008 from 5:00 pm - 9:00 pm

Module 2 - October 14, 2008 from 5:00 pm - 9:00 pm

Module 3 - October 21, 2008 from 5:00 pm - 9:00 pm

Module 4 - October 28, 2008 from 5:00 pm - 9:00 pm

Module 5 - November 4, 2008 from 5:00 pm - 9:00 pm

Module 6 - November 10, 2008 from 5:00 pm - 9:00 pm

Module 7 - November 24, 2008 from 5:00 pm - 9:00 pm

Module 8 - December 2, 2008 from 5:00 pm - 9:00 pm

Registration Limited to 18 Participants

Target Audience: Toddlers/Preschool (Tier II)

Understanding Shaken Baby Syndrome

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

Summary - This professional development session will present the clinical symptoms of a severe shaking, the situations that can lead to a caregiver's loss of control, and ways to anticipate and ease the frustration, anger, and stress that can occur when caring for a baby or young child.

October 14, 2008 10:00 am - 12:00 pm

November 12, 2008 3:00 pm - 5:00 pm

December 9, 2008 6:00 pm - 8:00 pm

Webster Springs City Hall - Webster Springs

Marlinton Career Center - Marlinton

MountainHeart Conference Room - Beckley

Saturday Professional Development Opportunity

Title - Who Let the Cook Out? We Need Snacks!

Core Competency - 3 Hrs. of Health, Safety, and Nutrition (Tier II)

Summary - Participants of this professional development session will discover new ideas for quick and healthy snacks for children of all ages. This session will provide an opportunity for participants to make and try several snacks the day of the class.

First Brethren Church Fellowship Hall in Oak Hill

November 1, 2008 - 10:00 am to 1:00 pm

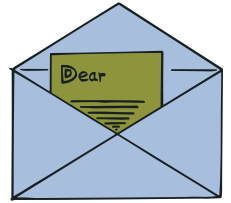


Dear Roma

Dear Roma,

I care for a child who complains or tattles constantly about several children in my care. I observed the situation closely and didn't detect the events that the child reports. Do you have suggestions on how to remedy this situation?

Child Care Detective



Dear CC Detective,

Children perceive things that are happening in their environment much differently than adults. Here is an activity to help the child understand specific situations and provide you with an opportunity to give positive guidance. Develop an "Official Class Report Box". Start by making a mailbox the children can use to leave special messages for the teacher/caregiver. Children can draw pictures to express complaints, ideas, secrets or personal matters. Be available if a child has a complaint that he/she may need for you to write down. When a child tattles or complains, refer the child to the writing station to draw or write down the complaint. Remind children you will be reviewing their complaints and ideas. Designate a time during the day you can go over the complaints, ideas, secrets or personal matters. This is a great way to give positive guidance.



Roma

Please send questions to:
 MountainHeart Child Care Resource & Referral
 Roma Lester, Behavior Consultant
 P.O. Box 1509 • Oceana, WV 24870
 romalester@wvdhhr.org



Terri Lynne Lokoff/Children's **TYLENOL**[®] National Child Care Teacher Awards[™]

Recognizing the need to raise the status and visibility of quality child care, the Terri Lynne Lokoff Child Care Foundation (TLLCCF) created the Terri Lynne Lokoff/Children's **TYLENOL**[®] National Child Care Teacher Awards[™]. These awards acknowledge the critical role of child care teachers in providing quality early care and education. Child care teachers from all 50 states and the District of Columbia are invited to apply. Fifty teachers are selected for their commitment and dedication to the children they serve. Of the top ten recipients, one is selected to receive the Helene Marks Award[™].

As part of the application process, each applicant is asked to design an enhancement project for the children in their classroom illustrating the educational, social, and emotional benefits from the project. A committee of early childhood educators and specialists review the applications. Award recipients receive \$1,000 - \$500 for the teacher's personal use and \$500 to implement the project. An award ceremony takes place each spring in Pennsylvania - hotel and transportation are provided for the recipients. The event celebrates the best and brightest, and the most dedicated of our child care teachers.



The Helene Marks Award[™] is presented to the child care teacher who is selected from among the top ten applicants of the National Child Care Teacher Awards. The top ten scorers are given an additional essay question to answer. A team of child care experts and professionals evaluates the written responses. The recipient with the highest score receives the Helene Marks Award[™], an additional \$1,000 and a shopping spree, courtesy of Bloomingdale's King of Prussia.

The TLLCCF has presented 485 awards, totaling more than \$453,000, honoring child care teachers for their excellence and dedication in the field of child care.

Source: http://www.tllccf.org/pr_nccta.php

TRAILS MIX

TRAILS is Not Just a “Toy Van”

In the eyes of a child, the TRAILS van is a magical place. I love to hear the comments that come from the little ones we see in our travels. It is not uncommon to hear comments like, “Here comes the toy van” or “It’s the toy person”. Their excitement is obvious as they climb into the van to pick something they want to play with for the next several weeks.

The TRAILS van is so much more than that to the adults we have the pleasure of seeing. Did you know that the TRAILS Early Childhood Specialist can conduct trainings in your home that are STARS approved? Right now both vans are busy conducting Creative Curriculum trainings for those providers who have been approved to receive the Creative Curriculum book and tool kit through the mini grant program. The tool kit may consist of learning tools such as costumes, puppets, or props to develop the dramatic play area in your home, or several varieties of blocks to enhance your block area.

In addition to trainings, the TRAILS van will visit your home, facility, or center to give providers the opportunity to check out items and books. You are always notified in advance of a visit and asked if there is anything specific that is needed. If there is, we search our storage for such items. Included in the personal visit may be help on payment forms, filling in a STARS application, advice on certain areas of your curriculum, or just someone to listen to your concerns.

We are always surprised to attend trainings and meet providers who have either never heard of the TRAILS program or have never used it. Why pass up a free program that can only be a help? We carry payment forms, STARS applications, sign-in sheets, and various articles pertaining to child care. Any other type of forms needed can be brought with us.

Give us a call and let us show you all of the wonderful things and services that the TRAILS van can provide.

Submitted by Joanne McCallister,
TRAILS Early Childhood Specialist, Beckley Office



Pizza Mummies Recipe

For preschool and school age

Ingredients:

English Muffins

Pizza sauce

Black olives

Scallions

Red or Green Pepper

Cheese sticks or slices



1. Heat the oven to 350°.
2. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin.
3. Set the olive slices in place for eyes and add round slices of green onion or bits or red or green pepper for pupils.
4. Lay strips of cheese (a pulled apart cheese stick works well) across the muffin from the mummy’s wrappings.
5. Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.

Submitted by Alisa Carte, TRAILS Associate - Beckley Office

A Special Thank You To:

Kidz at Heart, Mercer County
Debra Bailey, Mercer County
Tracy Sawyers, Raleigh County
Angela Perkins, Mercer County
Linda Hill Karnes, Mercer County
Paula Peyton, Mercer County
Tonya Morris, Mercer County
Judy Morrison, Mercer County
Geraldine Hancock, Raleigh County
Mary Via, Mercer County
S.A.F.E, McDowell County
Angel McClure, Mercer County

We extend a very special “thank you” for the donations of toys and miscellaneous items for the TRAILS van!

Thanks

The TRAILS Team

I Know We Can't, But WHY?

Regulations:

Child Care Center Licensing Regulations 2007 & Family Child Care Facility Licensing Requirements - 2007
 13.3.b. *Jumpers and infant walkers are prohibited.*

Family Child Care Home Registration Requirements 2007 - 16.1.d *Shall not allow the use of mobile walkers*

Children between 6 and 12 months old have a powerful urge to move across the floor. When they are placed in baby walkers or jumpers most of them squeal with delight, and are happily entertained for hours on end. Often their delight is a good indicator of what they need but sometimes it can lead us, the adults, astray.

When babies are placed in walkers, they can get around easily and their urge to move across the floor is satisfied. Since this need to move is satisfied, many of them may not undertake the important task of crawling, creeping, and scooting.

During this developmental stage it is very important for babies to increase their strength and coordination. Walkers strengthen the wrong muscles in babies who are placed in them. The lower legs are strengthened, but the upper legs and hips which are most important for walking become relatively weak. Also, being confined to a walker restricts the baby's time for free exploration of the natural environment, which is important to the child's mental development.

A child in a walker can move more than 3 feet in 1 second, which makes them dangerous even under close adult supervision. The **Consumer Product Safety Commission (CPSC)** in Washington, D.C. estimates that each year there are 21,300 hospital emergency room injuries associated with baby walkers for children under 15 months of age. CPSC receives reports of an average of two **deaths** a year with baby walkers. Most of the injuries were caused by falling down stairs but other injuries have occurred when a child tips over the walker on a stray toy or loose rug, pulls hot liquid or food from heights he can now reach, or suffocates/drowns due to the increased mobility in the baby walker.

The **American Academy of Pediatrics** and the National Association of Children's Hospitals and Institutions have called for a ban on the manufacture and sale of baby walkers with wheels.

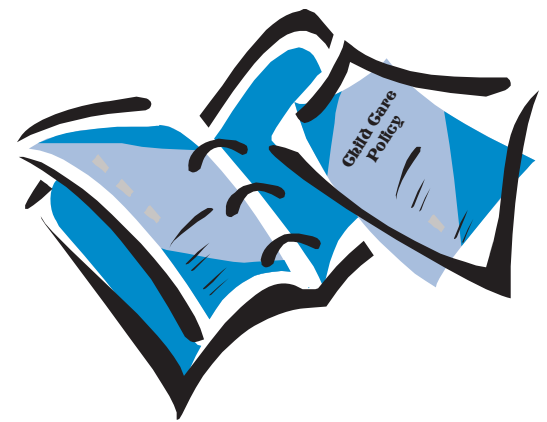
For children who want to be upright, an exosaucer can be a nice alternative. These look like walkers, but without the wheels. They allow children to bounce, rock, spin, and sit upright- without satisfying the urge to move across the floor. For the child who is beginning to become mobile, a sturdy push car or wagon is fun. Other push toys for the mobile child could include lawnmowers, vacuum cleaners, fire engines or large trucks. Be sure the toy has a nice bar to push and is sturdy so it won't fall over.

The non-mobile infant will enjoy supervised "free time" on a blanket on the floor with some toys placed within reach and others placed a few inches out of their reach. Caregivers can play with the infant and gently roll them, help them to sit, and practice balancing on their legs.

With practice, we can learn to choose equipment and toys that are both developmentally appropriate and safe for the young child.

Sources: www.drgreene.org, www.cpsc.gov,
www.aap.org, and www.case.edu

Submitted by Tricia Smith
 MountainHeart Infant and Toddler Specialist
 Beckley Office



Don't Work Until You're 90!

WISER has just launched a new pilot project in West Virginia to assist child care providers in receiving the support and information they need to plan for retirement. WISER will be holding meetings this fall in Beckley, Princeton and Lewisburg. If you are interested in attending, please contact Diane Browning at (304) 497-2213.



Medication Administration Training

MountainHeart Child Care is pleased to announce they will be sponsoring more Medication Administration Trainings. Training will be from 4:30 pm to 9:00 pm on the following dates:

- ♥ September 16, 2008 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ September 26, 2008 at the MountainHeart Community Services Office in Kopperston (Wyoming County).
- ♥ October 2, 2008 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ October 14, 2008 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office).
- ♥ November 4, 2008 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).
- ♥ November 19, 2008 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ December 1, 2008 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ December 9, 2008 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).

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

Additional Requirements:

- ♥ Be registered on the STARS Career Pathway. The class is STARS approved.
- ♥ You need to bring a small baby doll with you.
- ♥ You need to bring a pair of latex or non latex gloves.
- ♥ You need to bring your STARS Bar Code ID's.

Due to the intensity of the material to be covered you must be there at the scheduled start time of training.

If you have any questions feel free to contact MountainHeart Child Care Resource & Referral.



Training Materials Needed



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.