

# Child Care Chronicles

A Newsletter of MountainHeart South  
for all providers of child care



Vol. VIII Issue 4

Come visit us at: <http://ccsouth.mountainheartwv.org>

FALL 2011



Margaret Younce  
Program Director

## Reflections From My Desk

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." - Dr. Seuss

According to a recent report from the WV KIDS COUNT Fund, the national recession has increased the number of children living in low-income families by 7% to 31 million. Although the recession has not worsened economic conditions for West Virginia's kids, the state still is ranked in the bottom 10, dropping from 43rd to 44th in overall child well being. Almost one in four children lives in poverty in WV. Foreclosed homes and parents who do not have full time, year round, employment have had a significant impact on the lives of WV children.

The very fact that WV is ranked in the bottom ten should call the early childhood community, legislators, parents, teachers, businesses, and community and state leaders together to focus on the issues at heart. Why is WV 44th in child well being and what can we do to turn things around for our most prized possessions—our children? Why not organize a grassroots campaign focused on early childhood issues with others who have the same concerns. Educate leaders in the community and legislators on the importance of quality child care. Support improvements and invest in WV's early childhood systems. Invest in yourself and the children you care for by becoming a highly trained child care professional. Be a lifelong learner. Stay informed on children's issues. Shape and mold a child. Begin to show our families and children you care a whole awful lot.

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According to The West Virginia KIDS COUNT Fund, "Since 2008, KIDS COUNT has organized an annual, statewide celebration of the work of childcare providers called Take a Flower to Childcare Day. This year's Take a Flower to Childcare Day celebration will take place on Tuesday, October 18, 2011 in childcare centers throughout West Virginia."

"The goal of 'Take a Flower to Childcare Day' is to raise awareness about the important role high-quality child-

care plays in the healthy development of young children and the economic future of West Virginia. Taking part in the statewide celebration is easy. On the third Tuesday in October, thousands of parents, young children and community leaders who rely on great childcare every day simply present a single flower of their choice (or any other flower related gift) to their childcare provider."

Resource: <http://www.wvkidscount.org/take-flower.php>

Submitted by Sara Mathes, Early Childhood Specialist

Donna England, TAF Chair and Randy Brown, Co-Chair

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## A Message From Susie Brown, LSW, Region IV DHHR Child Care Supervisor

Several child care providers have completed CPR/first aid training on line. This will not be accepted by ECE. Providers are required to have hands-on instruction for this requirement.



## Spotlight

### WV Elements of Family Child Care

Early Childhood Specialists Sara Mathes and Dianna Thompson recently completed the series *West Virginia Elements of Family Child Care* in Fayette County. The seven part series utilizes **The Creative Curriculum for Family Child Care** and **The Family Child Care Environment Rating Scale-Revised**. The series leads participants in making substantive changes to their learning environments and improving the overall quality of care.

Child care provider participants in the series were Jada Baker of Oak Hill, Nancy Emeline of "Emeline's Day Care", a family facility in Boomer, Juanita McQuerrey of "A Home Away From Home", a family facility in Oak Hill and Dana Slater of "Teddy Bears and Hugs" in Fayetteville. All four of participants have many years of experience in child care and have a desire to continue to learn about the every changing field of early childhood education. Sara and Dianna had the opportunity, as part of the series, to visit

each participants home and observe them "in action" with the children in their care. Both Early Childhood Specialists were impressed with the interactions and the level of care provided by these early childhood professionals. The warm and welcoming child care homes and facilities told a story of devotion to children and their early year's education.

When asked about what they enjoyed most about their jobs their responses say it all! Jada Baker stated, "One of my greatest joys is seeing a child progress to a new milestone." Nancy Emeline replied,



**Front Row:**  
*Juanita McQuerrey and Jada Baker*  
**Back Row:**  
*Nancy Emeline and Dana Slater*

"I love being a child care provider, I am truly blessed with the job of my dreams. Children are my passion! They learn from us every day. We fix their boo boos, mend

broken hearts, teach them right from wrong, and the best part is getting hugs and knowing you made a difference in someone's life...!" Juanita McQuerrey said, "... they make me laugh and smile all the time. The children are just fun to be around. They keep me young!" and Dana Slater stated, "I enjoy my job because I feel the children teach me. Every day we learn new and exciting things, from playing in boxes to exploring the Clay Center on field trips."

Each module of the series revolved around a chapter from **The Creative Curriculum for Family Child Care** and subscales in **The Family Child Care Environment Rating Scale-Revised**. The participants shared ideas, discussions and laughter throughout the classes. Dana Slater shared, " I have enjoyed learning new techniques and spending time with the other providers learning about their ideas and how they enjoy the many little things just as I do, being a child care provider. " The participants of the class are continuing to improve their knowledge and understanding of child development, but also what it takes to be a special person in the life of a child. Congratulations Jada, Nancy, Juanita and Dana!

Submitted by Dianna Thompson and Sara Mathes, Early Childhood Specialists

## Need a Technician? We Have Them!

How about a Child Passenger Safety Technician! Our TRAILS Associates, Sandra Cox and Mary Jones, have completed the extensive national CPS certification course and are now certified to do car seat safety checks. They are part of the 33,000 member team and are ready to assist parents, caregivers and others who need assistance making sure that child passenger seats are properly installed in a vehicle and that children are properly secured in those seats.

Here is a sobering statistic from [www.safekids.org](http://www.safekids.org): "Each year more than 1500 child passengers die in motor vehicles crashes." We can make a difference in that statistic by making sure children are properly restrained during every trip in a vehicle. Car seats and booster seats can be frustrating to install. The vehicle owner's manual and the instruction manual for each seat should be reviewed when placing a seat in a vehicle.

We know that car seats are often moved from vehicle to vehicle during the day when children are in child care. Let's make sure we know how to keep them safe. Call us for assistance, we want to help caregivers and parents protect their precious cargo.

Sandra Cox, Lewisburg office: 304.647.3800 or 1.866.223.7127

Mary Jones, Beckley office: 304.253.7654 or 1.888.799.9217



***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 CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of Early Care and Education. MHCCR&R was established in 1992.

Come visit us at: <http://ccsouth.mountainheartwv.org>

## Babies Unplugged

In early care and education settings, media (television, video, and DVD) viewing and computer use should not be permitted for children younger than two years of age. In the first two years of life, children's brains and bodies are going through critical periods of growth and development. It is important for infants and young children to have positive interactions with people. Babies and toddlers sitting in front of a screen takes away time from social interaction with parents/guardians and caregivers/teachers.

Before the age of three, television viewing can have modest negative effects on cognitive development of children. For that reason, the American Academy of Pediatrics (AAP) recommends television viewing be discouraged for children younger than two years of age. Interactive activities that promote brain development are recommended, such as talking, playing, singing, and reading together.

Source: "Caring for Our Children" National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, Third Edition". STANDARD 2.2.0.3, Chapter 2, pages 66 & 67

Submitted by Tricia Smith, Infant and Toddler Specialist



## Don't Stress the Seasons!

Fall is my favorite season, feeling the cool breeze, watching the leaves fall, and turning their magnificent colors of orange, red and yellow! Unfortunately, after the peacefulness of the fall season is behind us, the dreaded winter season begins. For some, winter can be exciting with sleigh rides, building snowmen and don't forget the snowball fights! However, winter also brings something we all seem to dread....TAX SEASON!

Did you know that MountainHeart Child Care Resource and Referral offices have VITA (Volunteer Income Tax Assistance) volunteers stationed in each of their sites? And, did you know that VITA volunteers prepare your taxes for free? Below are a few questions and answers that may be beneficial to you as you prepare for the upcoming Tax Season.

Q- As a child care provider, what items should I bring to my tax preparer?

A – Photo ID

- ♥ Social Security card(s)
- ♥ 1099 (and W-2 forms if applicable)
- ♥ Voided bank check if using direct deposit
- ♥ Total expenses for providing child care in your home, such as cleaning supplies or play equipment (if these items are being solely used for your child care business)

Q- As a child care provider, what information am I required to give to parents of children in which I provide services?

A – The provider must provide

- ♥ His/Her name and mailing address
- ♥ Social Security number
- ♥ Written receipt of all child care fees

Remember tax refunds can be direct deposited in your account at no cost, and most importantly, by getting your income taxes prepared at one of our MountainHeart VITA sites, you can keep all of your refund by avoiding costly Refund Anticipation Loan's (RAL).

To learn more about VITA or any other of the many programs MountainHeart offers, please call your local MountainHeart Child Care Resource and Referral office.

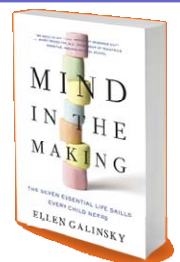
Submitted by Betty Hamrick, Supervisor



## Mind in the Making Update

In the Summer edition of the newsletter we introduced, "Mind in the Making", a new set of learning modules for early care and education teachers. We were hoping to start sessions this Fall, but due to unforeseeable circumstances, the modules will not be offered until Spring. We will keep you updated!

If you have questions please feel free to contact Sara Mathes, 1-888-799-9217 or Dianna Thompson, 1-866-872-9204 and they will be glad to assist you.



## Roma's Real World

### Planning for Out of School Time Children

In planning activities for Out of School Time children, you should endeavor to address their specific needs, interests, abilities and talents. Planning will also depend on the developmental stages of the children and the theme you have selected for activities or lessons.

Your planned activities might include exploration of the arts, sciences, social studies, problem solving, skill building, cooking, music, dramatic play, or physical activities such as mime, dance, team sports, exercise, or playing outside games. Remember to offer Out of School Time children a choice and input about their activities.



The Out of School Time child care provider can focus on quality time through one on one communication with the children by talking about their school day, their interests and favorite subjects. Include group discussions of social issues such as honesty, sharing, bullying, culture, friendship, playing fair, and kindness.

Plan to have a discussion with parents on the child's school progress and offer to tutor, strengthen skill building, listen to a child read or provide homework help. Some children may enjoy working on homework, reading aloud or studying spelling words in a group.

When planning afterschool activities for younger children under age six, you may not be focused on homework but you will want to plan for structured learning enrichment.

In order to achieve the many positive goals of your Out of School Time program you'll need to offer a variety of experiences and activities. When the Out of School Time children arrive, have a nutritional snack ready for them. Since they have been at school sitting quietly and working at tables or desks for most of the day some children may need some time to relax and unwind with a book or board game while others will want to run and play in your playground area.

Even though you may only have the Out of School Time children for a few hours each day while school is in session, the time spent with them can be very valuable to their social, emotional, physical and educational development.

The licensing requirements for Out-of-School Time may be viewed at <http://www.wvdhhr.org/bcf/ece/earlycare/regs.asp>  
Submitted by Roma Lester, Behavior Consultant

## Out-of-School Time Programs

Regulation for the licensing of Out-of-School Time programs, for which DHHR is responsible, became effective July 1, 2010. At the same time, legislation required the Department to register all out-of-school time programs. The licensing requirements for Out-of-School Time may be viewed at <http://www.wvdhhr.org/bcf/ece/earlycare/regs.asp> or if you have questions, contact: [beth.h.chambers@wv.gov](mailto:beth.h.chambers@wv.gov).

## Kids Count Data

According to data released by the Annie E. Casey Foundation in its annual, [national KIDS COUNT® Data Book](#), **In West Virginia, since the year 2000:**

- ♥ Four areas have improved: the infant mortality rate, child death rate, teen death rate and percent of children in poverty.
- ♥ Four areas have worsened: the percent of low birth weight babies, the teen birth rate, the percent of teens not in school and not working, and the percent of children in single-parent families.

In West Virginia, 10 percent of children had at least one unemployed parent, and just 2 percent have been affected by foreclosure. Despite weathering the recession better than the nation as a whole, West Virginia still ranks 44th in the nation in overall child well-being, dropping from 43rd in the nation last year.

The KIDS COUNT Data Book *with state-by-state rankings and supplemental data is available at <http://datacenter.kidscount.org>. By visiting the Data Center, users can download the complete Data Book, access the latest child well-being data on hundreds of indicators. It serves as a comprehensive source of information for policymakers, advocates, members of the media, and others concerned with addressing the needs of children, families, and communities.*



Come visit us at: <http://ccsouth.mountainheartwv.org>

**Professional Development Session on Child Observation and Assessment**

**Title:** Child Observation and Assessment

**Description:** Child Care Providers will learn how to use ongoing observations, documentation, and assessment to develop curriculum that is critical to each child's learning and developmental levels. Based on the gathered data early childhood educators will learn how to establish next steps for individualizing curriculum to meet the needs of all the children in the early childhood setting.

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



**Date:** November 7, 2011 from 2:00 pm– 4:00 pm  
 Fayette County DHHR in Oak Hill

**Core Competency:**  
 2 hr. Child Observation and Assessment (Tier III)

**Target Audience:** All

**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 this profession
- ♥ FREE resources available to eligible participants

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

For more information, please contact your Infant/Toddler Specialist,, Tricia Smith at 1-866-872-9204 or 304-872-9200.

**Nicholas County Workforce in Summersville  
 October, November & December 2011**

<b>Session 1</b> – October 6, 2011	3:00 pm - 8:00 pm
<b>Session 2</b> – October 13, 2011	3:00 pm - 7:00 pm
<b>Session 3</b> –October 20, 2011	3:00 pm - 8:00 pm
<b>Session 4</b> –October 27, 2011	3:00 pm - 7:00 pm
<b>Session 5</b> –November 3, 2011	3:00 pm - 7:00 pm
<b>Session 6</b> – November 17, 2011	3:00 pm - 7:00 pm
<b>Session 7</b> –November 29, 2011	3:00 pm - 7:00 pm
<b>Session 8</b> –December 8, 2011	3:00 pm - 8:30 pm
<b>Session 9</b> –December 15, 2011	3:00 pm - 8:00 pm
<b>Session 10</b> –December 16, 2011	10:00 am - 12:30 pm

**\*\*\*Introducing West Virginia Infant/Toddler Professional Development Program for Caregivers II (WVIT II)\*\*\***

The success of the first level of West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) has prompted WVDHHR Early Care Division to develop the next level (WVIT II) of professional development for caregivers of infants and toddlers in order to increase the quality of care and education of West Virginia's youngest children across the State.

WVIT II consists of a 45 hour course for caregivers (10 classroom sessions and a practicum) and a six hour course for administrators (2 classroom sessions). Caregivers and administrators enrolled in this program will have successfully completed WVIT I. This professional development program aligns with WV STARS Core Competencies for Early Care and Education Professionals.

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

**West Virginia Infant/Toddler Professional Development Program for Caregivers II (WVIT II)  
 Mercer County Workforce in Princeton**

**Administrator Module October 4, 2011  
 9:00 am– 4:00 pm Mercer County Workforce**

**Participant sessions as follows:**

Session 1	October 18, 2011	5:30 pm-9:00 pm
Session 2	October 25, 2011	5:30 pm-9:00 pm
Session 3	November 8, 2011	5:30 pm-9:00 pm
Session 4	November 15, 2011	5:30 pm-9:00 pm
Session 5	November 22, 2011	5:30 pm-9:00 pm
Session 6	November 29, 2011	5:30 pm-9:00 pm
Session 7	December 6, 2011	5:30 pm-9:00 pm
Session 8	December 13, 2011	5:30 pm-9:00 pm
Session 9 & 10	January Dates,	To be announced.

**Please contact Infant/Toddler Specialist,  
 Tricia Smith to reserve your spot 1-866-872-9204 or  
 304-872-9200**

***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 CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.

**\*PLEASE NOTE THE FOLLOWING\***

**THERE WILL ONLY BE ONE TOPIC OFFERED FOR THE MONTH OF OCTOBER. THE PARTICIPANTS ATTENDING THIS SESSION MUST STAY FOR THE ENTIRE 4 HOURS TO BE ELIGIBLE FOR A CERTIFICATE**

**MountainHeart South Professional Development Schedule  
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

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**October Topic**

**Topic 1 - All about the Family Child Care Environment Rating Scale-Revised**

**Core Competency** -4 hr. Program Management ( Tier II)

**Target Audience**-Family Child Care Providers

**Summary** - Family Child Care Providers will discover the many benefits of using the Environment Rating Scale. Participants will learn about the scale and how to score the home environment using this instrument. This instrument was developed by Thelma Harms, Debbie Cryer and Richard M. Clifford.

**Braxton** (Braxton County DHHR in Flatwoods)

October 6, 2011 10:00 am- 2:30 pm Topic 1


**Nicholas** (Nicholas County Workforce in Summersville)

October 10, 2011 10:00 am- 2:30 pm Topic 1


**Fayette** (Fayette County DHHR in Oak Hill)

October 14, 2011 10:00 am- 2:30 pm Topic 1


**Pocahontas** (McClintic Library in Marlinton )

October 27, 2011 10:30 am-3:00 pm Topic 1 


**Greenbrier** (Greenbrier County Workforce in Lewisburg)

October 4, 2011 11:00 am- 3:00 pm Topic 1 

**Raleigh** (MountainHeart Office in Beckley)

October 3, 2011 10:00 am -2:30 pm Topic 1 


**McDowell** (McDowell County Workforce in Welch)

October 17, 2011 10:00 am- 2:30 pm Topic 1 


October 26, 2011

10:00 am- 2:30 pm Topic 1

**Mercer** (Mercer County Workforce in Princeton)

October 5, 2011 10:00 am-2:30 pm Topic 1 

**Summers** (Summers County DHHR in Hinton)

October 18, 2011 12:00 pm-4:00 pm Topic 1 

October 12, 2011 10:00 am-2:30 pm Topic 1

**Webster**

See sessions listed for Braxton and Nicholas Counties

**Monroe**

See sessions listed for Greenbrier or Mercer Counties

**Wyoming**

See Infant and Toddler Professional Development Opportunities

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**Infant and Toddler Professional Development Opportunities**

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**The West Virginia Early Learning Standards for Infants and Toddlers**

**Core Competency** - 2 hr. Program Management (Tier II)

**Target Audience** - Adults

**Summary** - This professional development session provides an opportunity to explore WV ELSF for Infants & Toddlers. Participants will be introduced to the document and will discuss how to implement it into their daily routines.

**October 21, 2011 10:00 am- 12:00 pm**

**MountainHeart Community Services Office in Kopperston**

**December 7, 2011 10:00 am-12:00 pm**

**Monroe County DHHR in Union**

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**How About Them EERs? An Introduction to the Environment Rating Scale**

**Core Competency** - 2 hr. Program Management (Tier III)

**Target Audience** - Adults

**Summary** - Participants of this professional development session will gain knowledge about the Environment Rating Scales, practice scoring using the ITERS-R and then discuss how to implement quality improvement plans.

**October 21, 2011 1:00 pm- 3:00 pm**

**MountainHeart Community Services Office in Kopperston**

**December 7, 2011 1:00 pm-3:00 pm**

**Monroe County DHHR in Union**

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**IF PUBLIC SCHOOLS ARE CANCELLED IN YOUR COUNTY DUE TO INCLEMENT WEATHER,  
THERE WILL BE NO PROFESSIONAL DEVELOPMENT SESSIONS THAT DAY.**

**MountainHeart South Professional Development Schedule  
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

**November Topics**

**Topic 1: Different Families, Different Worlds**

**Core Competency** –2 hr. Family and Community ( Tier II )

**WVELSF:** Social Emotional Development: Standard 3

**Target Audience** –All

**Summary** - The world we live in is changing everyday! Participants of this professional development session will explore and learn about families, culture and diversity and how to share the globe with the children in their care.

**Topic 2: One, Two, Three-Come Count with Me! Having Fun with Math**

**Target Audience**-Preschool

**Core Competency**– 2hr Curriculum (Tier I)

**WVELSF:** Mathematics: Standard 1-4

**Summary**– This professional development session will offer ideas and suggestion about how to incorporate math in a fun way in the early childhood curriculum. Participants will have the opportunity to make and take examples of math activities to try in their early childhood environment.

**Braxton**

See sessions listed in Nicholas and Webster Counties


**Fayette** (Fayette Co. DHHR in Oak Hill)

November 7, 2011      11:00 am –1:00 pm      Topic 2


**Greenbrier** (Greenbrier County Workforce in Lewisburg)

November 3, 2011      10:00 am– 12:00 pm      Topic 1  
1:00 pm– 3:00 pm      Topic 2

**McDowell** (McDowell County Workforce in Welch)

November 9, 2011      10:00 am– 12:00 pm      Topic 1   
1:00 pm– 3:00 pm      Topic 2


**Mercer** (Mercer County Workforce in Princeton)

November 1, 2011      10:00 am-12:00 pm      Topic 1  
1:00 pm– 3:00 pm      Topic 2  
November 15, 2011      10:00 am– 12:00 pm      Topic 2   
1:00 pm– 3:00 pm      Topic 1

**Monroe**

See sessions listed for Greenbrier and Mercer counties


**Nicholas** ( Nicholas County Workforce in Summersville)

November 8, 2011      10:00 am– 12:00 pm      Topic 1   
1:00 pm-3:00 pm      Topic 2

**Pocahontas**

Sessions listed for Greenbrier or Nicholas Counties

**Raleigh** (MountainHeart Office in Beckley)

November 3, 2011      11:00 am– 1:00 pm      Topic 1   
2:00 pm– 4:00 pm      Topic 2  
November 21, 2011      10:00 am-12:00 pm      Topic 2  
1:00 pm-3:00 pm      Topic 1

**Summers**

See sessions listed for Greenbrier, Mercer or Raleigh Counties

**Webster** (Webster County DHHR in Webster Springs)

November 14, 2011      10:00 am– 12:00 pm      Topic 1  
1:00 pm– 3:00 pm      Topic 2

**Wyoming**

See sessions listed for McDowell, Mercer or Raleigh Counties

**Things to Remember about  
Professional Development Sessions...**

- ♥ Please remember to pre-register for all professional development sessions by calling Missie or Reba at 1-866-872-9204.
- ♥ If you register for a class and are unable to attend, please contact MountainHeart and let them know, there may be a waiting list for that class.
- ♥ Infants and children are not to attend professional development sessions. Alternate child care arrangements need to made prior to the class.
- ♥ All sessions will begin at the scheduled time. If you miss 15 or more minutes during the course of the session, you will not receive credit for the session.
- ♥ Upon arriving for the professional development session all cell phones and electronic devices need to be set to vibrate or meeting. Please no texting during the sessions.
- ♥ Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions that day.

**Family Child Care Tax Information Class**

**Core Competency: 2 hr. Program Management**

**Tier Level: I**

**Target Audience: Adults**

Ron Young, with the Internal Revenue Service will be offering a two hour professional development session on the ins and outs of taxes and deductions for Family Child Care businesses.

**Greenbrier County Workforce in Lewisburg**

November 14, 2011  
10:00 am - 12:00 pm  
Space is limited to 15 participants

**MountainHeart Child Care Office in Beckley**

November 16, 2011  
3:00 pm-5:00 pm  
Space is limited to 18 participants

**To reserve your space, contact Missie or Reba at 1-866-872-9204**



**\*PLEASE NOTE THE FOLLOWING\***

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THE PARTICIPANTS ATTENDING THIS SESSION MUST STAY FOR THE ENTIRE 4 HOURS TO BE ELIGIBLE FOR A  
CERTIFICATE**

**MountainHeart South Professional Development Schedule  
WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

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**December Topic**

**Topic 1 - Making Literacy Come Alive**

**Core Competency** –4 hr. Curriculum ( Tier III)

**Target Audience-Preschool**

**WVELSF:** Language and Literacy: Standards 1-3

**Summary** - Participants of this professional development session will learn how to incorporate language and literacy development throughout the daily routine. Discussion will also include creating an environment that supports literacy in the early childhood setting.


**Braxton**

(See Sessions listed for Nicholas and Webster Counties)

**Nicholas** (Nicholas County Workforce in Summersville)

December 19, 2011 10:00am– 2:30 pm Topic 1

**Fayette** (Fayette Co. DHHR in Oak Hill)

December 5, 2011 10:00 am-2:30 pm Topic 1 


**Pocahontas**

See Infant and Toddler Professional Development Opportunities

**Greenbrier** (Greenbrier County Workforce in Lewisburg )


December 1, 2011 10:00 am - 2:30 pm Topic 1

**Raleigh** (MountainHeart Office in Beckley)

December 5, 2011 10:00 am– 2:30 pm Topic 1 

December 20, 2011 10:00 am– 2:30 pm Topic 1


**McDowell** (McDowell County Workforce in Welch)

December 14, 2011 10:00 am-2:30 pm Topic 1 

**Summers**

See sessions listed for Greenbrier, Mercer or Raleigh Counties

**Mercer** (Mercer County Workforce in Princeton)

December 7, 2011 10:00 am– 2:30 pm Topic 1 

**Webster**

December 20, 2011 10:00 am– 2:30 pm Topic 1 See sessions listed for Braxton and Nicholas Counties

**Monroe**

See Infant and Toddler Professional Development Opportunities

**Wyoming**

See sessions listed for McDowell, Mercer or Raleigh Counties

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**\*\*\* The WV Elements of Family Child Care Series (WV EFCC) \*\*\***

MountainHeart will be offering specialized family and facility series. This series provides family and facility child care providers a comprehensive overview of *The Creative Curriculum for Family Child Care* and *the Family Child Care Environment Rating Scale Revised*. Participants of these sessions must complete all seven sessions and two 1hour visits to be eligible for a certificate.

The modules will be divided into seven sessions and will begin in **October** at **MountainHeart Child Care Offices in Beckley, WV.**

Sessions are open to family providers and facilities and will be held in **Raleigh County** and open for registration to surrounding counties.

If you have questions about this exciting opportunity please contact

Sara Mathes, 1-888-799-9217.

**Registration limited to 10 Participants with a minimum of 4 people to hold the class.**

**Raleigh County Dates and Times**

<b>Session 1</b> -October 4, 2011	4:00 pm-8:00 pm	<b>Session 5</b> – November 8, 2011	4:00 pm-8:00 pm
<b>Session 2</b> -October 13, 2011	4:00 pm-8:00 pm	<b>Session 6</b> – November 15 2011	4:00 pm-8:00 pm
<b>Session 3</b> -October 18, 2011	4:00 pm-8:00 pm	<b>Session 7</b> –December 8, 2011	4:00 pm-8:00 pm
<b>Session 4</b> -November 1, 2011	4:00 pm-8:00 pm		

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***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 CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.





# TRAILS Mix

## HEY! THAT'S NOT FAIR!!!!!!

I bet you have said those very words at some point in your life. I know I have. Even as adults, we want things to be fair. So how do children learn about fairness? One of the best ways is through play with others. According to Unplugged Play by Bobbi Conner: "Childhood is full of real-life opportunities to teach your child about playing fair."

Here's a simple description of fairness from Conner's book: "no cheating, no hurting others, giving everyone an equal turn to play, treating other players respectfully, and following the rules." (Wouldn't our world be wonderful if all adults played this way?) These are ideas important to all forms of play, not just "formal" games. How can you explain fairness? Conner's book suggests using every day events as a conversation starter. If a child mentions that he/she saw someone cheating or jumping in front of others at school, take the time to have a discussion about why cheating is wrong or why it's important to take turns and treat others with respect. You can be a wonderful model of fairness; they are watching!



We want our children to learn to play together and play together well. After all, our future depends on people being able to get along with one another. But this takes practice! Let's move children away from so much solitary, electronic play to the joys of playing with others. These important childhood lessons are carried into adulthood. If you'd like more information about play and helping children play together, contact your TRAILS van staff.

Be sure to attend the provider conference "Just Let Me Play!" in Beckley on Saturday, Oct 1.

Registration fee only \$10.00. To register, call 1-800-834-7082 or 304-682-8271.

Submitted by Janet Thompson, TRAILS Early Childhood Specialist, Lewisburg

## Freckled Eggs

- ♥ 3 hard-boiled eggs
- ♥ 2 teaspoons mustard
- ♥ 2 tablespoons plain yogurt
- ♥ 1 tablespoon sweet pickle relish
- ♥ Paprika

Peel and slice the eggs in half. Remove the yolks and mash in a small bowl with all of the ingredients except the paprika. Spoon the yolk mixtures into the egg white halves. Sprinkle with paprika.

Makes 6 servings

Submitted by Joanne McCallister, TRAILS Early Childhood Specialist

Recipes from: The Toddler Bistro by Christina Schmidt, M.S. Nutrition



You might be asking yourself "What is Business on Board with Childcare?" *Business on Board with Childcare!* helps recognize businesses that support their employees' childcare needs. In 2010, 107 West Virginia employers earned the *Business on Board with Childcare!* award. Be the next to join this growing list of businesses that are earning public recognition for their childcare-friendly policies.

The 2011 awards season is now under way, if you think your organization might qualify for the an award you may contact Sara Mathes @ 304-253-7654 or log onto [www.wvkidscountfund.org](http://www.wvkidscountfund.org) to fill out the application.

Submitted by Sara Mathes, Early Childhood Specialist

Resources: [www.wvkidscountfund.org](http://www.wvkidscountfund.org)

## Visualization Game

Materials: Assorted objects, tray, dish towel, small sack, paper and pencil

Directions: Collect ten to twenty small common objects, e.g. spoon, eraser, comb, button, clothespin, key, stamp, etc. Place the objects on a tray. The players have one minute to look at the tray and then it is covered with the towel. The players must write down all the objects they can remember. The one with the most correct gets to setup the tray for the next game.

School Age Activities taken from: 365 Smart After-school Activities by Sheila Ellison and Judith Gray

Submitted by Joanne McCallister, TRAILS Early Childhood Specialist



## Dear Roma

Dear Roma,

I care for a child who has great speech, language, and vocabulary skills but he doesn't always answer my questions appropriately. Can you give me some insight into my concern?

Confused

Dear Confused,

Sometimes children have excellent speech and language skills with a large vocabulary but have trouble communicating. Not knowing his age, I would suggest that you ask him questions that require a specific answer. Always get his focused attention before asking a question and make sure the child understands the question. If communication skills don't improve in a month, I would recommend a referral to Birth to Three or the local school system.

Roma



## 21<sup>st</sup> Century Bullies

Bullies have been around forever, but today's technology has given them a whole new stage for their actions. Bullies usually bully their victims on playgrounds, street corners or when no one is around to catch them. However, with all the computers, cell phones, and other electronic devices, **cyber bullying** can happen 24 hours a day, 7 days a week and 365 days a year.

Parents and child care providers can no longer see the physical signs of bullying, such as a black eye, bloody lip or torn clothes. But, the damage done by **cyber bullies** is no less real, and can be more painful, even deadly. Bullying online is very different from face-to-face bullying because messages and images can be shared with a very broad audience and sent anonymously. So, with school back in session, make sure you know the facts about **cyber bullying**.

Examples of **cyber bullying** include:

- ♥ Sending hurtful, rude, or mean text messages to others
- ♥ Spreading rumors or lies about others by e-mail or on social networks
- ♥ Creating websites, videos or social media profiles that embarrass, humiliate, or make fun of others

According to [www.kidshealth.org](http://www.kidshealth.org), Signs of **cyber bullying** vary, but a few things to look for are:

- ♥ Signs of emotional distress during or after using the Internet
- ♥ Withdrawal from friends and activities
- ♥ Avoidance of school or group gatherings
- ♥ Slipping grades and "acting out" in anger at home
- ♥ Changes in mood, behavior, sleep, or appetite

**Cyber Bullying** Tips for victims, according to <http://www.isafe.org>:

- ♥ Tell a trusted adult about the bullying, and keep telling until the adult takes action.
- ♥ Don't open or read messages by cyber bullies.
- ♥ Tell your school if it is school related. Schools have a bullying solution in place.
- ♥ Don't erase the messages—they may be needed to take action.
- ♥ Protect yourself—never agree to meet with the person or with anyone you meet online.
- ♥ If bullied through chat or instant messaging, the "bully" can often be blocked.
- ♥ If you are threatened with harm, inform the local police.

Submitted by Sara Mathes, Early Childhood Specialist

### Resources:

[www.eyesonbullying.org](http://www.eyesonbullying.org)  
[www.stopcyberbullying.org](http://www.stopcyberbullying.org)  
<http://www.ncpc.org/topics/cyberbullying>  
<http://kidshealth.org/parent/positive/talk/cyberbullying.html>  
[http://www.isafe.org/channels/sub.php?ch=op&sub\\_id=media\\_cyber\\_bullying](http://www.isafe.org/channels/sub.php?ch=op&sub_id=media_cyber_bullying)



## National Survey to be Conducted

The US Department of Health and Human Services (HHS) has contracted with the University of Chicago to conduct the National Survey of Early Care and Education. This study will be conducted for HHS' Office of Planning, Research, and Evaluation of the Administration for Children and Families. This will be the first comprehensive portrait of the availability of early care and education in our country in more than 20 years.

The study team will conduct four large, nationally representative surveys. The information collected in this study will be both an important foundation in building state and national knowledge of critical consideration and decisions families encounter in finding care and a source of timely, accurate data to inform policymaking and implementation.

During the survey implementation period (October 2011 through June 2012), you may be contacted to participate in the survey.

Information submitted by Melanie Clark, Program Manager, Quality Initiatives Unit, Div of Early Care and Education, WV DHHR

## List of Upcoming Conferences

### Just Let Me Play!

MountainHeart Early Childhood Conference  
October 1, 2011  
Beckley Raleigh County Convention Center

**National Association for the  
Education of Young Children (NAEYC) Conference**  
November 2-5, 2011  
Orlando, Florida

**Southern Early Childhood Association (SECA) Conference**  
February 2-4, 2012  
San Antonio, Texas

**Celebrating Connections Conference**  
February 21-24, 2012  
Charleston, West Virginia

**National Afterschool Association Conference**  
April 2-4, 2012  
Dallas, Texas

**NAEYC National Institute for  
Early Childhood Professional Development**  
June 10-13, 2012  
Indianapolis, Indiana

**National Association for Family Child Care  
(NAFCC) Conference**  
July 26-28, 2012  
Atlanta, Georgia



## 2010 Census: Twenty-two Percent of Children Lived in Poverty

The Census Bureau has released annual poverty figures for 2010 and the news is still grim for children and families.

For children, the situation is increasingly dire: 16.4 million children under age 18 (an increase of nearly one million children since last year) were living in poverty, or 22 percent of all children. This is the highest child poverty rate since 1993. Among young children under age 6, the poverty rate climbed to 25.3 percent, with 6.3 million young children now living in poor families. As was the case last year, children accounted for 35.5 percent of people in poverty, but only 24.4 percent of the total population.

The total poverty rate continued to rise for the fourth year in a row to 15.1 percent with 46.2 million people living in poverty. This is the highest number of people in poverty in the 52 years that the Census Bureau has been tracking these numbers.

Information from the US Dept of Commerce, Bureau of the Census



## The Mice Game

### For 27 to 30 Months Old

Say the following fingerplay and do the actions. Put your hands behind your back.

**Five little mice went out to play  
(place hands in front of you)**

**Looking for food along the way.  
(pretend to put the food in your mouth)**

**Out came the pussy cat, sleek and fat  
(hold hands like claws)**

**And four little mice went scampering back.**

Repeat, subtracting the number of mice that scamper back.

When you get to one little mouse and you say "out came the pussy cat sleek and fat," stop for a second, then say very quickly, "The mouse ran away, now what do you think of that!"

Repeat the fingerplay and encourage your child to do the motions with you.

Fingerplays are fun ways to develop a child's language and fine motor skills.

Taken from "Brain Games for Toddlers and Twos" by Jackie Silberg

Submitted by Joanne McCallister,  
TRAILS Early Childhood Specialist



## Car Seat Safety Training

Mary Jones, TRAILS Early Childhood Associate and Certified Car Seat Safety Technician, conducted a WV STARS approved training for Concord University Child Development Center along with TRAILS Early Childhood Specialist, Joanne McCallister, facilitator. Valuable and life saving information was dispersed through this training as well as hands-on activities and car seat checks for those attending. A similar training can be offered to home providers who would like help in the correct installation of car seats while receiving a WV STARS approved one hour certificate for this technical assistance. Please contact the TRAILS Early Childhood Associates, Mary Jones (Beckley Office) or Sandra Cox (Lewisburg Office).

Submitted by Joanne McCallister,  
TRAILS Early Childhood Specialist



## Medication Administration Training

MountainHeart Child Care Resource & Referral is pleased to announce they will be sponsoring more Medication Administration Trainings. The following are the dates and times:

- ♥ **October 11, 2011** at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 5 pm to 9 pm.
- ♥ **October 12, 2011** at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 1 pm to 5 pm.
- ♥ **November 28, 2011** at the Nicholas County Workforce Building (Summersville/MountainHeart Office) from 5 pm to 9 pm.
- ♥ **November 30, 2011** at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 5 pm to 9 pm.
- ♥ **December 6, 2011** at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5 pm to 9 pm.

Call Reba or Missy at 1-866-872-9204 to register. Class size is limited to 15 and there will be a wait 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 wait list in your place.

### Additional Requirements:

- ♥ Be registered on the WV STARS Career Pathway. The class is WV STARS approved.
- ♥ You need to bring a small baby doll with you.
- ♥ You need to bring a pair of non latex gloves.
- ♥ You need to bring your WV 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*



Find us on:  
**facebook**

Visit [www.facebook.com/mountainheartwv](http://www.facebook.com/mountainheartwv)

**MOUNTAINHEART**  
Community Services, Inc.

P.O. Box 966 • Beckley, WV 25801

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

**Important Information**  
**Professional Development**  
**Schedule Inside!**