

Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care

Vol. IX Issue 4

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

FALL 2012



Margaret Younce
Program Director

Reflections From My Desk

After enduring this very HOT summer, I am looking forward to the changes the next few months will bring. Temperatures cooling down, the vibrant colors of trees and plants, harvest festivals in our local communities, and planning new adventures give us all something to be excited about!

Are you ready for a new adventure? There are so many available opportunities to enhance your life and give you a new perspective on your life as a child care professional! Here are just a few ideas:

- ♥ Take a new class such as "Mind in the Making". This class is based on research on adult and children's learning. The MIM modules teach adults so that they can learn to teach children in new ways. You can also receive STARS credits and exciting resources!
- ♥ Be a Pre-QuIP participant. You can experience quality improvement of your pre-school environment over a period of 12 months. STARS Credit, resources, and a technical assistance visit once a month by our Early Childhood Specialists.
- ♥ Plan to attend a national early childhood conference. NAEYC will be held in Atlanta in November from the 7th through the 10th. Plan to make new friends and network with other child care professionals from all over the country and around the world!
<http://www.naeyc.org/events>

Do you need HELP and don't know who to call? The answer is not Ghost Busters! We have professionals who can help you on site with room arrangement, environmental safety, organizational skills and most all types of early childhood technical assistance.

Take the challenge and plan a new adventure! If you need more information on any of these ideas give Sara Mathes or Dianna Thompson a call. You will be glad you did!

Enjoy the Fall, Y'all! Call Sara—253-7654 Dianna—872-9200

Changes to the Subsidy Program

Child care fees for parents earning between 40% and 150% of the Federal Poverty Level (FPL) will be increasing by approximately 50%. Please be sure to check the subsidy certificates that you receive for the amount of the parental co-pay, as some parents' fees will be increasing.

Effective January 1, 2013, families currently receiving services who earn over 150 percent of federal poverty level will no longer be eligible for child care once their current certificate expires.



If you have questions about these changes, please contact your local CCR&R office or the Division of Early Care and Education. You may share comments with the Division of Early Care and Education about these changes at:

<https://www.surveymonkey.com/s/ChildCareComments2012>

We Are On The Move

MountainHeart Community Services, Inc. would like to announce that our Summersville office has moved! The new location is at 1020 Broad Street, Summersville, WV 26651. Please call us at 304-872-9200 if you need directions.



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MOUNTAINHEART
Community Services, Inc.

Earl D. Smith, Executive Director
Margaret Younce, Program Director & Editor
Mike Stafford, Publisher
Articles Submitted by:
MountainHeart Professional Development Team
MountainHeart Staff

Upcoming Conferences

Promoting Excellence in Care Great Beginnings Infant/Toddler Conference

September 14-15, 2012
Waterfront Place Hotel
Morgantown, WV

2012 NAEYC Annual Conference & Expo

November 7-10, 2012
Atlanta, GA

<http://www.naeyc.org/events>

64th Annual SECA Conference

February 28 - March 2, 2013
Renaissance Mobile Riverview
Plaza Hotel
Mobile, Alabama

http://www.southernearlychildhood.org/seca_conference.php

Celebrating Connections Conference

Feb 19-22, 2013
Charleston, WV

<http://wvearlychildhood.org>

2013 NAA 25th Anniversary Annual Convention

April 7-10, 2013
Indianapolis Convention Center

<http://www.naaweb.org/default.asp?contentID=586>

Submitted by Dianna Thompson, EC Specialist—Summersville



Your Quarterly "Dose" of Trivia

1. If using a crib in your child care setting, the crib must meet the new CSPC crib standard by what date?
2. True or False: All child care providers in WV are Mandated Reporters for child abuse and neglect.
3. Which recipe is correct for a sanitizing solution to use in your child care setting? 1 tablespoon of bleach + 1 gallon of cool water **OR** 1 cup of bleach + 1 gallon of cool water?
4. True or False: There are no data to support use of antibacterial soaps over other liquid soaps.
5. The Spring 2012 WV Early Childhood Provider Quarterly magazine had a great article concerning the importance of staying healthy as adults. Between the ages of 40-50, how often should you have a cholesterol screening done?
6. Impetigo is a common skin condition in children. Is it caused by virus or bacteria?
7. This newsletter contains the calendar of professional development sessions for which months? Be sure to mark your calendar now!

Resources: National Highway Traffic Safety Adm. www.nhtsa.gov
Caring for Our Children, Third Ed. Pg. 441 Consumer Product Safety Commission www.cpsc.gov

Submitted by
Janet Thompson
TRAILS EC Specialist-Lewisburg



Answers on Page 6



Linda Medlin Mercer County Family Child Care Provider

Linda Medlin has been a provider since October of 2007. When asked why she got started in family child care her response was that her grandchildren needed someone to care for them during the day and she wanted to make sure they had good care. She left her job with benefits to stay home and care for them.

When asked why she stayed with

child care, her response was, "I fell in love with child care."

Her love of children is evident in her caring and nurturing nature. Children in her care have a full day of stories, art, outdoor play, healthy meals and snacks, and other activities. She stated that she did not have much of a childhood. Her days were taken up with chores and caring for her siblings. She couldn't get dirty nor do the other things that children got to do. This helped form her ideals about child care.

"Let a child be a child. Don't rush them. It is hard enough when they have to do it. Children need to have time to have a childhood. When you have adult responsibilities, it is too late."

Linda would also like to teach children responsibility and respect for others,

especially those they see as different from themselves. She wants them to be conscious of others and to be there for each other, to learn to love and not hate.

It is evident, from the requests she receives to keep children, that others can see her heart. Way to go, Linda!

Submitted by Joanne McCallister,
MountainHeart TRAILS Beckley



Fire Safety

The National Fire Protection Association has declared October 7th thru the 13th as National Fire Safety Week

The time to turn our heat on is right around the corner, so it's perfect time to look at some fire safety facts.

Fire Alarms

- ♥ Smoke alarms are extremely effective at preventing fire related to death and injury. The chances of dying in a residential fire can be cut in half when a smoke alarm is present
- ♥ It is estimated that a \$44 smoke alarm generates \$770 in benefits to society
- ♥ When a child under 5 dies from a residential fire a smoke alarm is not working or not present in 2/3 of the occurrences
- ♥ 40% of house fire deaths occur in 4% of US homes without a working smoke alarm
- ♥ The end of daylight savings time is November 4th 2012. Remember to change the batteries in your fire alarms when you set your clocks back

Fire Extinguisher

- ♥ The fire extinguisher should not be blocked by furniture or anything that might limit access in an emergency.
- ♥ A fire extinguisher should not be accessible to children.
- ♥ Fire extinguishers should be inspected annually or more frequently if recommended by the manufactures instruction.
- ♥ Your first priority as a child care provider is to remove children from the vicinity of the fire, safely and quickly. Fighting a fire is secondary to the safe exit of children and staff.
- ♥ When caring for children under the age of 2, cribs intended for evacuation purposes should be of a design and have wheels that are suitable for carrying up to five non-ambulatory children less than 2years of age to a designated evacuation area. This crib should be easily movable and should be able to fit through the designated fire exit.



Sources

"Caring for Our Children, National Health and Safety Performance Standards Guidelines for Early Care and Education Programs" - Third Edition

www.safekids.org

www.usfa.fema.gov

Submitted by Tricia Smith, Infant Toddler Specialist-Summersville

Head Lice Happens



According to WV Child Care Center Regulations children with head lice should be excluded. Section 14.4.e.4.F

So, as long as the child has an active case of head lice then they can be excluded from coming to the center until the lice is cleared up. In the case of children who seem to keep head lice all the time, then the center certainly has the right to prevent them from coming to the center unless the child can be shown to be free of lice or nits. Regulations do not say if you can or cannot expel them from the center permanently, but it is generally better to allow them to attend if the lice are gone. It is recommended in problem cases to make sure the child has a head check before they are allowed into the classroom in the morning and to do it in the presence of the parent.

If the child is in a county Pre-K or is school age then some counties have what is called a nit policy where the child can return to school with nits as long as there are no live lice present. So in this case it depends on the county school system and their policies.

Please keep in mind that lice may be a nuisance but they are not a health threat. They do not carry disease and they spread from direct contact. They do not fly and they do not jump, they crawl from one head to the next.

I have a one hour training on lice that can be done on request. If your center is interested in setting up a class, call me at 304-972-6300 or email me at gbailey@rvcds.org to schedule a class.

Article submitted by Glenna Bailey, RN, MSN, Child Care Nurse Health Consultant, WV ECTCR, Huntington, WV

ROMA'S REAL WORLD

Back to School Anxiety



Each school year millions of parents and child care providers are confronted with children beginning the school year with anxiety. The fear that children have about school is very real; they may be apprehensive about separating from their parents, riding the school bus, or meeting a new teacher. The emotions your child experiences before school starts can also lead to a general sense of anxiety; a feeling that most children won't be able to articulate or understand.

It is important to remember that when placed in any new situation, all children are going to need to take time to adjust, figure out their comfort zone, and realize their requirements to fit into the new environment.

There are steps that you can take to prepare children both emotionally and physically so they can have the best start possible for the new school year:

Take away as many unknowns as possible. Show children what the school year will look like. Talk to children about what they are going to be doing in the new learning environment. Review where the classes will be, visit the child care center or pre-school setting, the playground, the library or the art room. Talk about your own school days and emotions that you felt, and what made your school experiences special.

Who will I play with? Many children experience anxiety over how they will handle social situations in a new setting. Children worry about who they will eat lunch with or play with. Invite children over for a play group, pool time, or a walk in the park to build new relationships. Try some role play or read stories to ease their fears.

If your child's anxiety persists. Even if you do all the right things your young child or a child in your care may still has a bad case of the nerves or extreme anxiety. Many children report physical symptoms such as a stomach ache or head ache. Others will regress to earlier behaviors, including thumb sucking or wetting the bed, while some children act out aggressively, fighting with siblings or talking back to parents. Allow your children to talk about their fears, coach children in problem solving, and if anxiety persists talk with the teacher or the parents.

Going to school, pre-school, or child care causes a wide range of emotions and challenges for parents as well as children. Whether it is dread, excitement, fear, or euphoria, all these emotions can be bottled up inside our children. Remember that any one symptom of distress doesn't reinforce a child's fate or mean that their school year will be a failure. All children, at some point in their academic career, will struggle, so try hard not to view their setbacks or anxiety as a permanent threat to their school year. However, through encouragement, support, and keeping your finger on the pulse of your child's emotions will lay the groundwork for their future success in school.

Resource: Empowering Parents. Dr. Joan Simeo Munson, Ph.D. "Young Kids and Back to School Anxiety: How to Shrink it Down to Size".

Article submitted by Roma Lester, Behavior Consultant

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:

- ♥ **Oct. 8, 2012** at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 10:00 am to 2:00 pm.
- ♥ **Oct. 18, 2012** at the Nicholas County Workforce Building (Summersville) from 5:00 to 9:00 pm.
- ♥ **Nov. 9, 2012** at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 5:00 to 9:00 pm
- ♥ **Nov. 21, 2012** at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 10:00 am to 2:00 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

Professional Development Session on Positive Interactions and Relationships

Title: Early Childhood Positive Behavior Support

Description: Participants will gain an understanding of the positive behavioral support guidance technique and how to implement the strategies in all early childhood environments. Participants will analyze their early childhood environment for triggers and identify strategies to prevent behavioral issues.

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

Date: October 30, 2012 from 10:00 am– 12:00 pm
 MountainHeart Community Services in Kopperston



Core Competency:
 2 hr. Positive Interactions and Relationships (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

Nicholas County Workforce Building in Summersville

October, November and December 2012

Session 1	10/3/12	10:00 am– 4:00 pm
Session 2	10/10/12	10:00 am– 3:00 pm
Session 3	10/12/12	10:00 am– 4:00 pm
Session 4	10/31/12	10:00 am– 3:00 pm
Session 5	11/9/12	10:00 am– 3:00 pm
Session 6	11/28/12	10:00 am– 4:00 pm
Session 7	11/30/12	10:00 am– 3:00 pm
Session 8	12/5/12	10:00 am– 4:30 pm
Session 9	12/7/12	10:00 am– 4:00 pm
Session 10	12/12/12	9:00 am– 11:30 am

Please contact
 Infant/Toddler Specialist, Tricia Smith
 to reserve your seat in WVIT I or WVIT II
 1-866-872-9204 or 304-872-9200

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 35 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 registered on the WV STARS Career Pathway to attend this training*

Next WVIT II coming soon to an area near you!

SLEEPING SAFE

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

Target Audience: Infant/Toddler

Summary - Participants of this professional development session will discuss the latest SIDS (Sudden Infant Death Syndrome) research and best practices for keeping children healthy and safe while sleeping.



Tues., October 30, 2012
 6:30 pm– 8:30pm

Lil' Busy Bodies in Bluefield

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**

October Topic


Topic 1 – Where Do I Sign? The Basics of Parent Handbooks and Contracts

Core Competency –4 hr. Program Management (Tier II)

Target Audience-All ages

Summary: This professional development session will look at the importance of parent handbooks and contracts for the early child care professional. Discussion will include the need for handbooks, contracts and sample documents to review. Please bring with you any contracts or handbooks that you are currently using in your program.

Braxton Braxton County DHHR in Flatwoods
(Tues.) October 16, 2012 10:00 am– 2:30 pm

Topic 1 

Nicholas *MountainHeart Office 1020 Broad St. Summersville*
(Fri.) October 26, 2012 10:00 am– 2:30 pm

Topic 1


Fayette Fayette County DHHR in Oak Hill
(Tues.) October 2, 2012 10:00 am– 2:30 pm

Topic 1

Pocahontas McClintic Public Library in Marlinton
(Mon.) October 29, 2012 10:30 am– 3:00 pm

Topic 1

Greenbrier Greenbrier County Workforce in Lewisburg
(Fri.) October 5, 2012 10:00 am-2:30 pm


Topic 1 

Raleigh MountainHeart Community Services in Beckley
(Wed.) October 3, 2012 10:00 am –2:30 pm

Topic 1




McDowell McDowell County Workforce in Welch
(Tues.) October 9, 2012 10:00 am– 2:30 pm

Topic 1 

Summers

See sessions listed for Greenbrier and/or Raleigh Counties

Mercer Mercer County Workforce in Princeton
(Thurs.) October 4, 2012 12:00 pm-4:30 pm
(Tues.) October 23, 2012 10:00 am– 2:30 pm


Topic 1 

Topic 1

Webster Webster County DHHR in Webster Springs
(Mon.) October 15, 2012 10:00 am– 2:30 pm

Topic 1

Monroe Monroe County DHHR in Union
(Fri.) October 19, 2012 10:30 am– 3:00 pm

Topic 1 

Wyoming

See the session listed for Positive Interactions and Relationship by the Behavior Consultant

Infant and Toddler Professional Development Opportunities

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.

(Sat.) December 1, 2012

9:00 am– 11:00 am

MountainHeart Community Services in Beckley

Talk to Me

Core Competency - 2 hr. Curriculum (Tier II)

Target Audience - Infant/Toddlers

Summary - Participants will discuss topic relating to facilitation of early language experiences for our youngest children. Using concepts presented in the Infant/Toddler Environment Rating Scale.

(Sat.) December 1, 2012

11:30 am– 1:30 pm

MountainHeart Community Services in Beckley

*****PLEASE NOTE *****

THAT PROFESSIONAL DEVELOPMENT SESSSIONS SCHEDULED IN NICHOLAS COUNTY WILL BE HELD AT THE NEW MOUNTAINHEART OFFICE ON 1020 BROAD STREET IN SUMMERSVILLE.

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

November Topics

Topic 1: Read Me a Story!

Core Competency –2hr. Curriculum(Tier II)

WVELSF: Language and Literacy: Standard 1 & 2

Summary - How to pick a good children’s book, what can I do to make the story more enjoyable, and what about picture books? All these questions will be answered during this professional development session. Participants will find out how to choose books for a variety of age groups, how to incorporate props ,overall , just how to have fun with reading.

Target Audience –Mixed Age Groups

Topic 2: Moving to the Music: Making Music a Part of Your Curriculum

Target Audience-Preschool

Core Competency– 2hr Curriculum (Tier I)

WVELSF: The Arts: Standard 1

Summary– Participants of this professional development session will discover the importance of music in the early childhood curriculum. They will also learn ways to share music in other areas of the curriculum as well.


Braxton

See sessions listed for Nicholas and /or Webster Counties



Monroe

See sessions listed for Greenbrier and /or Mercer counties

Fayette Fayette County DHHR in Oak Hill
 (Thurs.) November 1, 2012 10:00 am –12:00 pm
 1:00 pm– 3:00 pm

Topic 1
 Topic2 

Nicholas *MountainHeart Office 1020 Broad St. Summersville*
 (Tues.) November 27, 2012 10:00 am–12:00 pm
 1:00 pm– 3:00 pm



Topic 1 
 Topic 2 

Greenbrier Greenbrier County Workforce in Lewisburg
 (Wed.) November 28, 2012 10:00 am– 12:00 pm
 1:00 pm- 3:00 pm



Topic 1
 Topic 2

Pocahontas
 See sessions listed for Greenbrier and/ or Nicholas Counties



McDowell McDowell County Workforce in Welch
 (Tues.) November 20, 2012 10:00 am– 12:00 pm
 1:00 pm– 3:00 pm

Topic 1 
 Topic 2 



Raleigh MountainHeart Community Services in Beckley
 (Wed.) November 28, 2012 10:00 am– 12:00 pm
 1:00 pm–3:00 pm

Topic 1 
 Topic 2 

Mercer Mercer County Workforce in Princeton
 (Fri.) November 2, 2012 10:00 am– 12:00 pm
 1:00 pm– 3:00 pm
 (Tues.) November 13, 2012 12:00 pm– 2:00 pm
 2:30 pm - 4:30 pm

Topic 1
 Topic 2
 Topic 2 
 Topic 1 

Summers Summers County DHHR in Hinton
 (Fri.) November 16, 2012 10:00 am– 12:00 pm
 1:00 pm– 3:00 pm

Topic 1 
 Topic 2 

Webster
 See sessions listed for Braxton and/or Nicholas Counties

Wyoming
 See sessions listed for McDowell and/or Raleigh Counties

Mind in the Making

Introductory Module for Facility/Child Care Center Directors

The Modules are a 12-part learning process that uses research on children’s development – including classic and recent studies – on how children learn and how teachers can encourage engaged learning.

As a facility/child care center director it is mandatory that you attend the overview session before sending staff to the Mind in the Making Series.

The Overview Session for Mind in the Making is scheduled for September 25, 2012, 2012 from 1:00 pm-3:00 pm at the MountainHeart Community Services in Beckley.

Please contact Reba or Missie by calling 1-866-872-9204 to reserve your space. If you have further questions you may contact Sara Mathes at 1-888-799-9217 .

Mind in the Making Modules

The modules are a 12-part series that uses research on child development including classic and recent studies, on how children learn, and how teachers can encourage engaged learning.

45 hours WV STARS Core Competency in the areas of Child Growth and Development-6 hrs., Positive Interactions and Relationships-12hrs, Curriculum -15 hrs., Child Observation and Assessment-3hrs, and Professionalism-9hrs

Participants must be register on the WV STARS Career Pathway

October 2, 2012	1:00 pm– 3:30 pm
October 4, 2012	1:00 pm– 3:30 pm
October 9, 2012	1:00 pm– 3:30 pm
October 16, 2012	1:00 pm– 3:30 pm
October 18, 2012	1:00 pm– 3:30 pm
October 25, 2012	1:00 pm– 3:30 pm
October 30, 2012	1:00 pm– 3:30 pm
November 1, 2012	1:00 pm– 3:30 pm
November 13, 2012	1:00 pm– 3:30 pm
November 27, 2012	1:00 pm– 3:30 pm
November 29, 2012	1:00 pm– 3:30 pm
December 3, 2012	1:00 pm– 3:30 pm

MountainHeart Community Services in Beckley

Cost of the modules is \$50 and

Scholarships are available.

Please contact Sara Mathes at 1-888-799-9217 for scholarship applications. Applications must be received by September 10, 2012 to allow time for processing.

PLEASE NOTE THE FOLLOWING

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

December Topic

Topic 1 - How Prepared are You? Emergency Preparedness and You

Core Competency –2hrs. *Health, Safety and Nutrition* and 2 hrs. *Program Management (Tier II)*

Target Audience-Adults

Summary - Power outages. Severe weather. Flooding. Biological Attacks. Are you prepared? This professional development session will examine the plans that we all need to have in place if an emergency should occur.

Braxton

See sessions listed for Nicholas and /or Webster Counties

Nicholas *MountainHeart Office 1020 Broad St. Summersville*

(Wed.) December 19, 2012 10:00 am – 2:30 pm Topic 1

Fayette Fayette County DHHR in Oak Hill

(Mon.) December 3, 2012 10:00 am - 2:30 pm Topic 1

Pocahontas

See sessions listed fro Greenbrier and /or Nicholas Counties


Greenbrier Greenbrier County Workforce in Lewisburg

(Thurs.) December 6, 2012 10:00 am– 2:30 pm Topic 1

Raleigh MountainHeart Community Services in Beckley

(Thurs.) December 6, 2012 10:00 am - 2:30 pm Topic 1


McDowell McDowell County Workforce in Welch

(Tues..) December 18, 2012 10:00 am- 2:30 pm Topic 1 

Summers

See sessions listed for Greenbrier and/or Raleigh Counties

Mercer Mercer County Workforce in Princeton

(Tues.) December 4, 2012 10:00 am – 2:30 pm Topic 1 

Webster

See sessions listed for Braxton and/or Nicholas Counties

(Tues.) December 11, 2012 10:00 am – 2:30 pm Topic 1

Wyoming

See sessions listed for McDowell, Mercer and/or Raleigh Counties

Monroe

See sessions listed for Greenbrier and /or Mercer Counties

Saturday Professional Development Sessions

December 1, 2012– Raleigh County– MountainHeart Community Services in Beckley –9:00 am– 11:00 am and 11:30 am-1:00 pm
(see Infant/Toddler Professional Development Sessions for further information on topics)

**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 be 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.
-

***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

Let's Move! Child Care

One advantage to growing older is being able to see change with a different perspective. One dramatic change I've seen in the last 30 years is in our children's lives. Children no longer walk to and from school, they have shorter gym and recess time, they eat more "fast" food than ever before, and they have more reasons to just sit: easy access to TV, movies, electronic games. As a result, almost 1 in 3 children in the U.S. is overweight or obese – that's almost 30%! Staggering isn't. With those statistics also come increase risks for diabetes, high blood pressure, asthma issues, even cancer.

Child care providers have the powerful opportunity to make a difference. You now have your own national initiative to support you: Let's Move! Child Care! Why should you participate? According to www.healthykidshealthyfuture.org/startearly/why.html :

1. Because you can make a difference.
2. Because you can be a champion for healthy choices.
3. Because you're a role model.
4. Because you care.
5. Because you are a partner in parenting.
6. Because it's easier than you think.



It's about including physical activity 1-2 hrs. every day, limiting "screen" time (TV, computer, etc.), offering fruits or vegetables at every meal, providing more water and less sugary drinks, supporting parents' who choose to breastfeed, and more. Remember, we have the POWER to make a difference!

For specific information: go to the web address above or below or contact your TRAILS staff.

<http://www.letsmove.gov/blog/2011/06/08/introducing-let%E2%80%99s-move-child-care-tools-child-and-day-care-centers-and-family-care-h>

Submitted by Janet Thompson, TRAILS Early Childhood Specialist, Lewisburg

We Thank You From the Bottom of Our Hearts!

The Lewisburg TRAILS staff would like to thank the following people for their donations to our MountainHeart TRAILS van: Amy Knapp, Loretta Gray and Sherry Dowdy

The Beckley TRAILS staff would like to thank Dianna Neal - Mercer County, Robin Hatcher - Mercer County, and Anna Fox - Raleigh County for the assistive technology switches, toys and items donated.

Special thanks to Kidz @ Hart Child Care Center Mercer County for saving baby food jars for our art projects!

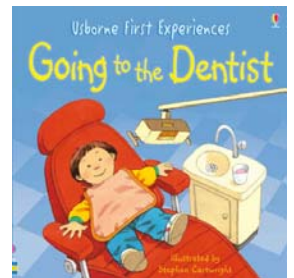
WANTED

The TRAILS Program is in need of baby food jars and other small containers to hold paint for providers. We are currently out of any kind of small containers to hold tempera paint.



Dramatic Play Activity

Dramatic play is a very natural way for children to learn. It also plays an important role in helping them gain the skills they will need for the rest of their lives. Here's an idea you can use in your child care setting. If you happen to have a child that might be going to the dentist, read the book "Going to the Dentist" by Anne Civardi or check with your local library on this subject.



Add to your dramatic play area the following items: appointment book, bowls, calendar/notepad, paper bibs, paper cups, posters of teeth, small flashlight, and a white shirt for the child being the dentist. You can talk to the children about these items and discuss how they would be used in a dentist office. By having real items will help encourage dramatic play.

Resources:

The Creative Curriculum for Family Child Care by Dodge/Colker
Prop Box Play by Barbour/Desjean-Perrotta
Submitted by Sandra Cox, TRAILS Associate-Lewisburg

Snow Mosaic

Materials:

- ♥ Birdseed (such as sunflower seeds and cracked corn)
- ♥ Fruits and vegetables (like apples, kale and carrots)
- ♥ Food coloring
- ♥ Pump bottles

Instructions:

- ♥ Start by prepping your art materials; fill the pump bottles with different hues of food-color-tinted water and cut up various fruits and vegetables. Then take the materials outside.
- ♥ Next, start your masterpiece by lying back in the snow to make a body print. Gently rock your body to pack the print, then carefully get up (you may need a friend's help).
- ♥ Create a portrait by filling in the shape with the seeds and vegetable pieces and adding details with the colored water.



Tips:

Younger kids may find it easier to work with fewer materials and to use cups or small pitchers (instead of their hands) to pour lines of seed. Remember to have the artists sign their initials somewhere, too!

<http://familyfun.go.com/winter/winter-crafts/outdoor-winter-crafts/snow-mosaic-665558/>

Submitted by Sara Mathes, Early Childhood Specialist

Important Notice!

This is a **reminder** of the effective date regarding non-conforming vehicles:

§78-1-22. Transportation. When providing transportation, a center shall ensure that:

22.2. By September 1, 2012, any vehicle used for transportation that has a capacity that exceeds ten (10) passengers meets the National Highway Traffic

Safety Administration (NHTSA) standards for a school bus.

Beth Hall Chambers,
Program Manager
WVDHHR
Division of
Early Care and Education
Child Care Center Licensing

Dear Roma

Dear Roma,

I have a parent who suggested that I use candy as a reward to help her child learn acceptable behavior in our child care center. What are your thoughts on this type of strategy?

Sincerely,

Sugar Free Sara



Dear Sugar Free Sara,

This is not an acceptable strategy. Candy or food should **"never"** be used as a reward to encourage acceptable behavior or as punishment. You should teach children what your expectations are for the child care center and encourage them to meet those expectations without being taught they will receive tangible rewards such as candy. Giving candy as a reward for every activity or for good behavior is also providing a child with loads of sugar and empty nutritional value!

If you feel that a token system is needed to help a child learn self-monitoring skills then use "special time". Set aside a time in the afternoon to do a special game or just spend time doing positive guidance. There are many strategies that can be used to encourage acceptable behavior. Please call me for more guidance.

Roma

For more information on teaching children social skills or to schedule an observation, please contact Roma Lester at 1-800-834-7082.



DO YOU LOVE ME?

I love you enough to keep you safe while you are in my care. I love you enough that I wouldn't let you get in a car with anyone who is drunk or on drugs. I love you enough that I would report any child abuse.

But do you love me enough not to put me in the front seat of your car? Do you love me enough to take the time to make sure I am in the right car seat and to buckle me in correctly?

I know you do.

Take the time to make sure it is done properly. Please take a car seat training class and feel free to ask for help.

Call Mary Jones at MountainHeart Community Services (304) 253-7654 for more information.

Because I love you!

Submitted by Mary Jones, TRAILS Associate—Beckley



Answers to TRIVIA Questions

1. December 28, 2012
2. True
3. 1 Tablespoon Bleach +1 gallon of cool water
4. True
5. Every 5 years
6. Bacteria and may require an antibiotic
7. October, November, December 2012

Salt Dough Leaf Prints

Materials Required:

- ♥ salt dough
- ♥ artificial silk leaves
- ♥ round container to use as cutter
- ♥ Oven
- ♥ acrylic paint
- ♥ mod podge for sealer

Salt Dough Recipe

- ♥ 4 cups flour
- ♥ 1 cup salt
- ♥ 1 1/2 - 2 cups water
- ♥ extra flour for kneading



Mix first 3 ingredients together to form a nice soft dough. Knead smooth with extra flour. The more you knead this dough the easier it is to work with. Keep leftover dough in the fridge. This recipe will make enough for 8 rounds. Roll out dough and use a circular container or bowl; (coffee can) cut your rounds. Pick a leaf for your design. The silk leaves leave a better impression in the salt dough. Place where you want it and press the leaf into the dough. When you lift it off you should have a nice impression. Place on a parchment or foil covered cookie sheet and bake at 250 degrees for about 2 - 3 hours or until hard. Let cool. Take some acrylic paint in autumn colors. The best way to paint these is to paint the leaves in different colors first. Let dry. Then using dark brown paint that you have watered down apply a wash, like an antiquing glaze to the entire surface. The dark color picks up the veining in the leaf and still lets the autumn color show thru. Let dry and then apply a coat of glossy Mod Podge as a sealer.

<http://www.thatartistwoman.org/2009/09/salt-dough-leaf-prints.html>

Submitted by Sara Mathes, Early Childhood Specialist

Mini Sweet Potato Pies

Ingredients

- ♥ 3/4 pound sweet potato, peeled and diced
- ♥ 1 (9 inch) refrigerated
- ♥ 3/4 cup evaporated skim milk
- ♥ 2 egg whites
- ♥ 1/4 cup granulated sugar
- ♥ 2 tablespoons brown sugar
- ♥ 3/4 teaspoon ground cinnamon
- ♥ 1/8 teaspoon ground nutmeg
- ♥ 1/8 teaspoon ground cloves
- ♥ 1/4 cup halved cranberries (optional)

Cooking Instructions:

Place the sweet potato in a saucepan with just enough water to cover. Bring to a boil, and cook until fork tender, about 5 minutes. Drain and mash with a fork or potato masher. Preheat the oven to 425 degrees F. Divide the pie crust into 24 small balls. Press them into the cups of two 12 cup mini muffin pans to make tartlet shells. Set aside. Spoon the sweet potato into a blender or food processor, and add the evaporated milk, egg whites, white sugar, brown sugar, cinnamon, nutmeg, and cloves. Puree until smooth. Spoon about 1 tablespoon of this mixture into each tart shell. Bake for 10 minutes in the preheated oven, or until a toothpick inserted into one of the tarts comes out clean. Cool in the pans over a wire rack. Garnish each tart with a cranberry half before serving.



<http://recipes.kaboose.com/mini-sweet-potato-pies.html>

Submitted by Sara Mathes, Early Childhood Specialist



*We worry about what a child will become tomorrow,
yet we forget that he is someone today.*

Got Services?

If you need to find local services for yourself or the families you serve, but don't know where to start, here are two suggestions: Each county in WV has an FRN (Family Resource Network) and this agency will know about all services in your county. This website lists every FRN in WV, complete with phone number. Or you can call your local MountainHeart office:

https://www.wvdhhr.org/bcf/children_adult/cabuseprev/documents/FRN_contact_info.pdf

Also, check out this website by adding your local zip code/area: <http://www.thebeehive.org>

Submitted by Janet Thompson, TRAILS EC Specialist--Lewisburg

Stay Connected with MountainHeart

MountainHeart programs are currently in the process of expanding and enhancing our Child Care ListServ in an effort to more efficiently and effectively communicate with all our child care providers. If you would like to receive important child care alerts, current information or notifications about the online edition of the "Child Care Chronicles" then this ListServ is for you.

To stay connected, simply visit our website at <http://ccsouth.mountainheartwv.org> and click on Subscribe on the left side menu. Here you will be able to sign up to stay informed about all things MountainHeart.



Find Us On Facebook!

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!