



Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care



Vol. X Issue 4

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

FALL 2013



Reflections From MY Desk

It's Fall, Y'all!

Fall in West Virginia means cooler temperatures, beautiful leaves, bright pumpkins, harvest festivals of every kind, and a time of pure delight as we watch the green of summer transition into the many rich colors of a new season. For the child care community, fall means children are transitioning to school and to childcare. A good number of their parents, who are high school, vo-tech, or college students, are also returning to school as well! There is a lot of scheduling, planning and organizing as children, parents, teachers and child care providers start a new semester and a new adventure!





Recently, I created a presentation focused on the need for childcare for students who are parents. I asked staff to share some success stories with me that I could use to demonstrate how childcare is a strong support for families. Here are a few of many:

Jessica - "I was able to obtain my education while utilizing MountainHeart Child Care Services. I have completed the educational program and I am a self-employed contracted Occupational Therapy Assistant working at a convalescent home."

Natalie - "I was unable to work during the time I attended the nursing program due to the amount of course work and study time that was required. I used the childcare services through MountainHeart and was able to become an LPN. I have passed my state board exams and am employed as an LPN."



A few more...

-  Brittany graduated from High School and is now employed by a health organization.
-  Beth and Angela graduated from college and are now teaching in public schools.
-  Lyndsey recently graduated as a Physician's Assistant (PA).
-  Jada graduated from a vo-tech and now has her own hair styling business.

Quality childcare works! It benefits student parents by providing a strong support and giving the parent the ability to succeed and to impact their family's future. Their success also impacts the future for us all!

Margie

*"Education is the most powerful weapon which you can use to change the world."
Nelson Mandela*

"Quality childcare is a strong support for parents who are going to school, enabling them to further their education, impact their family's future and effect the economic future of West Virginia." MYounce

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Child Care Region 6 Needs Assessment for 2014-2015

This assessment is for caregivers of children located in the service area for Region 6.

If you would like input into what professional development (trainings) are offered and when they are offered by MountainHeart CCR&R please go on-line to the following link and answer the questions given. This assessment will be available until September 30, 2013. It only takes a few minutes and can only be taken once.

<http://www.mountainheartwv.com/survey/index.php?sid=89917>



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Friends

What is a friend? According to www.merriam-webster.com a friend is defined as “one attached to another by affection or esteem, a favored companion.” One of the many things children learn as preschoolers are the skills of being a friend. These skills, over time, will help them develop friendships that may last a lifetime. According to the American Academy of Pediatrics, friendships are important for children because they teach them communication skills, build their self-confidence and give them a sense of self. As teachers and caregivers, how can we help preschoolers develop these skills? Here are a few suggestions:

- ♥ Teach basic friendship skills- such as introducing yourself to peers, playing and sharing, and taking turns.
- ♥ Create social opportunities. Let the children play together on their own. Provide props and materials that invite the friend making process.
- ♥ Encourage a sense of belonging. Engage children in activities such as sports, play groups and games.
- ♥ Show them how you are a friend to others and teach by example.
- ♥ Have the children talk about the importance of friendships and how having friends makes them feel.



References:

<http://www.healthychildren.org/English/ages-stages/gradeschool/pages/Friends-Are-Important-Tips-for-Parents.aspx>

http://www.ehow.com/how_6519452_teach-children-make-friends.html

Submitted by: Dianna Thompson, Early Childhood Specialist

Need Health and Safety Items?

Here's How to Get Them!

Every Registered Child Care Provider and Child Care Facility is eligible for an annual Health and Safety Grant. The grants allow up to \$250.00 for Registered Family Child Care Providers and up to \$500.00 for Child Care Facilities. The Health and Safety Grants are available in order to meet health and safety requirements, improve the quality of care for children or for advancement in the tiered reimbursement system. The application is available at your local MountainHeart office, from your Child Care Regulatory Specialist, from any member of the MountainHeart Professional Development Team or on our website at <http://ccsouth.mountainheartwv.org>. To apply for a Health & Safety grant follow these steps:

1. Complete the application. Be sure to include your signature and the date. Request health and safety items needed and mail to the address below
OR
2. To receive a reimbursement for health and safety items you have purchased, submit the receipt of payment and any additional information necessary
OR
3. To receive reimbursement for health and safety training, such as approved training in basic first aid that includes rescue breathing-choke saving, submit the receipt of payment and a copy of your certification card. Any rescue breathing-choke saving classes taken online will not be approved.
4. Mail grant application requests, receipts or all other documentation required to:

**MountainHeart Child Care Resource and Referral
Attention: Susan McCoy – Health & Safety Grants**

**P.O. Box 1610
Lewisburg, WV 24901**

5. Applicants will be notified by letter of approval or denial of the grant or reimbursement request. **(Letters of approval must be presented when picking up the requested items)**

Submitted by Susan McCoy, Supervisor, Grants Coordinator

SOMETHING NEW!

Childcare Provider Sponsored Professional Development Sessions

Dana Slater, Family Child Care Provider in Fayetteville, is coordinating a Saturday training day for childcare providers. All sessions will be STARS registered (5 hours for the day) and the focus of the day will be safety, health and nutrition. There will be door prizes for attendees.

- ♥ **What:** Saturday Training Day
- ♥ **When:** Saturday, October 26th
- ♥ **Where:** Grace Baptist Church Fayetteville
- ♥ **Registration:** 8:00 am **Sessions:** 9:00 am - 3:00 pm **Certificates and door prizes:** 3:00 pm - 3:30 pm
- ♥ **To Register:** Contact Dana Slater on or before October 1st at 304-574-3979 or dana.slater@yahoo.com
- ♥ Limited to 50

Please note: This training is sponsored by Dana Slater. MountainHeart is posting the training as a courtesy for our providers

Submitted for Dana Slater by Janet Thompson, TRAILS EC Specialist—Lewisburg Office

Going Green Brings Change



By now I hope most providers are aware of some of the changes made at our local MountainHeart offices and the availability of our quarterly newsletter via email. Prices all around us keep rising and budgets often do not. We all must work together in creative ways to cause our monies to go further in meeting the needs. We have made several changes over the past few years as an attempt to “go green” and be more effectual and proficient with our resources. MountainHeart Community Services is dedicated to keeping services at their best for our providers, but we need your help.

Office hours in all offices are now 8:30 am to 4:30 pm which helps in many ways with reducing utilities such as electricity, water, etc. Newsletters by email have the potential for significant savings. Postage, printing costs (including ink and paper), and the process of putting it together makes using email more cost effective and efficient.

If you do not already receive your Child Care Chronicles newsletter published quarterly by email, please check out our informative website and sign up there. <http://ccsouth.mountainheartwv.org>

By working together we can assure that information is sent and received economically and proficiently.

Submitted by Joanne McCallister, Professional Development Supervisor - Beckley Office

One, Two, Three - Come Count with Me!

Did you enjoy math as a child? For many the answer is “no.” Math is a subject all children are required to take in school. Some children love math while others not so much. Often the children who struggle in math wonder about the reasons for learning math at all. Math is more than just numbers. Learning math can improve your child’s problem solving skills. All of us use math every day in both our professional and personal lives. So why not make math more fun!

The following are a few ways to do just that:

- ♥ Games: Hopscotch, chess, dominoes, Yahtzee, Monopoly and Beach Ball Math are great opportunities to build your child's skills. Any game that involves counting, addition, or subtraction provides a window for you to help children learn and enjoy math.
- ♥ Books: Storybooks such as *One Hundred Angry Ants*, *Farmer Blake and Sneaky Snake* and *One Hungry Monster* can also teach basic math skills to younger children.
- ♥ Puzzles: Puzzles help children with a spatial reasoning, a skill that aids in the development of math and science abilities.
- ♥ Real Life: Math is everywhere each day, every day: the grocery store, the mall, the arcade, and the doctor's office. You can start by letting children help you while you shop or have them divide meals up into even portions.

Resources:

- <http://parentingsquad.com/get-your-child-excited-about-math>
- <http://storiesandchildren.com/sneaky-snake-dice-game/>
- <http://www.greatschools.org/students/activities/143-beach-ball-math.gs>

Submitted by Sara Mathes, Early Childhood Specialist - Beckley Office



Are You Aware?

According to NACCRA (National Association of Child Care Resource and Referral Agencies), “Child Care Aware® Parent Network webinars, presented by child care experts, provide information about quality child care and other topics that are of interest to you. They are designed specifically for busy parents, grandparents, advocates, and professionals. Our educational webinars are always FREE!”

This is an excellent opportunity to find important and timely topics concerning all aspects of child care. Take a minute and access the web site that follows or just search for Child Care Aware®.

<http://www.naccra.org/parents/child-care-aware%C2%AE-parent-network/free-webinars>

Submitted by Joanne McCallister, Professional Development Coordinator, Beckley Office



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

Roma's Real World

Why is Play Important?

Children love to play. Play skills are life skills. Play is considered to be important to all children because it is the most meaningful mode for them to learn. Play is an excellent medium for achieving learning goals for several reasons related to acquisition, practice mastery, and integration of learning. Play is a safe, noncompetitive arena for children to experiment with materials, objects, and people. Play provides opportunities for learning through trial and error. Children acquire new skills and understanding in all of the developmental domains:

- ♥ Physical knowledge is gained, for example, when a cup of sand is dumped from a tall thin container to a short fat one. The weight and volume do not change, even though the appearance may seem to be less sand in the short container.
- ♥ Fine motor or small muscle control is enhanced through play. For example, playing with a set of measuring cups at the sand or water table helps children develop their ability to pick up and manipulate objects of various sizes and weights in-addition to learning about quantity and volume.
- ♥ Symbolic behavior or pretend play is necessary for the later development of the ability to use symbols, including spoken and written language. Dress up and acting out roles that mirror life give children practice in making one idea, object, or activity stand for another.
- ♥ Language and Communication. Play enhances this developmental process by providing situations to practice using symbols that result in language development.
- ♥ Gross motor skills are developed through rough and tumble play, riding tricycles, climbing on the jungle gym, running, crawling, and throwing a ball.
- ♥ Socialization. Through play children learn to cooperate in order to solve problems or accomplish goals. Children learn to be successful in their interaction with peers.
- ♥ Emotional development is heightened when children can work through several developmental tasks, including separation from parents, independence, individualization and gender-role identification during play.



Play is important because it offers opportunities to practice newly learned skills and achieve mastery of the environment. Play is a great enhancer for self-esteem, and according to Erikson, play assists children in organizing and integrating their life experiences.

Resources: **Pathways to Play**, Sandra Heidemann and Deborah Hewitt, Redleaf Press, St. Paul, Minnesota. **The Power of Play-Video**, produced for Kohi Children's Museum, Wilmette, Illinois. **Achieving Learning Goals Through Play**, Anne H. Widerstrom, Paul H. Brookes Publishing Co., Baltimore, London, Sydney.

For more information please call 1-800-834-7082

Submitted by Roma Lester; Behavioral Specialist

Babies Unplugged

In early care and education settings, media viewing such as television, video, DVDs 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 and not sit in front of a screen that takes time away from social interaction with peers, parents/guardians and caregivers/teachers.

Before age three, television viewing can have modest negative effects on cognitive development of children. For that reason, the American Academy of Pediatrics (AAP) recommend television viewing be discouraged for children younger than two years of age. Interactive activities that promote brain development are recommended instead, 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 Haynes, Infant Toddler Specialist-Summersville

New Online Tool from Sesame Street Workshop.

The Sesame Street Workshop has introduced a new Muppet named, Alex, whose father is incarcerated. Did you know that 1 in 28 children in today's society has a parent that is in jail?

The link to their website: <http://www.sesameworkshop.org/press-room/incarceration/>

Submitted by Dianna Thompson, Early Childhood Specialist



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

Professional Development Session on Child Growth and Development

Title: Providing a Sensory Environment for Young Children

Description: The participants will gain knowledge on how to develop child care environments that meet the needs of children that have sensory integration problems, as well as learn how to develop preventative strategies and curriculum to address sensory needs in the tactile, vestibular, and proprioceptive areas. (Presenter: Behavior Specialist)

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

Thursday, November 7, 2013 1:00pm-3:00pm

Raleigh County - Beckley MountainHeart Office

Core Competency - 2 hrs. Child Growth and Development (Tier III)



Administrator Module for West Virginia Infant/Toddler Professional Development Program for Caregivers I (WVIT I)
September 10, 2013
2:00pm-8:00pm
Beckley MountainHeart Office

West Virginia Infant/Toddler (WVIT I) 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 participants will learn the importance of building positive relationships with families, caregivers and children, 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.

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

Mercer County Workforce in Princeton Participants sessions as follows:

Session 1 October 1	10:00 am-4:00 pm
Session 2 October 4	10:00 am-3:00 pm
Session 3 October 11	10:00 am-4:00 pm
Session 4 October 22	10:00 am-3:00 pm
Session 5 November 1	10:00 am-3:00 pm
Session 6 November 5	10:00 am-4:00 pm
Session 7 November 13	10:00 am-3:00 pm
Session 8 December 6	10:00 am-4:30 pm
Session 9 December 14	9:00 am-3:00 pm
Session 10 December 17	6:00 pm-8:30 pm

Understanding the West Virginia Early Learning Standards for Infants and Toddlers

Core Competency - 4 hrs. Program Management (Tier II) Target Audience - Infant/Toddler

Summary - This session provides an opportunity to explore the WV ELSF for Infants and Toddlers.

Participants will be introduced to the document and discuss how to implement it into their daily routines.

Thursday - October 24, 2013

4:00pm-8:00pm

Greenbrier County - Lewisburg WV Workforce

Saturday - December 7, 2013

10:00am-3:00pm (hour lunch break)

Raleigh County - Beckley MountainHeart Office

How About Them ER's: Understanding the Infant and Toddler Environmental Rating Scale

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

Target Audience - Infant/Toddler

Summary - Participants of this professional development session will gain knowledge about the Environmental Rating Scales, practice scoring with the ITERS-R and then use the scoring to improve quality of the early childhood environment.

Tuesday - December 17, 2013

4:00pm - 6:00pm

Nicholas County - Summersville MountainHeart Office

Let's Talk Blocks and Babies

Core Competency - 2 hrs. Curriculum (Tier II)

Target Audience - Infant/Toddlers

Summary - Participants will discuss topics centered on facilitating block experiences for infants and toddlers using concepts presented in the Infant/Toddler Environmental Rating Scale.

Tuesday - December 17, 2013

6:00pm-8:00pm

Nicholas County - Summersville MountainHeart Office

**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**

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

Please call 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 - Great Beginnings are Key

Core Competency - 4 hrs. Family and Community (Tier II) WVVELSF: Social and Emotional Development (Standard 3: Knowledge of Family and Community).


Target Audience - Adults

Summary - Participants of this professional development session will be presented with ideas to help family child care providers improve partnerships with families. Everyone, especially children, benefit the most when their families and caregivers have a positive relationship built on good communication, shared respect, trust and a commitment to providing the best care for the child.


Braxton

See sessions for Nicholas County


Fayette - Fayette County DHHR in Oak Hill

 October 22, 2013 10:00am-3:00pm (hour lunch break)

Greenbrier - Greenbrier County Workforce in Lewisburg

 October 4, 2013 10:00am-3:00pm (hour lunch break)

McDowell - McDowell County Workforce in Welch

 October 9, 2013 10:00am-3:00pm (hour lunch break)

Mercer - Mercer County Workforce in Princeton

 October 7, 2013 1:00pm-5:00pm
October 28, 2013 1:00pm-5:00pm

Monroe - Monroe DHHR in Union

October 2, 2013 10:00am-3:00pm (hour lunch break)


Nicholas - MountainHeart Office on Broad St. Summersville

October 22, 2013 1:00pm-5:00pm

Pocahontas

See session listed for Greenbrier or Nicholas Counties

Raleigh - MountainHeart Office in Beckley

 October 10, 2013 10:00am-3:00pm (hour lunch break)
October 30, 2013 1:00pm - 5:00pm

Summers

See sessions for Greenbrier or Raleigh Counties

Webster

See Hosted Training below

Wyoming - MountainHeart Office in Kopperston

October 29, 2013 10:00am-3:00pm (hour lunch break)

Hosted Training

**Webster County Starting Points Child Development Center
6025 Webster Road, Cowen
October 7, 2013 6:00pm-8:00pm**

The Importance of Lesson Plans

Core Competency - 2 hrs. Child Observation and Assessment (Tier II)

Summary - Participants of this professional development session will better understand the need for lesson planning based on observations made and assessments done whether in a classroom situation or an individual home.

All Providers Welcome - Call to register the same as other trainings

Saturday Professional Development Sessions

**Childcare Provider Sponsored Professional Development
October 26, 2013 from 9:00am-3:00pm
Fayette County - Grace Baptist Church
Fayetteville, WV
(See page 2 of newsletter for registration information)**

**Child Abuse and Neglect
Nov 9, 2013 from 10:00am-12:00pm
Nurse Health Consultant Glenna Bailey RN, MSN
MountainHeart Beckley Office Conference Room**

SUPER SATURDAY EVENT

**The Child Care Environment: It's More Than a Dress-Up
Corner / Core Competency - 5 hrs. Program Management,
Professionalism, and Curriculum
November 2, 2013 from 9:00am-3:00pm (hour lunch break)
Greenbrier County - Lewisburg Baptist Church
246 Grand Avenue, Lewisburg**

**Understanding the West Virginia Early Learning Standards for
Infants and Toddlers / Core Competency - 4 hrs. Program
Management (Tier II)
Target Audience - Infant/Toddler
December 7, 2013 from 10:00am-3:00pm (hour lunch break)
MountainHeart Beckley Office Conference Room**

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

Please call 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.

MountainHeart South Professional Development Schedule

WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

November Topics

Topic 1 - The Power of Portfolios

Core Competency - 2 hrs. *Child Observation and Assessment (Tier II)*

Target Audience - *Adults*

Summary - Participants of this professional development session will learn the basics of portfolio development as a tool for assessment. Topics to be covered include the use of portfolios, what to collect and how to use the information in curriculum development.

Topic 2 - Spooky, Scary Situations...Helping Children Cope With Their Fears

Core Competency - 1 hr. *Child Growth and Development* and 1 hr. *Positive Interactions and Relationships (Tier II)*

Target Audience - *All Ages*

Summary - Mommy, I am scared and I have a HUGH imagination! Participants of this professional development session will learn information about common childhood fears and strategies to use during these situations.

Braxton

See for Nicholas County

Fayette - Fayette County DHHR in Oak Hill


November 15, 2013 10:00am-12:00pm
1:00pm-3:00pm

Topic 1
Topic 2

Greenbrier


See Super Saturday Event in Lewisburg

McDowell - McDowell County Workforce in Welch

 November 19, 2013 10:00am-12:00pm
1:00pm-3:00pm

Topic 1
Topic 2

Mercer - Mercer County Workforce in Princeton


 November 8, 2013 10:00am-12:00pm
1:00pm-3:00pm
November 25, 2013 1:00pm-3:00pm
3:00pm-5:00pm

Topic 1
Topic 2
Topic 1
Topic 2

Monroe

See Sessions listed for Greenbrier and Mercer County

Nicholas - MountainHeart Office on Broad St. Summersville

 November 12, 2013 10:00am-12:00pm Topic 1
1:00pm-3:00pm Topic 2

Pocahontas

See sessions listed for Greenbrier and Raleigh County

Raleigh - MountainHeart Office in Beckley

See information on page 1 training calendar

November 7, 2013 1:00pm-3:00pm

See Saturday Professional Development Sessions

November 9, 2013 10:00am-12:00pm

Summers

See sessions listed for Greenbrier and Raleigh County

Webster

See sessions for Braxton and Nicholas County

Wyoming

See sessions for McDowell and Raleigh County

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 October 1, 2013 from 9:00am-10:30am at the Greenbrier County Workforce in Lewisburg.

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 total 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.

Cost of the modules is \$50 and Scholarships are available. Please contact Sara Mathes at 304-253-7654 for scholarship applications. Applications must be received by September 25th to allow time for processing. (Participants must be current on the WV STARS Career Pathway or willing to register to be on the Career Pathway)

Greenbrier County Dates and Times (Half Hour Lunch Break)

Session 1 & 2	9:00 am– 3:00 pm	October 3, 2013	Session 9 & 10	3:00 am– 3:00 pm	November 7, 2013
Session 3 & 4	9:00 am– 3:00 pm	October 10, 2013	Session 11 & 12	3:00 am– 8:30 pm	November 14, 2013
Session 5 & 6	9:00 am– 3:00 pm	October 14, 2013	Location of Sessions: Greenbrier County Workforce		
Session 7 & 8	9:00 am– 3:00 pm	October 31, 2013	Building - Lewisburg		

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

Please call 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.

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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 - How Prepared Are You? Emergency Preparedness and You

Core Competency - 2 hrs. 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 for Nicholas County


Fayette - Fayette County DHHR in Oak Hill

December 17, 2013 10:00am-3:00pm (hour lunch break)

Greenbrier - Greenbrier County Workforce in Lewisburg

 December 12, 2013 10:00am-3:00pm (hour lunch break)

McDowell - McDowell County Workforce in Welch

 December 5, 2013 10:00am-3:00pm (hour lunch break)

Mercer - Mercer County Workforce in Princeton

December 10, 2013 10:00am-12:00pm (hour lunch break)

Monroe

(See Sessions listed for Greenbrier and Mercer County)


Nicholas - MountainHeart Office on Broad St. Summersville

(See Professional Development 1st page of training schedule
Infant/Toddler opportunities)

Pocahontas

See session listed for Greenbrier or Nicholas Counties

Raleigh - MountainHeart Office in Beckley

 December 10, 2013 10:00am-3:00pm (hour lunch break)

Summers

See sessions listed for Greenbrier and Raleigh County

Webster

See sessions for Braxton and Nicholas County

Wyoming

See sessions for McDowell and Raleigh County

IMPORTANT NOTICE

Caregivers needing **Child Abuse and Neglect** class will need to register for one of the classes offered in October or November by Nurse Health Consultant Glenna Bailey RN, MSN. Pre-register with Reba 1-866-872-9204. Classes are as follows:

Tuesday, October 22, 2013 from 5:00pm-7:00pm

Mercer County - Mercer County Workforce, Princeton

Saturday, November 9, 2013 from 10:00am - 12:00pm

Raleigh County - MountainHeart Beckley Office Conference Room

Things to Remember about Professional Development Sessions...

- ♥ Please remember to pre-register for all professional development sessions by calling 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 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.

Affordable Health Insurance for West Virginians

By Renate Pore

Uninsured West Virginians can start signing up for affordable health coverage beginning October 1, 2013. The new policies are effective on January 1, 2014.

This is a great opportunity for Mountainheart staff to sign up parents. If the children are already enrolled in Medicaid, most likely their parents will now also qualify.

About 135,000 West Virginians will be eligible for Medicaid, the State's public health insurance program and another 100,000 will have a choice of policies offered through private health insurance companies. The private policies will have generous subsidies to make them affordable. The size of the subsidy depends on income and family size. The table below shows income-based eligibility for Medicaid and subsidies for private policies.

Eligibility for Medicaid and Subsidized Private Policies

Family Size	Maximum income for Medicaid	Maximum income for subsidy*
1	\$15,856	\$45,960
2	\$21,404	\$62,040
3	\$26,951	\$78,120
4	\$32,499	\$94,200

*For an example of a subsidy go to www.kff.org and look at the subsidy calculator.

Enrolling in the new health insurance programs is simple. West Virginians can call an 800 number, enroll on line or get a paper application to send through the post office. Every county will also have a number of trained people to assist West Virginians in enrollment. Information on who the enrollment assisters are in each county will be available by October 1, 2013.

West Virginians for Affordable Health Care is offering training in various locations around the state. A schedule of training is listed on www.enrollwv.org

How to Enroll

Get a paper application	www.healthcare.gov
Enroll on-line	www.healthcare.gov
Enroll by phone	Call 1-800-318-2596 TTY users call 1-855-889-4325
Get personal assistance	Enrollment assisters will be available at community health centers, most hospitals, and many social service agencies in your community.
For questions	Email Renate Pore or Perry Bryant renatepore@gmail.com -- perrybryant@suddenlink.net



TRAILS Mix

“Many Hands Make Light Work”

Across the state of WV, there are many family/facility child care providers working each day to provide quality child care for children. Sometimes, it must seem as if you are the only one facing the daily challenges, joys, or routines. Being able to share concerns and talk about challenges with your peers often result in positive change. By working together, our work becomes lighter and more energetic! The WV Family Child Care Association would like to invite you to become active with others in your profession. It is run by and for the benefit of family child care providers in our state.

Membership in the WVFCCA is open to all registered family child care providers as well as parents, agency staff, and child care advocates. With your participation, an association can provide a strong voice that can be heard on a local, state, or national level. The WVFCCA would like to see more local associations of providers who can share ideas, receive training and mentoring from peers, and be part of a statewide effort.

The active association in the Huntington area is eager to answer questions or provide a member to visit during a professional development session with family child care providers. Membership can be reimbursed through the Health and Safety Grant process. You may contact the association directly at:

WVFCCA
PO Box 3153 • Huntington, WV 25702

PH: 304.634.5545
or by email at:

wvfamilychildcare@yahoo.com

Your TRAILS staff would like to support efforts to establish local associations. Please let us know if you are interested or need more information.

Submitted by Janet Thompson, TRAILS Early Childhood Specialist, Lewisburg



Leaf Rubbing

1. **Collect** some different kinds of leaves.
2. **Arrange** up to 4 leaves on smooth surface.
3. **Cover** leaves with a sheet of white paper.
4. **Remove** the wrapper from dark crayons.
5. **Turn** crayons on their side and gently rub over your paper and leaves.
6. **Watch** the outlines and vein lines of your leaf appear on your paper.



Submitted by Mary Jones, TRAILS Associate - Beckley Office

Relays

Relays can be a lot of fun with a variety of ways to do them. If given the opportunity to have input, children will use their imagination to come up with unique relays. Divide children into teams, begin behind a designated line or area, and explain directions for the relay. Suggested relays:

- ♥ Blow a piece of cotton to a line and back.
- ♥ Race with a spoonful or cupful of water.
- ♥ Pass a ball over first person’s head, under second person’s legs alternating over/under.
- ♥ Balance a book on your head while racing to the finish line.

Source: Games, Games, Games by David L. Whitaker

Submitted by Sandra Cox, TRAILS Associate



The Beckley TRAILS Division

gives a great big cheer to:
Lil’ Campers for donating baby food jars,
Ronda Meadows for donating toys,
Sandra Fox for donating toys,
Sweet Frog for donating cups,
and the U.S. Army for donating pencils.

The Lewisburg TRAILS Division

thanks the following providers for their generous and thoughtful donations to our resource van:
Eva Hanshsaw
Melinda Moore
Richwood Tots to Teens Center

Thanks!

Books to Explore in the Fall

The Fall is a wonderful time of year to curl up with a good book or to spread a blanket under a colorful tree and enjoy what nature has to offer. The TRAILS van has many seasonal books available. I would like to tell you about a few of them.

First, let's start with our fall leaf books:

- ♥ **Why Do Leaves Change Color?** by Betsy Maestro, Illustrated by Loretta Krupinski, for ages 4-8 years. This book talks about the different kinds of tree leaves and how they change color. There are a couple of activities in the back that you can do with the children.
- ♥ **Leaf Jumpers** by Carole Gerber, Illustrated by Leslie Evans, for ages 3 and up. The children are busy jumping in leaves and discovering all the different colors and shapes while learning the names of the trees.
- ♥ **Fall Leaves Fall** by Zoe Hall, Illustrated by Shari Halpern, for ages 3 and up. Two children are playing in the fall leaves and making pictures. The book also identifies the tree.
- ♥ **Red Leaf, Yellow Leaf** by Lois Ehlert, for ages 4 and up. This story is about a child and her maple tree. It takes you from the seed to a grown tree. It tells about the different parts of a tree and how to plant and take care of a sapling.

Leaf Activity - Go for a walk. Have the children pick up lots of colorful leaves. Children love to find the most colorful leaves such as the deepest reds and brightest yellows! When you get home put all the leaves into one pile and sort them by color, size or shape. When you are finished sorting them the children may glue them onto a piece of paper and make a leaf collage.

The TRAILS van also has several apple books, too. Here are a couple of titles:

The Apple Pie Tree by Zoe Hall, Illustrated by Shari Halpern, for ages Preschool and up. Two sisters talk about an apple tree and the seasons it goes through to make apples and then apple pie. The last page tells how bees help apples grow and there is a recipe for apple pie.

Up, Up, Up! It's Apple Picking Time by Jody Fickes Shapiro, Illustrated by Kitty Harvill, for ages 4 and up. This story is about a family who goes to visit their grandparents who have an apple orchard. It talks about varieties of apples, selling them, and things you can make from apples. The last page has a recipe for Granny's Microwave Baked Apples.

Apple Activity - Have three kinds of apples, a red one (red delicious), a green one (granny smith) and a yellow one (golden delicious). Slice the apples. First give all the children a slice of the same kind. Tell them to use their senses, smell it, listen to the crunch, and taste it. Repeat for the other two kinds. Make a chart and ask which kind of apple did they like best?

Submitted by Evelyn Davis, Early Childhood Specialist, TRAILS-Beckley



Weather Forecast

This is a good tool when trying to decide if you should go outdoors. In addition to the attached, you can look for weather advisories for your area on NOAA's web site:

<http://www.weather.gov/>



Dear Roma

Dear Roma,

I have a child in my care that is 2 and has no speech-language skills, isn't potty training, and does not seem to comprehend what we are saying to her. I have approached the parent and she refuses to allow me to do a referral to Birth to Three. What am I to do?

Frustrated

Dear Frustrated,

First, call your local MountainHeart office and ask to speak to someone in the Birth to Three Division. Discuss the problem with the Birth to Three Interim Service Coordinator and she will give you appropriate guidance for this issue. Second step, do an assessment and gather information through observations on the child. The results will help you discover the child's developmental level. You can now more readily develop curriculum and activities to match the developmental level. Hopefully, Birth to Three will be able to encourage the parent to accept services. I can also assist with observation and assessment.

Roma

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



Upcoming Conferences

American Academy of Pediatrics

Orlando, Florida

October 26-29, 2013

<http://www.aapexperience.org/>

23rd Annual Conference on Healthy Attachment

Oglebay Park, Wheeling, WV

November 19-20, 2013

Up to 15 social work hours and counselor hours available

<http://www.tcjfs.org/wp-content/uploads/2012/09/2012-Conf-Brochure-Page-1.pdf>

National Association for the Education of Young Children Conference

November 20-23, 2013

Washington, D.C.

www.naeyc.org/events

Zero to Three National Training Institute

December 11-14, 2013

San Antonio, TX

<http://zerotothree.org/>

Southern Early Childhood Association Conference (SECA)

Williamsburg VA

January 16-18, 2014

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

Celebrating Connections 2014

February 18-21, 2013

Charleston, WV Civic Center

http://www.wvearlychildhood.org/Celebrating_Connections.html

Cancelled

Child Care Center Director's Meeting

After much discussion and consideration, the WVDHHR Division of Early Care and Education has decided to cancel the October 9, 2013 Directors' Meeting. We apologize for any inconvenience this cancellation might cause.

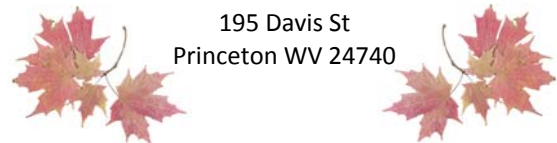
Thank you to all who have registered and thank you for the work you do on behalf of West Virginia's children and families!

Pat Alford, Administrative Secretary, Division of Early Care and Education

Change in Mailing Address for Princeton Office

Effective November 1, 2013 the MountainHeart Child Care Resource and Referral Office will no longer be utilizing a Post Office box. The new address will be:

MountainHeart Child Care Resource and Referral
195 Davis St
Princeton WV 24740



MountainHeart CCR&R Professional Development Advisory Council Needs YOU!

The date for the Professional Development Advisory Council is Tuesday, October 8, 2013. This advisory council gives support and advice on professional development issues such as needed topics, times and locations of topics, as well as time of day. We need representatives from any early childhood field including family childcare, facilities, centers, Head Start, early education, FRN's, higher education, etc. If you are interested in becoming a part of this important organization call 304-253-7654 and ask for Joanne McCallister. The meeting starts at 10:00am and ends at 2:00pm with lunch on us. Hope to see you there!

Spotlight

Let's Welcome The Lewisburg Child Care Facility



Lewisburg Baptist church has operated the Lewisburg Academy since 2004, serving Pre-K through 12th grade students and families. During the last three years, the church has been constructing a new building to accommodate the growing academy and church. Misty states that many families often used the child care services of two trusted church members. When these

ladies were no longer available, it became evident that child care was a need as well. Being community minded, the church decided to address this need. Misty, the K-4th grade teacher, became the person who gathered information about child care, even attending some MountainHeart sessions early.

Today, the facility is operating at full capacity with a future plan of eventually becoming a child care center. Exciting events are anticipated. Misty will soon finish her degree in Early Childhood Education from Concord. The Lewisburg Academy plans to open its new doors to students this fall, as well. Congratulations to all and welcome to the world of child care!

Submitted by Janet Thompson, TRAILS Early Childhood Specialist, Lewisburg

Until recently, Greenbrier County had no family child care facilities. That changed on June 3, 2013 as the Lewisburg Baptist Church opened their new Lewisburg Child Care Facility. Misty Boone, director, and Autumn Thornton are the energetic duo who keep the new facility running smoothly as the final phase of construction of the new church building happens around them.

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:

- ♥ September 24, 2013 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 5:00 to 9:00 pm.
- ♥ October 15, 2013 at the the Nicholas County Workforce Building (Summersville) from 5:00 to 9:00 pm.
- ♥ October 18, 2013 at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 10:00 am to 2:00 pm.
- ♥ November 12, 2013 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 5:00 to 9:00 pm.
- ♥ November 25, 2013 at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 10:00 am to 2:00 pm.
- ♥ December 10, 2013 at the Nicholas County Workforce Building (Summersville) from 5:00 to 9:00 pm.

To be able to attend you **must**:

- ♥ **Call Reba 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 the wait list in your place.
- ♥ **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


 MOUNTAINHEART
Community Services, Inc.

P.O. Box 966 • Beckley, WV 25801

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



www.facebook.com/mountainheartwv

Important Information
Professional Development
Schedule Inside!