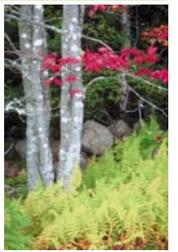


# Child Care Chronicles

A Newsletter of MountainHeart South  
for all providers of child care



Vol. XI Issue 4

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

FALL 2014



## Reflections From My Desk

Have you ever heard the expression, "You are what you think you are"?

I'm sure you have heard this quote in one form or another but have you thought about it in terms of your own personal life? Could your thoughts about who you think you are direct your life outcomes?

A child care provider once described herself in this way: "I'm just a babysitter keeping kids to earn a little money." Does it sound like this person takes herself seriously while she is employed in one of the most rewarding and valuable professions on earth?

Over the years, MountainHeart CCR&R staff have been persistent to instill the thought in the minds of child care providers about who they really are. Instead of being "just baby sitters" they are child care professionals. They are also self-employed business owners and operators. Child care providers are required to follow regulations, keep records, take hours of continuing education, create lesson plans, teach and provide a safe, nurturing and educational environment for the children they provide care for.

If you are a child care provider and still think of yourself as "just a baby sitter", think again. Begin to tell yourself every day you are a child care professional and tell others! When you begin to tell yourself that you are a professional, you will begin to act and think more like the professional you hope to become. Be proud of who you are and what you do! Once you change your thoughts, you can change your perspective on the importance of caring for children!

*Margie*

## Mad About Music

Professional Development presented by TRAILS at The Place for Kids in Raleigh County. Stars registered trainings are available from TRAILS.



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## 2014 Child Care Center Licensing Regulations Now Available!

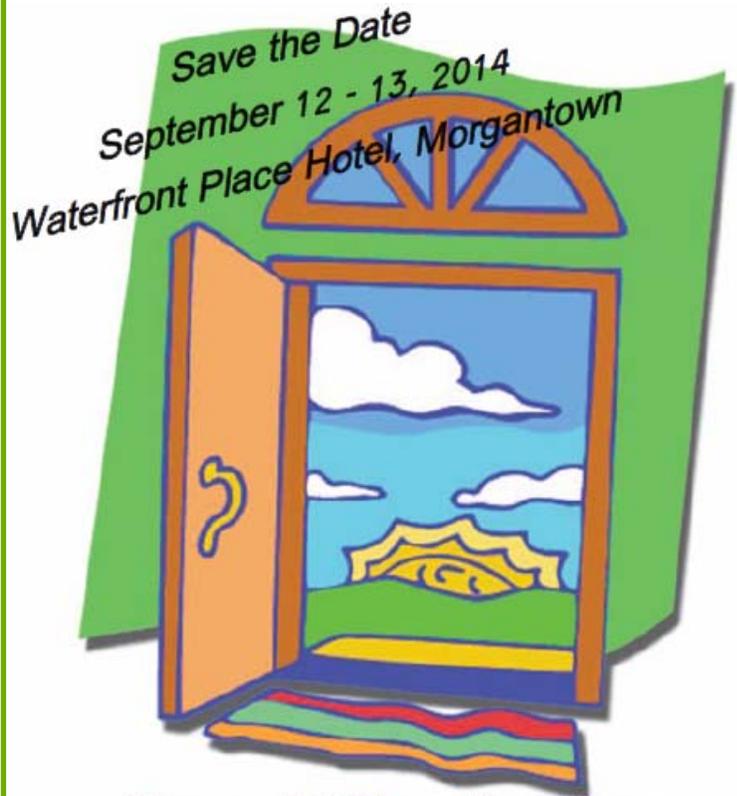
The new 2014 Child Care Center Licensing Regulations can be found at:

<http://www.wvdhhr.org/bcf/ece/earlycare/documents/ChildCareCenterRegulationWeb.pdf>

### MountainHeart CCR&R Professional Development Advisory Council Needs YOU!

The date for the Professional Development Advisory Council is Thursday October 9, 2014 at The Cabins at Pinehaven, Beaver, WV. This advisory council gives support and advice on professional development issues such as needed topics, times and locations of sessions, time of day, and advice on our work plan. We need representatives from any early childhood field including family childcare, facilities, centers, Head Start, early education, FRN's, higher education, and others. We especially need family child care and facility involvement. We are offering a travel stipend to help cover the cost of travel for family and facility care. Participants will receive a 4 hour STARS certificate in Program Management. 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 10:00 am and ends at 2:00 pm with lunch provided.

*Hope to see you there!*



### Great Beginnings Infant/Toddler Conference

### We're Back!

The Administrative Offices of MountainHeart Community Services have recently relocated to their former work site in Matheny! In 2006, a fire completely destroyed the agency structure housed in a former school building. Everything inside and outside of the building was a total loss. MountainHeart staff worked out of other worksites for some time and eventually new space was renovated in Kopperston for their use. In the meantime, work had begun to construct a new building on the burned out Matheny site. The work has now been completed and staff are happy to be back at their former site in a brand new building!

MountainHeart Community Services and the Child Care Resource and Referral program would like to invite you to drop by and visit us at 33 MountainHeart Lane in Matheny. We want to welcome you to our new home!

*Submitted by: Sara Monroe, Assistant Director & Donna England, Supervisor*



*Old Matheny Building Prior To Fire*



*Old Matheny Building After The Fire*



*New Matheny Building*

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

## Come Build with Me!

Long before handheld games, Wii, or PlayStations, there were blocks. Children have played with blocks for centuries. Blocks can be transformed into a number of things: a castle, a zoo, a jungle, tunnels, roads to drive on, a stage to dance on, a farm or even a maze. In a world where so many toys have a single purpose with batteries and power cords that make them beep, and flashing lights or warnings of one more life left, nothing is left to their imagination.

When toys are meant to mimic the object they represent, this limits how the toys can be used. Children should be playing with toys that provide open-ended opportunities for them to use their imagination and creativity. This can be accomplished through block play. Block play can help children learn mathematics, science, art, and social studies. Also, social-emotional development and physical development are encouraged through blocks.



I'm sure you are thinking, "What kind of blocks and how many should I buy?" According to "Block Play" by Sharon MacDonald, "The best blocks for children age two and under are foam, cardboard, paper bag, or cloth blocks, extra-large Lego blocks or large, hollow, wooden blocks. Three and four year olds can use unit blocks, colored cube blocks, parquetry blocks, Bristle Blocks, and large hollow wooden blocks with lots of accessories (200-300 block pieces). Five and six years old can use the more unusual shaped blocks, table blocks, Lincoln Logs and Cuisenaire Rods (400 block pieces)."

Remember your blocks don't have to be fancy. They can be made from ordinary house hold items should as: milk cartons, detergent boxes, paper bags or Styrofoam blocks wrapped in cloth. Let's face it, children usually play with the boxes the toys came in, so use blocks instead. Blocks, children, and imagination, the best combination ever!

Resources: *Let's Play* by Pamela C. Phelps. 2011, *Block Play* by Sharon MacDonald. 2010.

Submitted by Sara Mathes, Early Childhood Specialist

## Making the Most of Time

With the hustle and bustle that each of us face each day, time slips by quickly and opportunities to spend time with children are missed. I recently had a conversation with a "young" woman of 93 years of age and this is what she told me about time. She started the conversation talking about her children when they were younger and that she wished she had taken more time to just be with them.

She shared about the many demands of raising a family and caring for a home and how fast time had gone by. It made me think about how much time we spend with the children in our lives. I know that many of you spend your day with children but how many of you spend those precious few minutes listening to them talk and sing as they play, watching them sleep at nap time or taking a minute during lunch and having real conversations? My challenge to you is to look at those moments in time as opportunities to be there for children. Many of our youngsters are pulled in hundreds of directions with very little opportunity to take the time to just be children! Here are a few suggestions:

- ♥ Grab a blanket and go out under a tree and watch the leaves blow.
- ♥ Sit and watch the children build a tower or paint a picture.
- ♥ Read a book of nursery rhymes and laugh about how silly they sound.
- ♥ Watch it rain.
- ♥ Go on an unplanned adventure and see what happens.

Take the time to really enjoy what you do, because once those moments have past you can't get them back.

Submitted by: Dianna Thompson Early Childhood Specialist



## Please Join Us for Coffee and Conversations with Child Care Center Directors

October 7, 2014 from 5:00 pm - 7:00 pm

The Place (behind United Methodist Temple)  
201 Templeview Drive, Beckley, WV

OR

October 16, 2014 from 6:00 pm - 8:00 pm

MountainHeart Child Care Office  
Greenbrier County Workforce Building

A certificate for 2 hrs. Program Management will be awarded to participants. Coffee and snacks will be provided.

Hosted by MountainHeart CCR&R



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

## Roma's Real World

### Extending Emotional Intelligence through Conflict Resolution

What is conflict resolution? Conflict resolution has three components: (a) a set of problem-solving principles, (b) a structured process, and (c) the skills for creative cooperation between individuals and among groups. The following concepts should be included in your conflict resolution program: conflict is natural and normal, differences can be acknowledged and appreciated, and conflict, when viewed as a solution-building opportunity, can lead to positive change.

Not all disputes may be settled by children using the problem solving-strategies of conflict resolution. There are instances where an adult may need to be involved in the process. Other situations may need the adult's authority to determine the obvious issues of the dispute.

Without conflict, there would be no personal growth or social change. Healthy conflict grows children's emotional intelligence. When asked, children and adults view conflict as negative and may use words such as: fighting, hitting, yelling, or mad. The Early Childhood Positive Behavior Support (ECPBS) strategies are valuable tools in your approach to encouraging positive social growth and emotional intelligence. If you need professional development or technical assistance on how to support your program with ECPBS please don't hesitate to call Roma Lester, MA, Behavior Consultant at 304-682-8271.

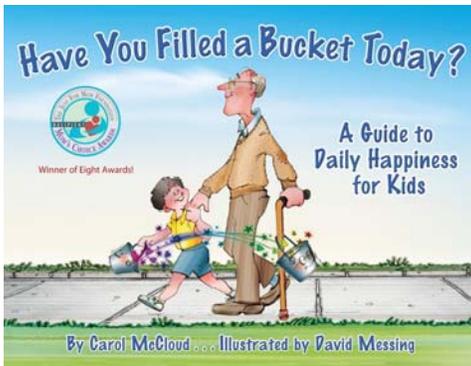
Resource: *Developing Emotional Intelligence*. Richard J. Bodine and Donna K. Crawford. Research Press, Champaign, Illinois 61822.

Submitted by Roma Lester, MA, Behavior Consultant



## How Full Is Your Bucket?

I recently rediscovered a book that I used when I taught preschool. A Child Care Center Director asked me if I had any ideas for a book called *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. I was very excited to share my ideas with her. The gist of the story is to be a



bucket filler not a bucket dipper. We each have an invisible "bucket". When our bucket is full it makes us feel good about ourselves. When the bucket is empty we feel bad. Our goal is to fill other people's buckets by saying kind things, being helpful, showing love, smiling and making other people feel special. When you help fill other people's buckets you fill your own too. We don't want to be bucket dippers. Bucket dippers make fun of people and say or do mean things to others. You cannot fill your bucket by dipping from others.

This book explains this concept to children. Children learn to be more empathetic and strive to become bucket fillers. You will want to begin by reading one or more of the books to the children. Explain about being a bucket filler not a dipper. Act out different scenarios. Let the children tell you if you are being a bucket filler or a bucket dipper. Cut a bucket shape for each child and have them decorate it. Each time you catch them being a bucket filler have them put a sticker on their bucket. Do not take any away. If a child does something that is "dipping" ask them to think about it. Ask them if they are being a bucket dipper or a bucket filler? Before long you will have more thoughtful and considerate children. You can get more ideas and tools on the website [www.bucketfillers101.com](http://www.bucketfillers101.com).

### Books available on the TRAILS VAN:

*Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids* by Carol McCloud Illustrated by David Messing

*Fill a Bucket, A Guide to Daily Happiness for Young Children* by Carol McCloud and Katherine Martin, M.A. illustrated by David Messing

*How Full is Your Bucket? For Kids* by Tom Rath and Mary Reckmeyer illustrated by Mauri J. Manning

Submitted by Evelyn Davis, TRAILS Early Childhood Specialist

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

## New Website Launched

[www.wvit.org](http://www.wvit.org)

The West Virginia Infant/Toddler Specialists Network is busy as always promoting excellence in care for our youngest citizens. To that end, a new website has been developed for you to access. The site will offer overviews of the programs offered, the latest news, upcoming professional development opportunities and grant announcements as they become available. You will be able to ask questions to the Specialists and offer suggestions of how the Network can better serve you. The website will go live near the end of summer. Be sure to add it to your list of favorites!

Reprinted from the WVITE-news

**COMING SOON**

## Infant Toddler Profession Development Opportunities October, November & December

### WVIT I Administrator Module

**Only Offered Twice Yearly**

Raleigh County - MountainHeart - Beckley  
 September 17, 2014 from 10 am - 5 pm

Raleigh County - MountainHeart - Beckley  
 April 16, 2015 from 10 am - 5 pm

6 STARS hours (1 hour lunch)

**\*Attendance of Center and Facility Directors to Administrator Module is required before sending participants\***

### WVIT II Administrator's Module

Thursday September 18, 2014 at Greenbrier County WV Workforce from 10 am - 5pm

6 hrs. STARS credit (1hour lunch)

**\*Attendance of Center and Facility Directors to Administrator Module is required before sending participants\***

### 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**

**All Sessions to be held at  
 Beckley MountainHeart Conference Room**

Sessions as follows:

Session 1	Monday Oct. 6	10 am - 5 pm
Session 2	Monday Oct. 13	10 am - 4 pm
Session 3	Monday Oct. 20	10 am - 5 pm
Session 4	Monday Oct. 27	10 am - 4 pm
Session 5	Monday Nov. 10	10 am - 4 pm
Session 6	Wed. Nov. 12	10 am - 5 pm
Session 7	Monday Dec. 1	10 am - 4 pm
Session 8	Wed. Dec. 3	10 am - 4:30 pm
Session 9	Monday Dec. 8	10 am - 4 pm
Session 10	Wed. Dec. 17	10 am - 12:30 pm

### West Virginia Infant/Toddler (WVIT II)

**Professional Development Program  
 For Caregivers 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, 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 and have attended WVIT I\***

**All Sessions to be held at  
 Greenbrier County WV Workforce**

Sessions as follows:

Session 1	Tuesday Oct. 7	1 pm - 4:30 pm
Session 2	Tuesday Oct. 14	1 pm - 4:30 pm
Session 3	Thursday Oct. 23	1 pm - 4:30 pm
Session 4	Wednesday Nov. 5	1 pm - 4:30 pm
Session 5	Thursday Nov. 13	1 pm - 4:30 pm
Session 6	Tuesday Nov. 18	1 pm - 4:30 pm
Session 7	Thursday Nov. 20	1 pm - 4:30 pm
Session 8	Tuesday Dec. 2	1 pm - 4:30 pm
Session 9	Thursday Dec. 4	1 pm - 4:30 pm
Session 10	Tuesday Dec. 9	1 pm - 4:30 pm

**Please Contact Tricia Smith, Infant/Toddler Specialist  
 To Reserve Your Seat In The WVIT I or WVIT II Sessions.  
 1-866-598-4452 or 304-872-9200**

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

**Please call Reba at 1-866-598-4452 to reserve your seat today!**

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

MountainHeart Child Care Resource & Referral 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 2014**

**Topic** - DAP- What Is It?

**Core Competency** - 2 hrs. Child Growth and Development 2 hrs. Positive Interactions and Relationships (Tier II) WV ELSF All Domains: Approaches to Learning, Physical Health Development, Language and Literacy, Fine/Gross Motor Development

**Target Audience** – Mixed Age Group

**Summary** - According to NAEYC, “Developmentally appropriate practice, often shortened to DAP, is an approach to teaching grounded in the research on how young children develop and learn and in what is known about effective early education. Its framework is designed to promote young children's optimal learning and development.”

**Braxton** - See sessions for other counties

**Fayette** - See sessions for other counties

**Greenbrier – Greenbrier County Workforce in Lewisburg**

November 12, 2014 1:00 pm - 5:00 pm

See Saturday and Evening Professional Development Sessions

**McDowell – McDowell County workforce in Welch**

November 12, 2014 10:00am - 3:00pm

(one hour lunch break)

**Mercer – Mercer County Workforce Princeton**

November 17, 2014 1:00pm – 5:00pm

**Monroe** – See sessions for other counties

**Nicholas – MountainHeart Office Summersville**

November 5, 2014 10:00am - 3:00pm

(one hour lunch break)

**Pocahontas** – See sessions listed for other counties

**Raleigh – MountainHeart Office Beckley**

November 18, 2014 1:00pm – 5:00pm

**Summers** – Sessions for other counties

**Webster** – See sessions for other counties

**Wyoming** – See Saturday and Evening Professional Development Sessions

**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 1-hour visits to be eligible for a certificate and resources.

- ♥ The modules will be divided into seven sessions and will begin October 6th at the Greenbrier County Workforce Building in Lewisburg.
- ♥ Sessions are open to family child care providers and facilities. These sessions will be held in Greenbrier 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 14 participants with a minimum of 4 people to hold the class.**

Session 1	4:00 pm - 8:00 pm	October 6, 2014
Session 2	4:00 pm - 8:00 pm	October 13, 2014
Session 3	4:00 pm - 8:00 pm	October 27, 2014
Session 4	4:00 pm - 8:00 pm	November 3, 2014
Session 5	4:00 pm - 8:00 pm	November 10, 2014
Session 6	4:00 pm - 8:00 pm	November 24, 2014
Session 7	4:00 pm - 8:00 pm	December 1, 2014

**Location of sessions: Greenbrier County Workforce, Lewisburg**

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

- ♥ Please remember to pre-register for all professional development sessions by calling Reba at 1-866-598-4452.
- ♥ 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.**
- ♥ TRAILS van will be available at most daytime professional development sessions.

**Thank you**

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

Please call Reba at 1-866-598-4452 to reserve your seat today!

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

# MountainHeart South Professional Development Schedule

## WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

### December 2014

**Topic 1 - Working With Different Personality Types**

**Core Competency** - 1 hr. Professionalism, 1 hr. Program Management (Tier II)

**Target Audience** - Mixed Age Group

**Summary** - Each of us has our own natural style of thinking, processing information, problem solving and communicating. Conflict often arises when communication is misconstrued or misunderstood. By learning to understand other personality types and being able to give information in the manner that can be processed efficiently, whether with adults or children, you can actually create a more harmonious environment.

**Topic 2 - Good Job! Looking at Encouragement Instead of Praise**

**Core Competency** - 1 hr. Positive Interactions and Relationships 1 hr. Child Growth and Development (Tier II) WV ELSF All Domains: Social and Emotional Development, Approaches to Learning

**Standard 1:** Self-Concept

**Target Audience** - Mixed Age Group

**Summary** - One difference between praise and encouragement is that praise comes with a judgment such as, "That is good." Encouragement can be long lasting for a child while praise can, at times, be detrimental. This professional development session will show the differences and give examples of ways to encourage the children in your program.

**Braxton - See sessions for other counties**

**Fayette - See sessions for other counties**

**Greenbrier - See sessions for other counties**

**McDowell - See sessions for other counties**

**Mercer – Mercer County Workforce, Princeton**

December 15, 2104	1:00pm – 3:00pm	Topic 1
	3:30pm - 5:30pm	Topic 2

**Monroe - See sessions for other counties**

**Nicholas – MountainHeart Office, Summersville**

December 9, 2014	1:00pm – 3:00pm	Topic 1
	3:30pm - 5:30pm	Topic 2

**Pocahontas - See sessions for other counties**

**Raleigh – MountainHeart Office, Beckley**

December 16, 2014	1:00pm – 3:00pm	Topic 1
	3:30pm - 5:30pm	Topic 2

**Summers - See sessions for other counties**

**Webster - See sessions for other counties**

**Wyoming - See sessions for other counties**

**MountainHeart Conference Room, Beckley**

October 2, 2014      5:00 pm - 7:00 pm

**Special Topic** - Here is How We Buckle Up

**Core Competency** - 2 hrs. Health, Safety and Nutrition (Tier II)

**Target Audience** - Mixed Age Group

**Summary** - This professional development session will demonstrate how different car seats accommodate children of different ages and how that seat needs to be properly installed. It will give participants strategies to use in a classroom or home setting to promote car seat safety.

**Friends R Fun Child Development Center, Summersville WV**

October 7, 2014      6:00 pm - 8:00 pm

**Special Topic** – Teaching Children Affected by Prenatal Drug Exposure

**Core Competency** - 2 hrs. Positive Interactions and Relationships (Tier III) WV ELSF Social/Emotional Development and Fine/Gross Motor Development

**Target Audience** – Mixed Age Group/Children with Special Needs

**Summary** - This professional development session will provide information on the effects of prenatal drug exposure, traits of drug affected children, and behavior/classroom management strategies for early childhood educators.

**Saturday and Evening Professional Development Opportunities**

**Greater Beckley School Meeting Room, Prosperity WV  
Route 19, Prosperity Rd.**

October 11, 2014      9:00 am - 1:00 pm

**Special Topic:** Look at Me "Grow"! Purposeful Planning Using Observation and Assessment.

**Core Competency** - 4hrs. Observation and Assessment (Tier III)

**WV ELSF** - All Domains: Social/Emotional Development, Fine/Gross Motor Development, Cognitive

**Target Audience** - Adults

**Summary** - Learn how to use observation and assessment to facilitate planning. Methods of doing observations and assessment will be introduced and practiced.

**Pineville Presbyterian Child Development Center, Pineville WV**

November 4, 2014      6:00pm - 8:00pm

**Special Topic** - Building Circles of Caring Around Families

**Core Competency** - 2 hrs. Family and Community (Tier II)

**WV ELSF Domain:** Social and Emotional Development Standard 3

**Target Audience** - Mixed Ages

**Summary** - This professional development session will encourage a better understanding of families and their basic needs with strategies to support and encourage families within a child care setting.

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

Please call Reba at 1-866-598-4452 to reserve your seat today!

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

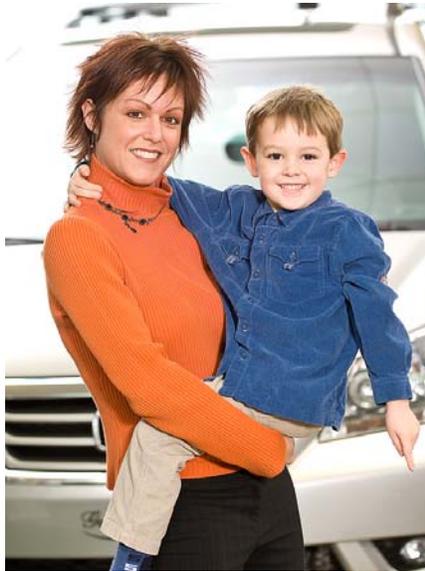
## Look Before You Lock

The weather has cooled down and autumn is definitely in the air. The headlines from this summer recounting the heatstroke deaths of babies left in vehicles have been tucked away with our summer gear. But did you know:

- ♥ With temperatures in the 60s, your car can heat up to well above 110 degrees
- ♥ Heat stroke can happen when the temperature is as low as 57 degrees outside
- ♥ Heatstroke deaths have been recorded in 11 months of the year in nearly all 50 states
- ♥ A child's body temperature can rise up to five times faster than an adult's
- ♥ A child dies when his/her temperature reaches 107.

Prevention Tips to Avoid a Tragic Heatstroke:

- ♥ Never leave a child alone in a car.
- ♥ Keep a large teddy bear or stuffed animal in the car seat when it is empty. Move the stuffed animal to the front seat when you place the child in the seat as a visual reminder.
- ♥ Have your childcare provider agree to call you if the child is not dropped off on expected days.
- ♥ Become vigilant about looking in the vehicle before locking the door. Always look front and back before walking away – ALWAYS!



For more information and resources:

<http://www.safercar.gov/parents/heatstroke.htm>

[www.ggweather.com/heat](http://www.ggweather.com/heat)

## What is TA (Technical Assistance)? Let Us Help You

Technical Assistance means professional development specialists (trainers) will provide consultation, skills training, specific knowledge, or services to family childcare providers, facilities, and centers that address the needs of the provider. In other words, MountainHeart Professional Development team members can come to your home or center to give specific support in areas that regular Professional Development Sessions may not address or areas where one-on-one support better meets those needs. A one hour STARS certificate can be given in the area of needed support during those visits. If you are interested in receiving assistance in a particular area or challenge, please call 304-253-7654 and ask for Joanne.



*Submitted by Joanne McCallister,  
Professional Development Coordinator*

## Dear Roma

**Dear Roma,**

There is a 4 year in my classroom that enjoys hurting his peers. With a smile on his face he will ask the child or adult that he has hit, "Did that hurt you?" Can you give me some strategies to help this child?

**Dear Frustrated,**

The child has probably experienced some type of traumatic event in his life or has not learned the concept of empathy. It is important to model appropriate behavior and set expectations for the appropriate behavior in the classroom each morning. Do reversal strategies such as have the child look at the friend he hurt, model gentle touches while asking the child how he would feel if his friend hit him? Role play with a situation similar to the event that just happened, or read a book regarding the behavior. Strategies need to be implemented soon after the event because the child forgets very quickly.

**Roma**

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

**Frustrated!!!**



# TRAILS MIX

## It's Hard to Remember Everything!

TRAILS (Traveling Resource and Information Library System) would like to welcome all the new child care providers! We know you are out there being busy every day. Even if you've been doing child care for a long time, it is sometimes difficult to keep up with changes or just recall everything. So here are some helpful tidbits for you:



1. The MountainHeart Child Care Region 6 Newsletter, *The Child Care Chronicles*, is published four times a year. You can access all of them by visiting the website at <http://ccsouth.mountainheartwv.org> or clicking the short link <http://goo.gl/5ylyU5> to go straight to the newsletter page. If you don't already receive notifications about new issues being published, Be sure to click 'subscribe' to sign up for those announcements.
2. Family and facility child care providers have a Health and Safety grant available each year after July 1. Contact your local MountainHeart office or your TRAILS staff for assistance.
3. The *WV Early Childhood Provider Quarterly* magazine is now available ONLY online at: [http://www.wvearlychildhood.org/Early\\_Childhood\\_Quarterly.html](http://www.wvearlychildhood.org/Early_Childhood_Quarterly.html). You can submit pictures from your program to the quarterly (with permission forms). Just follow the website instructions.
4. Child care providers need to stay healthy. Keep immunizations current. Check with your doctor about recommendations for Tdap booster, shingles, or flu vaccines.
5. The American Academy of Pediatrics ([aap.org](http://aap.org)) recommends limiting screen time for children, and no screen time for children under the age of 2 years. This includes computers, electronic games, TV, IPADS, etc.

Remember, TRAILS wants to be of assistance. Please feel free to call either the Beckley or Lewisburg MountainHeart offices. We will help you find answers.

Submitted by Janet Thompson, TRAILS EC Specialist, Lewisburg

## Engraving



Styrofoam is often sent in packages you receive in the mail. It cannot be recycled in most areas, but it can be used when doing art. It is a suitable surface for engraving. **Caution \*Do not use Styrofoam for children 4 and under.**

### Materials:

Styrofoam, paper, small paint roller, ballpoint pen, and something to roll paint in such as a Styrofoam tray or aluminum pie pan

Have children draw on Styrofoam using light pressure. Using a small paint roller dipped in paint, roll it evenly over the Styrofoam image. Place paper onto the image and smooth the paper over the Styrofoam. Finally remove the paper gently and the image will appear.

Resource: *Time to Create* by Christie Burnett

Submitted by: Sandra Cox, TRAILS Associate

## Frozen Fruit Dots

### Ingredients:

- ♥ 1 c fresh strawberries, raspberries or blueberries
  - ♥ ½ c vanilla nonfat yogurt
  - ♥ Toothpicks
- (Do not use for children under 3 years of age)

**Directions:** Rinse berries and gently pad dry. If using strawberries, cut them in half. Raspberries and blueberries can be left whole. Put a berry on a toothpick and dip in yogurt. Place dipped berry on a wax paper lined cookie sheet. Freeze until yogurt is solid. Berries can be kept in an airtight container in the freezer.

Serves: 4

Nutritional Information: Calories: 28; Fat: 0.1g; Fiber: 0.79g; Protein: 3.1g - Taken from: <http://www.earlychildhoodnews.com/>



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## Tortilla Cups with Yogurt and Fresh Fruit

Serves: 6

Total Time: 25 min

Oven Temp: 375

### Ingredients

- ♥ 2 tablespoons unsalted butter, melted
- ♥ 2 tablespoons granulated sugar
- ♥ 1½ cups plain yogurt
- ♥ 3 tablespoons light-brown sugar
- ♥ 1½ cups fruit, such as berries or sliced nectarines, peaches, or plums
- ♥ 1½ teaspoons fresh lemon juice
- ♥ 6 (6-inch) flour tortillas



### Directions

1. Preheat oven to 375 degrees F. Lightly brush both sides of tortillas with melted butter and sprinkle both sides with granulated sugar. Lay tortillas over 6 jumbo muffin cups (tortillas will overlap). Bake until tortillas are soft and pliable, 3 minutes. Remove from oven and, with the bottom of a glass, gently press each tortilla into a muffin cup so it folds up and forms a cup shape. Bake until tortillas are crisp and golden at edges, about 12 minutes. Immediately remove tortillas from cups and let cool completely on a wire rack, 15 minutes.
2. Meanwhile, in a small bowl, whisk together yogurt and 2 tablespoons brown sugar. In another small bowl, toss together fruit, 1 tablespoon brown sugar, and lemon juice. To serve, divide yogurt mixture among cooled tortilla cups and top with fruit.

Taken from - <http://www.delish.com/recipefinder/tortilla-cups-yogurt-fresh-fruit-recipe-mslo0813>

Submitted by Mary Jones, TRAILS Associate

## THANK YOU!

Lewisburg TRAILS would like to thank Jan Perry for the donations to TRAILS.

Beckley TRAILS would like to thank Lieutenant Paul Blume, Highway Safety Coordinator WV Southern Regional Highway Safety Program Beckley Police Department for items provided for giveaways at the Summer Super Saturday in Princeton.



## Child Passenger Safety Week

September 14-20, 2014 is the Child Passenger Safety Week.  
Saturday, September 20th is the National Child Car Seat Safety Check

Southern Regional Highway Safety Program (SRHSP) will be supporting enforcement patrols to local law enforcement Sept. 14-20, 2014 to crack down on those who fail to buckle up their children. The SRHSP will also sponsor and hold a Child Safety Seat Check at the Beckley Fire Department on Eisenhower Drive on Saturday September 20, 2014 from 10 am until 2 pm.



Submitted by: Lieutenant Paul Blume, Highway Safety Coordinator, WV Southern Regional Highway Safety Program Beckley Police Department

## Recent Recalls from Consumer Product Safety Commission

### Oeuf Recalls to Repair Cribs Due to Entrapment Hazard

Name of product: Sparrow Cribs

Hazard: The slats/spindles and top rail can detach from the cribs and pose an entrapment hazard to a child.

Consumer Contact: Oeuf toll-free at (844) 653-8527 from 10 a.m. to 6 p.m. ET Monday through Friday or online at [www.oeufnyc.com](http://www.oeufnyc.com) and click on Sparrow Recall for more information.



### Hamilton Beach Recalls Baby Food Makers Due to Small Parts Hazard

Name of product: Baby food processor

Hazard: Use of the slicing/shredding disc with the motor shaft adapter can cause the stainless steel pin in the food bowl lid to loosen and fall into processed food.

Consumer Contact: Hamilton Beach at (800) 672-5872 Monday through Friday, 8 a.m. to 4 p.m. ET, or at [www.hamiltonbeach.com](http://www.hamiltonbeach.com) and click on Recall Info at the bottom of the page for more information.



### Lakeshore Learning Materials Recalls Bristle Builders for Toddlers Play Sets Due to Choking Hazard

Name of product: Lakeshore Bristle Builders® for Toddlers

Hazard: The base of the three animal figures can detach, posing a choking hazard to young children.

Consumer Contact: Lakeshore Learning Materials at (800) 428-4414 from 8 a.m. to 5 p.m. PT Monday through Friday or online at [www.lakeshorelearning.com](http://www.lakeshorelearning.com) and click on "Product Safety" for more information.



## 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 25, 2014 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10:00 am to 2:00 pm.
- ♥ October 9, 2014 at the Nicholas County Workforce Building (Summersville) from 5:00 to 9:00 pm.
- ♥ October 23, 2014 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10:00 am to 12:00 pm. (Recertification Training)
- ♥ November 6, 2014 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5:00 to 9:00 pm
- ♥ December 4, 2014 at the Nicholas County Workforce Building (Summersville) from 5:00 to 7:00 pm. (Recertification Training)
- ♥ December 9, 2014 at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 5:00 to 7:00 pm. (Recertification Training)

To be able to attend you must call Reba at 1-866-598-4452 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*

**MOUNTAINHEART**  
Community Services, Inc.  
PO BOX 966 · BECKLEY, WV 25801

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



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