

Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care

Vol. XII Issue 4

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

FALL 2015



Reflections From My Desk

To Everything There is a Season...

In WV, we are blessed with beautiful seasons which come and go. Their colors gently fade from luscious green to vibrant reds and golds, slowly transitioning into pale and earthy, finally followed by brightness and new life onto a bleak landscape once again. To me, each season has its own distinct splendor and magnificence and I'm not really sure which one I favor the most.

There are many seasons in our lives, as well. For me, this has become the season of bittersweet.

Bitter, because one of my seasoned and experienced staff of 14 years has moved on. Sweet, because we are all happy for her new journey. Tricia Smith Haynes, accepted a new position with DHHR Early Care and Education Division in Charleston and started her new career there on September 1st.

Tricia began her journey with us as the first MountainHeart South TRAILS Early Childhood Specialist. She and her TRAILS Associate, Sandra West, helped to develop the program from the ground up and set the standard for staff following in their footsteps. Her passion for sharing information with child care providers and her love for the children in their care was seemingly her driving force to improve quality in child care settings. When she willingly became our first Infant and Toddler Specialist, she was just as passionate in her pursuit to encourage and teach child care providers who care for our youngest children in the earliest years of their lives.

Goodbyes are always hard but we are thankful knowing we will see her often in her new role working statewide with the TRAILS and Pre-K programs. On behalf of the staff at MountainHeart, we wish her success and feel assured she will accomplish great things in this new season of her life.



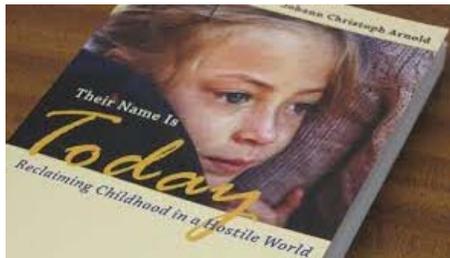
Margie



Childhood Today

Their Name is Today: Reclaiming Childhood in a Hostile World by Johann Christoph Arnold

"It's high time for a hopeful book about childhood. We live in difficult times and many people have lost their joy in life. But whenever we feel discouraged, all we need to do is look at children. They are among the most vulnerable in today's fast-paced culture, yet their trust in us and their irrepressible enthusiasm should always inspire us to keep going."



This quote is from the preface of the above named book. The MountainHeart Professional Development team is reading this book corporately and having discussions during our meetings about the timely message. Some of the chapter titles are: The World Needs Children; Play Is a Child's Work; Actions, Not Words; Guidance to Grow; In Praise of Difficult Children and others. This book available through Community Playthings gives a realistic yet hopeful glimpse into children today. I encourage everyone to call Community Playthings and request a free copy @ 1-800-777-4244.

Submitted by Joanne McCallister, Professional Development Supervisor

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Director's Corner

with Maxann

As a child care center director, it is very important for you stay informed about all that pertains to child care in our state and communities and MountainHeart can help! I would like to invite each of you to our continuation of Coffee and Conversations!

MountainHeart will be hosting a meeting, designed especially for you, to network and share ideas about the challenges common to your programs. We will also be receiving updates from the Childcare United Association pertaining to any changes and new information about early childhood in our region. I will be sharing some important information and will encourage you to share what is going on with your child care center. The dates and times are listed below. You will receive two hours of STARS credit and coffee will be served.

- ♥ Mercer County - October 13th at the Mercer County MountainHeart Office Conference Room, 1411 N. Walker Street, Princeton, WV, from 5:00pm-7:00pm
- ♥ Raleigh County - October 27th at the Raleigh County MountainHeart Office Conference Room, 228 Ragland Road, Beckley, WV, from 5:00pm-7:00pm
- ♥ Nicholas County - October 29th at the Nicholas County MountainHeart Office Conference Room, 1020 Broad Street, Summersville, WV, from 5:00pm-7:00pm



We are all faced with the benefits and challenges of collaboration. Forming a strong network with others will build a stronger voice for your programs, families and children that you serve.

To register for Coffee and Conversations, please contact Maxann Lunsford at 304-872-9200 or Toll Free at 1-866-598-4452.

Maxann Lunsford, Early Childhood Specialist



IMPORTANT INFORMATION

DO YOU HAVE A CHILD THAT MAY HAVE A DEVELOPMENTAL DELAY?

According to West Virginia's Early Intervention System under Part C of the Individuals with Disabilities Act (IDEA) any parent, physician, service provider including child care providers or others who think a child may need early intervention services, should refer the child to the Regional Administrative Unit (RAU) for the county where the child lives. By federal law, primary referral sources are required to make a referral within seven days of suspecting that a child may be in need of early intervention services. A child must be less than 36 months of age. Children age three years or older with suspected developmental delays should be referred to their local county school district for possible services.

Region 6 (Braxton, Greenbrier, Monroe, Nicholas, Pocahontas, Summers, and Webster Counties call 304-647-3810 or toll free 1-866-229-0461

Region 7 (Fayette, Mercer, McDowell, Raleigh, and Wyoming Counties call 304-425-2926 or toll free 1-866-207-6198.

WV Birth to Three
Bureau for Public Health
WV Department of Health and Human Resources



Health & Safety Grant Applications Are Now Available

Eligibility Requirements:

- ♥ Family Child Care Homes that are currently registered with WV DHHR and accepting child care subsidy certificates may apply for grant funds of \$250.00 once per fiscal year.
- ♥ Family Child Care Facilities that are currently registered with WV DHHR and accepting child care subsidy certificates may apply for grant funds of \$500.00 once per fiscal year.

To Apply:

- ♥ Complete an application available on line or pick one up at your local MountainHeart office. Be sure to read the directions carefully. (If you are requesting reimbursement for First Aid/CPR, submit the receipt for payment and a copy of your completion cards.)
- ♥ Complete a W9 tax form which is an IRS requirement in order to receive the grant funds.
- ♥ Mail the completed application AND W9 tax form to:

MountainHeart Child Care Resource and Referral
Susan McCoy, Health and Safety Grant Coordinator
PO Box 1610
Lewisburg, WV 24901



For more information about the grant contact Susan McCoy at 304-647-3800 or 1-855-843-0720

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

Roma's Real World "Transition" - A Scary Concept for Young Children

It is hard to be away from loved ones, especially if you're not sure when or if the loved one is going to return. Young children don't understand that separation is temporary. These feelings of sadness, anger or fear are the results of a child being separated from family they love. It is important to acknowledge these feelings directly and sympathetically. Children need one primary teacher who is on a mission to form a nurturing relationship with them and their family. Children benefit from a teacher who strives to understand a child's unique way of expressing their needs and preferred way of being cared for. The following strategies from Ages & Stages may help a child with separation anxiety become more comfortable in the new environment:



- ♥ Make a plan with the parents. Each family has unique personalities and situations and needs a sensitive timetable and approach for beginning care.
- ♥ Consider having a mixed-age grouping of infants, toddlers, and twos so that relationships with primary teachers can remain continuous.
- ♥ Welcome parents into the room and ask how they and their child are doing. Listen closely - parents are their child's first teacher and know them best.
- ♥ As the year begins, provide activities and books that are familiar to the child's preschool program.
- ♥ Help the shy child assist you with activities such as getting materials ready for group time, or setting the table. This will help them feel comfortable.
- ♥ Make lots of personal contact with the child who avoids activities. Invite him to talk about how he is feeling and help him plan what he wants to do. Be clear about your expectations and rules (Ages & Stages: How Children Adjust to School. Susan A. Miller, Ellen Booth Church, and Carla Poole).

Submitted by: Roma Lester, Behavioral Consultant



Early Head Start-Child Care Partnership and Early Head Start Expansion Award

The U.S. Department of Health and Human Services (HHS) awarded Early Head Start-Child Care Partnership and Early Head Start Expansion grants to the following WV agencies below:

WEST VIRGINIA

City	Grantee	Projected Annual Funding
Beckley	Raleigh County Community Action Association	\$ 1,000,000
Bluefield	Community Action of South Eastern West Virginia	\$ 800,000
Wheeling	Northern Panhandle Head Start, Inc.	\$ 1,200,000

Source: US Dept of Health and Human Services/ Administration for Children and Families Early Childhood Development an Office of the Administration for Children and Families.

Washable Art



Materials:

- ♥ 1 to 2 yards of black duck cloth
- ♥ Chalk in various colors
- ♥ Painter's tape

Instructions:

1. Tape the black duck cloth to a flat surface (floor, table or wall will work).
2. Place chalk where children can freely choose colors and let them create.
3. When finished hang it for a display.

You can wash the cloth and reuse whenever you are ready for a change. If you want to reuse the cloth the edges would need to be finished on a sewing machine to prevent raveling. This is a great way to save on paper waste.



Taken from <http://babbleddabledo.com/easy-art-activities-kids-washable-graffiti/>

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

What does safe sleep look like?

Important Information for Providers

- ♥ Use a firm sleep surface, such as a mattress in a safety-approved crib covered by a fitted sheet.
- ♥ Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your babies sleep area.
- ♥ Keep soft objects and loose bedding out of your baby's sleep area.
- ♥ Do not smoke or let anyone smoke around your baby.
- ♥ Make sure nothing covers baby's head.
- ♥ Always place baby on his or her back to sleep for naps and at night.
- ♥ Dress baby in light sleep clothing such as one piece sleepers and DO NOT use a blanket.
- ♥ Baby should not sleep in an adult bed, on a couch, chair, or with you or anyone else when put down to sleep.



As cooler weather arrives please remember all safe sleeping policies. The sleep sacks pictured above are an acceptable alternative to using a blanket.

Sources:

US Department of Health and Human Services National Institute of Health
www.healthychildcare.org

Submitted by Tricia Haynes, Infant/Toddler Specialist

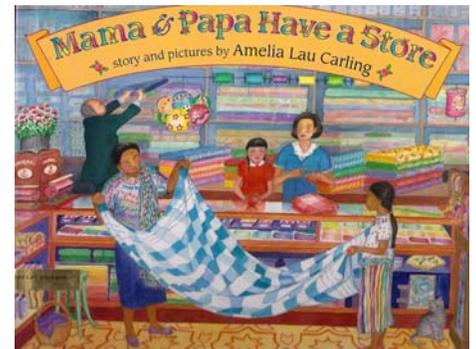


Celebrating Diversity Year Round

Recognition of diversity isn't something that should take place only around the holidays. A diverse assortment of cultures surrounds us all the time, so why not celebrate diversity year round, regardless of the season. As a child care provider, you have an opportunity to assist children in developing an understanding, appreciation, and respect for individual differences in themselves and others. Strive to make the learning environment more diverse to reflect the society in which our children live.

When looking around your learning environment take an inventory of toys, books, games and activities to see if they show cultural diversity. The books and games should represent information about other countries, religions, races, beliefs and values. Introduce foods, art, crafts, music and clothing from other cultures. Here are list of books to help you along the way:

- ♥ *Canada All Year* by Per Henrick Gurth (Ages 2-7 years)
- ♥ *Larry Gets Lost in New York City* by John Skewes (Ages 3-8 years)
- ♥ *Off We Go to Mexico* by Laurie Krebs (Ages 3-9 years)
- ♥ *Mama & Papa Have a Store* by Amelia Lau Carling (Ages 5-12 years)
- ♥ *Caribbean Journey from A to Y* by Mario Picayo (Ages 3-11 years)
- ♥ *Up and Down the Andes* by Laurie Krebs (Ages 3-8 years)
- ♥ *A Walk in London* by Salvatore Rubbino (Ages 3-11 years)
- ♥ *Postmark Paris: A Story in Stamps* by Leslie Jonath (Ages 3-9 years)
- ♥ *Mirror* by Jeannie Baker (Ages 3-9 years)
- ♥ *D is for Down Under: An Australia Alphabet* by Devin Scillian (Ages 4-10 years)
- ♥ *I Live in Tokyo* by Mari Takabayashi (Ages 3-10 years)



Resources:

http://www.teachingforchange.org/wp-content/uploads/2012/08/ec_creatingaculturallydiverse_english.pdf
<http://yourbusiness.azcentral.com/can-daycare-incorporate-cultural-diversity-4830.html>
<http://kcedventures.com/blog/kids-books-about-countries-around-the-world>

Submitted by Sara Mathes, Early Childhood Specialist



Free Resources from Team Nutrition

Here is a link to the USDA Team Nutrition website, which has lots of free resources to child care programs participating in CACFP! <http://www.fns.usda.gov/tn/team-nutrition> Programs can order recipe books, gardening books, posters, stickers, MyPlate resources, etc.

Here is the actual order form - <https://pueblo.gpo.gov/FNS/FNSPubs.php>

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



**Professional Development Opportunities
 October, November & December**

IMPORTANT ANNOUNCEMENT

WVIT I and WVIT II will not be offered this quarter. It is our hope that we will have a new specialist in place soon and can once again offer these important and useful classes. If you have a question, please call Joanne McCallister, Professional Development Supervisor, at 304-253-7654.

PLEASE NOTE

MountainHeart Child Care Resource and Referral is offering sessions provided by Glenna Baily, RN, MSN Nurse Health Consultant, and Kellie Smith, Child Care Health Educator.

**Making a Difference:
 Mandate to Report, Responsibility to
 Prevent Child Abuse and Neglect**

*Anyone needing child abuse and neglect training should sign up for one of the trainings offered on either November 10th or December 8th by Glenna Bailey, RN, MSN Nurse Health Consultant.

November 10, 2015

Raleigh County
 MountainHeart Conference Room in Beckley
 5:00 pm - 7:00 pm

December 8, 2015

Mercer County
 MountainHeart Conference Room in Princeton
 5:00 pm - 7:00 pm

Registration required.

Bed Bugs and Beyond

*There have been requests for training on the problem of parasites that can inadvertently invade our environment. Plan to attend one of the sessions offered on October 22nd or 29th facilitated by Kellie Smith, Child Care Health Educator.

October 22, 2015

Raleigh County
 MountainHeart Conference Room in Beckley
 4:00 pm - 6:00 pm

October 29, 2015

Mercer County
 MountainHeart Conference Room in Princeton
 4:00 pm - 6:00 pm

**Coffee and Conversations for
 Center and Facility Directors**

Join with other directors to share challenges and solutions common to child care programs as well as new information from Childcare United Association. Two hours STARS credit will be offered in Program Management.

**October 13, 2015; 5:00 pm - 7:00 pm Mercer County
 MountainHeart Office Conference Room in Princeton**

**October 27, 2015; 5:00 pm - 7:00 pm Raleigh County
 MountainHeart Office in Beckley**

**October 29, 2015; 5:00pm-7:00pm Nicholas County
 MountainHeart Office in Summersville**

**Coming this Spring
 Mind in the Making: Learning Modules
 for Educators**

Location: Greenbrier and Surrounding Counties

This set of modules were created by Families and Work Institute and are an 11-part, evidence-based, Facilitated Learning process that uses research to reveal how children develop and learn and how providers can intentionally promote engaged learning that leads to school and life success. Resources and STARS credit for 45 hours awarded at the end of the sessions.

Plan to come and be a part of this exciting opportunity.

Contact Maxann Lunsford at 304-872-9200 or Toll Free at 1-866-598-4452.

**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 Trainer: Sara Mathes & Maxann Lunsford

Professional Development for October, November and December

October

Topic 1- What Do You Do With the Mad That You Feel?

Core Competency - 2 hrs. Positive Interactions and Relationships; 2 hrs. Child Growth and Development (Tier I) WVLESF -Social and Emotional Development; Area- Self-Concept and Social Relationships

Target Audience - All ages

Summary - In this professional development session participants will find helpful ways to handle anger and self-control for themselves and the children in their care. Included are suggestions for helping children as they develop inner control and express anger in positive ways.

Topic 2- Bed Bugs and Beyond

Core Competency - 1.5 hrs. Health, Safety and Nutrition; 5 hrs. Positive Interactions and Relationships (Tier I)

Target Audience - All Ages

Summary - They're creepy, crawling, and...hard to see? Parasitic bugs, such as lice and bed bugs, can be a real problem in a home or child care center. In this training, we will discuss what they are, how to prevent them, and how to get rid of them if found. Come and be informed by Kellie Smith, Child Care Health Educator.

Super Saturday Event

Topic 3 - "Oh the Places You'll Go" with Literacy

Core Competency - 3 hrs. Curriculum: Language and Literacy; 1 hr. Positive Interactions and Relationships; 1 hr. Family and Community (Tier III) WVLESF - Social and Emotional Development, Language and Literacy

Target Audience - All Ages

Summary - Limit of 50 Participants - Children have a natural love of storytelling and language. Participants will gain ideas of ways to expand literacy development in children as well as what to do at different ages and stages of development to build a foundation of literacy that will help create a print rich environment. Opportunity for hands-on activities will also be a part. Lunch provided.

November

Topic 4 - Moving and Grooving Indoors

Core Competency - 1 hr. Health, Safety and Nutrition and 1 hr. Child Growth and Development (Tier II) WVLESF - Physical Health and Development; Area- Gross Motor

Target Audience - All Ages

Summary - As wintertime approaches, it can be challenging to know how to help children release some of the pent up natural energy. When it is not released productively it can be the cause of challenging behaviors. In this professional development session participants will learn a variety of gross motor activities to help children get the exercise they need when they can't go outside.

Topic 5 - Guess If You Can

Core Competency - 2 hrs. Curriculum (Tier II) WVLESF: Mathematics

Target Audience - Mixed Age Group

Summary - Children won't have a chance to become bored with these fun math activities. Participants of this professional development session will learn hands on activities to get the children involved in math and science. Activities will be made from everyday household items.

December

Topic 6- Putting Your Best Foot Forward

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

Target Audience - Adults

Summary - Several factors need to be considered when dressing for work with children such as comfort, individual personality, and professionalism. Whether we like it or not, our personal appearance is the first indicator to others about whom we are as providers. This session will introduce ideas on how to put your best foot forward in your child care business.

Topic 7 - Let Me Tell You What I Heard! Ethical Dilemmas in Child Care

Core Competency - 2 hrs. Professionalism (Tier II)

Target Audience - Adults

Summary - As child care providers you are not only providing care for children, but you can become a big part of a family's life as well. In this session we will discuss the NAEYC Code of Ethical Conduct for Early Childhood Professionals and how it relates to you as a child care provider

November and December

Topic 8 - Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect

Core Competency - 2 hrs. Health, Safety and Nutrition

Target Audience - Adults

Summary - As mandated reporters of suspected child abuse and neglect you have a legal and moral responsibility to report. Caregivers needing Child Abuse and Neglect class should register for one of these classes offered in November and December by Nurse Health Consultant Glenna Bailey RN, MSN. Classes are also available upon special request.

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 Trainer: Sara Mathes & Maxann Lunsford

Braxton - Braxton County DHHR, Sutton

See sessions for other counties

Fayette - Fayette County DHHR, Oak Hill

October 7, 2015 10:00 am - 3:00 pm (with hour lunch) Topic 1

Fayette - First Brethren Church Fellowship Hall, Central Ave., Oak Hill

October 10, 2015 10:00 am - 3:00 pm (5 hr. Super Saturday) Topic 3

Greenbrier - Greenbrier County Workforce, Lewisburg

October 14, 2015 10:00 am - 3:00 pm (with hour lunch) Topic 1

December 3, 2015 10:00 am - 12:00 pm Topic 6

1:00 pm - 3:00 pm Topic 7

McDowell - McDowell County Workforce, Welch

November 16, 2015 10:00 am - 12:00 pm Topic 4

1:00 pm - 3:00 pm Topic 5

Mercer - MountainHeart Office 1411 North Walker Street, Princeton

October 20, 2015 10:00 am - 3:00 pm (with hour lunch) Topic 1

October 29, 2015 4:00 pm - 6:00 pm Topic 2

November 17, 2015 12:00 pm - 2:00 pm Topic 4

2:30 pm - 4:30 pm Topic 5

December 8, 2015 5:00 pm - 7:00 pm Topic 8

December 10, 2015 10:00 am - 12:00 pm Topic 6

1:00 pm - 3:00 pm Topic 7

Monroe

See sessions for other counties.

Nicholas - MountainHeart Office, Summersville

November 10, 2015 10:00 am - 12:00 pm Topic 4

1:00 pm - 3:00 pm Topic 5

Pocahontas

See sessions for other counties.

Raleigh - MountainHeart Office, Beckley

October 8, 2015 10:00 am - 3:00 pm (with hour lunch) Topic 1

October 22, 2015 4:00 pm - 6:00 pm Topic 2

November 10, 2015 5:00 pm - 7:00 pm Topic 8

November 12, 2015 12:00 pm - 2:00 pm Topic 4

2:30 pm - 4:30 pm Topic 5

December 8, 2015 10:00 am - 12:00 pm Topic 6

1:00 pm - 3:00 pm Topic 7

Summers

See sessions for other counties.

Webster

See sessions for other counties.

Wyoming

See sessions for other counties.

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.

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 5th in the MountainHeart conference room in Beckley.
- Sessions are open to family child care providers and facilities. These sessions will be held in Raleigh County and are open for registration to surrounding counties.
- Preregistration is required

If you have questions about this exciting opportunity to learn and receive resources, please contact Sara Mathes 1-888-799-9217. Registration is limited to 14 participants with a minimum of 4 people to hold the class. Be the first to register.

Session 1	4:00 pm - 8:00 pm	October 5, 2015
Session 2	4:00 pm - 8:00 pm	October 12, 2015
Session 3	4:00 pm - 8:00 pm	October 19, 2015
Session 4	4:00 pm - 8:00 pm	October 26, 2015
Session 5	4:00 pm - 8:00 pm	November 2, 2015
Session 6	4:00 pm - 8:00 pm	November 9, 2015
Session 7	4:00 pm - 8:00 pm	November 16, 2015

Location of sessions: Beckley, MountainHeart conference room, 228 Ragland Rd.

SUPER SATURDAY TRAINING OPPORTUNITY

“Oh the Places You'll Go!” with Literacy

October 10, 2015

Fayette County

5 hours STARS credit

10:00 am - 3:00 pm (working lunch provided)

See professional development summary page for more details.

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 or a certificate 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 session; and as a courtesy to others refrain from personal conversations during 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.

Join the FUN, and earn a chance to WIN an iPad mini™!



Have you participated in the EarlyCareShareWV.org exciting **SCAVENGER HUNT**? Don't miss your chance to win an iPad mini™ with case and keyboard!

Remember, you can't win if you don't play! Open your e-mails from TheTeam@EarlyCareShareWV.org to be on the lookout for our next challenge!

Not yet a member of EarlyCareShareWV.org? You are missing out on up-to-date early childhood information, cost savings, and management resources. Join for free now at http://www.earlycaresharewv.org/new_member_request.aspx.

Have a question? E-mail Help@EarlyCareShareWV.org for help.



Coming Soon Using Technology to Engage

The next stage of collaboration is coming. A new collaborative project, tentatively titled Engage, is under development with collaborative funding from Home Visitation, DHHR Division of Early Care and Education, OMCFH, and the Office of Head Start. Engage will utilize the Blackboard Platform and Blackboard technology to bring online professional development to each early childhood professional across the state of West Virginia. The goal for the project is for all early childhood professionals, regardless of setting or sector, to have access to comprehensive, high quality, and collaborative professional development opportunities.

Sponsored by West Virginia Early Childhood Training Connections and Resources, Engage will allow early childhood professionals to complete professional development in a variety of online formats from many content experts. No longer will professionals be limited to training offered by location and by individual agencies, but the options will be open to access professional development at any time from their personal or work computer on various topics.



Look for more information about this exciting project in upcoming months. For additional information contact Natalie Snider, Distance Learning Statewide Coordinator, at nsnider@rvcds.org.



Key 2 a Healthy Start

Key 2 a Healthy Start is a quality improvement initiative to prevent childhood obesity through policy, systems, and environmental changes in child care centers throughout WV. Participating centers attend 3 workshops focusing on nutrition, physical activity and parent outreach. Each workshop is followed by at least one on-site technical assistance visit. Participating centers also receive MyPlate portion plates, portable physical activity equipment, a garden for the center, parent outreach materials, and much more! The workshops are free and WV STARS registered. This is a project administered by Keys 4 HealthyKids. We do not license centers or evaluate for compliance in any way. To learn more, visit www.keys4healthykids.com (then click on 'Current Initiatives', 'Childcare', and 'Key 2 a Healthy Start'). Contact Jessica Dianellos at Jessica.Dianellos@camc.org or 304-388-3409 for more information.



TRAILS MIX

Art - An Important Part of Every Day

Children learn so much by just being able to manipulate art materials. In process art, children are given free rein to explore what is available and to create what they want with the materials on hand. They are not given examples to follow or copy and they are not told what they must create.

Setting up an art area in your center, facility or home is very important. Children learn and develop skills through playing with paint, crayons, paper, and scissors such as:

- ♥ Cognitive skills as they decide what to draw and what tools to use while they compare colors, shapes, and sizes
- ♥ Creativity when experimenting with the changing materials
- ♥ Language and literacy as they recognize names of colors, prewriting skills, and verbally discuss their work of art
- ♥ Fine motor skills needed for writing, cutting, pasting and painting
- ♥ Creativity and a way to express their feelings

Art should be made available every day. What better way than to incorporate it into your center time or free play. If your children are not familiar with art supplies being available then you can start out small. Set up an art area for your children ages three and up. Place your art area away from a carpeted area if possible. Start small with paper, crayons, blunt tipped scissors, glue/glue sticks and playdough. Limit the number of children who can use the area at the same time. Increase the number of items available as the children learn to use and take care of the art center.

TABLE E: EQUIPMENT AND MATERIALS FOR THE CHILD 36-72 MONTHS OF AGE

Art and Crafts: large, nontoxic crayons and markers in many colors, adjustable easel, paint brushes of various sizes, nontoxic paint and finger paint; large paper, colored construction paper, easy-to-use-round-ended scissors, chalkboard and large chalk, paste and nontoxic glue, collage materials, clay and dough and tools, and (from 48 months) workbench and hammer, and (from 60 months) smaller crayons and markers, watercolor paints and simple sewing forms with blunt needles;

Taken from: 78CSR1 CHILD CARE CENTERS LICENSING

Available on: <http://www.earlycaresharewv.org/>

If you need help getting started, the TRAILS van gives out art kits with miscellaneous supplies, paper and paint to family providers. We can help you get started on setting up an art center/area. Give us a call. Providers in Raleigh, Mercer, Wyoming, or McDowell counties, call 1-888-799-9217. Providers in Braxton, Fayette, Greenbrier, Monroe, Nicholas, Pocahontas, Summers or Webster counties, call 1-855-843-0720.

<http://www.naeyc.org/tyc/article/process-art-experiences>

<http://extension.psu.edu/youth/betterkidcare/news/2014/art-an-opportunity-to-develop-childrens-skills>

Submitted By Evelyn Davis, TRAILS Early Childhood Specialist



Beckley Office - 888-799-9217
Lewisburg Office - 866-223-7127



We're Going on a Bear Hunt Game

Children love adventure, so why not encourage their adventurous spirit by using literacy, gross motor and math skills from the following activity.

Materials:

- ♥ Paw prints – printed from the internet or made using brown paper bags and black construction paper (laminated to last longer)
- ♥ Cave – large cardboard box
- ♥ Giant die – fabric cube with dots #1-6
- ♥ Book and stuffed bear



- ✓ First, read the book, *We're Going on a Bear Hunt* by Michael Rosen.
- ✓ Then, begin the activity by taping bear paw prints to the floor to form a path to the "cave" (decorated box).
- ✓ Next, have children take turns rolling the die and hopping on the paw prints to move forward to the cave.
- ✓ For older children, obstacles can be included similar to those in the book.

Resources: *More Than Counting* by Sally Moomaw and Brenda Hieronymus and *We're Going on a Bear Hunt* by Michael Rosen.

Submitted by Sandra Cox/TRAILS Associate and Child Passenger Safety Technician

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

Dear Roma



Dear Roma,

I read an article that you wrote several years ago on working with children who have been diagnosed with ADHD. I have a child in my care that has been diagnosed with ODD and ADHD. What strategies could you recommend?

“Double Trouble”

Dear Double Trouble,

You will need to have strategies for both conditions. I recommend that you start doing observations and discover the positive traits the child exhibits. Use those positive traits to change the negative behavior. A good book to start with is *Easy to Love, Difficult to Discipline* written by Becky Bailey, Ph.D. Becky Bailey talks about seven basic skills to turn conflict into cooperation. This and other helpful books may be available on the TRAILS van.



Roma

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

Thank You



The TRAILS staff would like to thank the following providers for their terrific donations to our TRAILS van. Your thoughtfulness will be passed on to others!

Dana Slater
Melinda Moore
Dorothea Anderson
Kaye Kyle

Michelle McFall, Monroe Child Care Center
Angela Perkins

West Virginia Family Child Care Association

On July 15, 2015 Crystal Dixon from Frankford, WV was appointed to serve as president for the local Family Child Care Association in Greenbrier, Monroe, Pocahontas, and Summers Counties at this time.

Crystal has been a family childcare provider for almost five years. She has experience working in childcare centers and as a substitute aide for the school system.

ACDC class, multiple child care trainings, college classes, and classes in foster parenting are some of her educational experiences. Her philosophy is that training and education for providers is extremely important since new information on how a child develops is always forthcoming.

Best of luck, Crystal, in this new endeavor.



Book Nook

The Mitten by Jan Brett Have you ever lost a mitten in the snow? A little boy named Nicki lost the white mitten his grandmother made for him. There are some curious animals that find that warm mitten before Nicki does! It has a clear beginning, middle and end as well as wonderful repetition. Adults and children will love the beautiful illustrations in this classic children's book. And, oh my! Just look at that mitten when Nicki finds it!

Practical Solutions to Practically Every Problem by Steffen Saifer: If I could have only one book to help with every day challenges in the field of child care - this would be it. Just about every issue you encounter is covered simply and with easy to understand strategies. Here are a few of the sections: Daily Dilemmas, Children with Challenging Behaviors (biting, lying, hitting, running inside, etc), Working with Parents and Families, etc. This one should be part of your own resource library for sure.

These two books are available on the TRAILS van. Be sure to take a peek and see if you don't agree.

Submitted by Janet Thompson,
TRAILS Early Childhood Specialist, Lewisburg



Fruit Salad in Seconds

Ingredients

- ♥ 1 pint fresh strawberries, sliced
- ♥ 1 pound seedless green grapes, halved
- ♥ 3 bananas, peeled and slice
- ♥ 1 (8 ounce) container strawberry yogurt

Directions

In a large bowl, toss together strawberries, grapes, bananas and strawberry yogurt. Serve immediately.



Taken from:
<http://m.allrecipes.com/>

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 9, 2015** at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 1:00 to 5:00 pm.
- ♥ **September 23, 2015** at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10:00 am to 2:00 pm.
- ♥ **October 13, 2015** at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 5:00 to 9:00 pm.
- ♥ **October 28, 2015** at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5:00 to 9:00 pm.
- ♥ **November 3, 2015** at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 1:00 to 5:00 pm.
- ♥ **November 12, 2015** at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 3:00 to 5:00 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!*



www.facebook.com/mountainheartwv

Important Information
Professional Development
Schedule Inside!



MountainHeart Child Care Resource and Referral is a program of MountainHeart Community Services, Inc. This program is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources.

Eligibility for Free Resources

The Model Infant/Toddler room will feature materials and equipment for the zero to three age group. The resources will be distributed based on individual needs. The participant must attend the entire conference in order to receive resources. You will receive a wish list of items available at the conference to aid in sharing your preferences. Please do not send photos.

1. I assure that the center/facility/family child care provider has a current signed Provider Service Agreement and accepts infants and or toddlers ages birth to 35 months.
2. I assure that the center or facility director/administrator has participated in the West Virginia Infant/Toddler Professional Development Program's Administrators' Modules and that caregivers have completed or are currently enrolled in West Virginia Infant/Toddler Professional Development Program's Caregivers' Modules.
3. I assure that the center director/facility operator/family child care provider and caregiver are credentialed on the WV STARS Pathway.
4. I assure that the center/facility/family child care provider supports implementation of the program content and learning objectives of the WVIT PDP for Caregivers and will use resources appropriately to enhance quality in the infant/toddler classrooms.
5. I assure that the participant is a qualified staff person as per WV Child Care Licensing Regulations and is regularly scheduled at least 20 hours per week providing care and education for infants and or toddlers ages birth to 35 months.
6. I assure that sufficient volunteers and transportation will be available at the end of the conference to facilitate the removal of resources donated to the site.
7. I understand that if the program is identified as having a history of numerous, repeated or serious non-compliances, the Department may limit or deny resources.

Signature of Participant

Date

Completion Date of WVIT for Caregivers

OR Completion Date of ACDS (alternate means of eligibility if not participating in WVIT)

Signature of Administrator

Date

Register now!

WV SCHOOL GARDEN SYMPOSIUM

September 26th 2015

Early Bird Price:
\$15.00 ends Sept. 1st
General Admission:
\$20.00 ends Sept.
20th

CLAY CENTER
CHARLESTON, WV
9:30AM-4:30PM

Join us for a one day youth gardening conference. Hear from teachers and area professionals to learn about expanding or starting youth gardening projects. Trade ideas and leave with resources to encourage kids to dig in the dirt! STARS credit and continuing ed certificates available. Lunch will be provided.

Search "School
Garden
Symposium" on
Eventbrite for
registration

Topics include:

- Garden based learning
- Food safety
- Garden Science
- Gardening with Preschoolers
- And many more...

For any questions please email wvsygsn@gmail.com

Like us on  [SchoolAndYouthGardenSupportNetwork](#)



WEST VIRGINIA'S PROMISE
THE ALLIANCE FOR WEST VIRGINIA



West Virginia University
EXTENSION SERVICE



West Virginia Family Child Care Association Membership Application

Quality care for West Virginia families!

Name: _____

Signature: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

County: _____ Telephone: (____) _____

Email: _____ Cell:(____) _____

Type of Membership:

- Family Child Care Provider \$30.00
- Co- Provider \$30.00
- Day Care Center Staff \$30.00
- Dual Membership (local/state) \$20.00** after you have paid \$15.00 for your local membership
- Online Educational Classes \$20.00 *** with membership

Other Memberships Available:

- Advocate \$15.00
- Parent/Client \$10.00
- Agency/Business \$55.00

Please make checks payable to: WVFCCA

_____ Yes, I would like to contribute my resources, time, expertise, or volunteer to serve on a committee or at an event, please contact me.

Mail to:

WVFCCA Membership
P.O. Box 9252
Huntington, WV 25704

Questions? Contact Lorna Adkins @ email wvfamilychildcare@yahoo.com
Or call 304-634-5545

Office use only: Date received _____ Check # _____ Amount \$ _____ Date Processed _____

WV Family Child Care Association



Check out some of the classes available online.
<https://www.cceionline.edu/courseCatalog.cfm>

- Inclusion and children with special needs
- shaken baby syndrome
- sudden infant death syndrome
- food allergies in the early child care setting
- assessing young children part 1-3
- positive guidance part 1-6
- nutrition 1-5: the usda food program & meal planning
- early childhood obesity
- budgeting basics for directors part 1-2
- staff retention and motivation part 1-2
- legal and regulatory issues for child care centers
- staff communication
- successfully marketing your program 1-2
- bullying in the preschool environment
- stress management for child care providers
- music in early childhood
- development domains in early childhood development
- stem in early childhood education

Visit our website today and begin taking classes immediately!
www.westvirginiafamilychildcareassociation.com

The WVFCCA is providing quality trainings
for all Child Care Professionals