

Child Care Chronicles



A Newsletter of MountainHeart South
for all providers of child care

Vol. VI Issue 4

Come visit us at: www.mountain-heart.org/ccsouth.htm

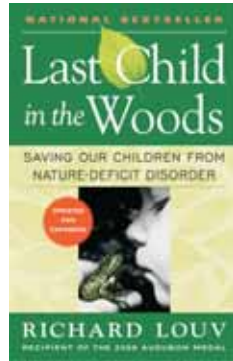
FALL 2009



Margaret Younce
Program Director

Reflections From MY Desk

In this edition of the Child Care Chronicles, several of our articles are written about the relationship between early learning and environments. The “environment theme” was the result of a discussion and review of a new book purchased for the TRAILS vans titled, “Last Child in the Woods”, written by Richard Louv. In his book, Mr. Louv highlights research and cutting edge studies that point to the importance of natural environments in a child’s physical, cognitive, and emotional development. For those of us who are concerned about the development of a young generation who is obsessed with “all things electronic”, this book may encourage you to join a grass roots movement to “leave no child inside” or at least find new ways to create opportunities for exploration of nature and natural environments.



“Our children no longer learn how to read the great Book of Nature from their own direct experience or how to interact creatively with the seasonal transformations of the planet. They seldom learn where their water comes from or where it goes. We no longer coordinate our human celebration with the great liturgy of the heavens.” –Wendell Berry

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Looking For Volunteer Opportunities



Volunteer West Virginia, the state’s Commission for National and Community Service, challenges West Virginians to strengthen their communities through service and volunteerism. If you would like to help your community by volunteering, visit www.volunteerwv.org for opportunities in your area.

SAVE THE DATE!



What: Annual Child Care Center
Directors’ Meeting

When: October 8, 2009

Where: Bridgeport Conference Center
300 Conference Center Way
Bridgeport, WV 26630

Please note: This meeting is mandatory
for all center directors to attend.

Failure to attend will result in an
ineligibility to participate in the tiered
reimbursement program and the
associated grants. If you cannot attend,
please send a designee in your place.

More Information contact
Brenda Helper @ 304-558-4683.

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MountainHeart Staff





Q&A

5 questions with
Dianna Thompson



Q: What is your favorite part of your job?

A: My favorite part of the job is getting out and meeting the providers and getting to know them and their situations. Each provider has a unique situation and I like the challenge of helping them on an individual level.

Q: What made you decide to go into the child care resource and referral field?

A: I have always enjoyed children and working with families. My background is in the child development field and I felt that this field related closely to what I knew and liked to do.

Q: Favorite activity/hobby outside of work?

A: My favorite activities outside of work are family and photography. I love to take pictures and I have willing subjects in the form of my niece and nephews who always like to get their pictures taken.

Q: Last movie you saw?

A: The Proposal with Sandra Bullock

Q: What is something most people at work wouldn't know about you?

A: I am only organized at work, at home things kind of get cluttered up, before I take back control that is.

Dianna is an Early Childhood Specialist in the Summersville Office.

West Virginia State Fair

MountainHeart Child Care Resource and Referral teamed up with Workforce Job Service to display at the West Virginia State Fair in August 2009. The purpose of the display was to share information regarding services that are available to families in West Virginia. Information that was available to fair goers included Child Care resources, Regional Workforce contact information, Volunteer Income Tax Assistance brochures, Bureau of Prison applications, WV Birth to Three fact sheets, resume writing tips, as well as much more. The WV State Fair hosts approximately 700-1000 guests per year.

Information that was available to fair goers included Child Care resources, Regional Workforce contact information, Volunteer Income Tax Assistance brochures, Bureau of Prison applications, WV Birth to Three fact sheets, resume writing tips, as well as much more. The WV State Fair hosts approximately 700-1000 guests per year.



Janet Shelton, Job Services Manager & Susan McCoy, MountainHeart Supervisor

Submitted by Susan McCoy, Supervisor, MountainHeart Lewisburg

Transportation Reminder for Licensed Child Care Centers

If you provide transportation in a vehicle with a capacity that exceeds 10 passengers, please read this message.

Child care center licensing regulation states:

22.3. By July 1, 2008, any center which provides transportation in a vehicle with a capacity that exceeds ten (10) passengers and does not meet the standards for a school bus shall submit a plan to the Secretary for how the center will comply with requirement 22.2. of this subsection;

Submitted by Beth Hall Chambers, Program Manager - WVDHHR, Division of Early Care and Education

Super Saturday with the MountainHeart Professional Development Team

"What About Those ERS?"

Child care providers attending the recent MountainHeart Super Saturday were pleasantly surprised and excited about the excellent training and free resources they received!

The session, "What About Those ERS?", provided an overview of the ERS (Environmental Rating Scales) and made quality based curriculum available to all child care providers who participated. The quality learning materials and resources were provided at the session in collaboration with KIDS COUNT and KIDS FIRST SOUTH. Lakeshore also provided additional learning tools for giveaways. Several child care providers stated that after this training they felt comfortable in using the ERS instrument to do self-evaluation and develop a plan for improvement. The MountainHeart Professional Development Team received good quality feedback regarding the delivery and content of the training. Child care providers were very appreciative of the free curriculum resources and some stated it was the best training they had ever attended!

Take a Flower to Childcare Day 2009

Tuesday, October 20th

The goal of "Take a Flower to Childcare Day" is to raise awareness about the important role high-quality childcare plays in the healthy development of young children and the economic future of the state.

Taking part in the statewide celebration is easy. On October 20th, join the thousands of parents, young children and community leaders who rely on great childcare every day and present a single flower of your choice to your favorite childcare provider.

Submitted by
Jennifer Thacker,
Supervisor, Beckley Office



Child Care Providers Need to Know They Are Appreciated. Flowers Are A Great Idea!



Dr. Jean Feldman

A Day with Dr. Jean Feldman

The MountainHeart Professional Development Team joined Dr. Jean for an enjoyable day of laughter and learning. Who says training can't be fun? We can't wait to share some of the attention-grabbing, creative, and exciting ideas for your classrooms and to share the wealth of ideas

and knowledge gained from the fantastic day with Dr. Jean!

Submitted by Roma Lester, Behavior Consultant

Lights On Afterschool

October 22, 2009

Register your event right away! The 10th annual Lights On Afterschool is coming Oct 22, 2009. Register now and receive planning tips and tools, 10 free posters and more! In 2008, more than a million people rallied for afterschool programs at 7,500 events nationwide so be sure to register your event now!



Hope to see your event on the list soon. Thank you for all you do for children and families of WV.

Questions about the upcoming Lights On Afterschool? Email us at: lightson@afterschoolalliance.org. Be sure to mark your calendars for Lights On Afterschool on October 21, 2010.

Additional information can be found at <http://www.afterschoolalliance.org/loa.cfm>

Physical Punishment in the United States What Research Tells Us About Its Effects on Children

The Report on Physical Punishment in the United States: What Research Tells Us About Its Effects on Children, authored by Elizabeth T. Gershoff, PhD, synthesizes one hundred years of social science research and many hundreds of published studies on physical punishment conducted by professionals in the fields of psychology, medicine, education, social work, and sociology, among other fields.

The research supports several conclusions:

- ♥ There is little research evidence that physical punishment improves children's behavior in the long term.
- ♥ There is substantial research evidence that physical punishment makes it more, not less, likely that children will be defiant and aggressive in the future.
- ♥ There is clear research evidence that physical punishment puts children at risk for negative outcomes, including increased mental health problems.
- ♥ There is consistent evidence that children who are physically punished are at greater risk of serious injury and physical abuse.

Learn about the four main principles of positive and effective discipline, authored by Elizabeth T. Gershoff, PhD, by visiting the website listed below.

<http://www.phoenixchildrens.com/about/community-outreach-education/effective-discipline.html>



Roma's Real World How the Environment Affects Children's Behavior

Many of today's young children spend a large number of hours in an environment away from home. Infants who are cared for in a child care setting can spend as many as 12,000 hours there before entering school. Therefore, it is essential to examine the environment to plan and create the best place for young children.

The Creative Curriculum teaches us that children learn best in the context of relationships. This means that children's relationships with peers and teachers influence how children feel in the early childhood setting and how they learn. The social climate of your child care setting is just as important as the organized space, schedule, and routines.

The Creative Curriculum suggests that you set your classrooms up as a community. A community is a place where children feel safe, help one another, and see themselves as a part of a group. A community environment will nurture social competence by helping children understand how to treat other people and acquire the skills to cooperate, negotiate, solve problems, deal with conflict resolution, and how to make friends and keep those relationships.

When you develop your classroom community, begin by learning about each child and developing a positive relationship with that child. You will need to role model and teach children how to relate positively to others. You must establish rules that are clear and consistent and teach children what behaviors are acceptable and what is not acceptable.

Resource: *The Creative Curriculum for Preschool*, Dodge, Diane Twister, Colker, Laura J., Heroman, Cate
Learning Environments that Work, Isbell, Rebecca, and Exelby, Betty

Submitted by Roma Lester, Behavior Consultant, Kopperston Office

Simplicity Bassinets Recall

The U.S. Consumer Product Safety Commission (CPSC) is once again urging all parents and caregivers to immediately stop using convertible "close-sleeper/bedside sleeper" bassinets manufactured by Simplicity Inc., of Reading, Pa.

For more information concerning this recall, please visit <http://www.cpsc.gov> and search for 09319.



Director's corner

Meet Lori Johnson
Director, A Place For Kids

Q. What is your most important role as director?

A. There are many roles I play as the Director, probably too many to list, but I think ensuring that health, safety, and well-being of all the children entrusted to the Daycare facility is the most important. I have done just about everything while working here, from changing diapers, to answering the phone, to cleaning toilets, to cooking lunch, well, the list goes on. I understand what needs to be done, and I'm the type of person to just jump in and do it, that's just the way I am. I think having a "taste" of all the roles here at the

Daycare helps me be a better director because I can understand where everyone is coming from.

Q. To whom are you most responsible? Children, parents, coworkers?

A. I try to be responsible to all the above, they all play a vital role in a successful Daycare program. I am responsible to the children by making sure they are well cared for, that they have nutritious meals, they are in a safe environment, they are learning through varied creative and educational experiences, that they are having fun, and that they feel loved.

My responsibility to the parents is to make sure they know that all the afore-mentioned experiences are taking place with their child. Their child is their top priority and it is my job to make sure their child is my top priority. My responsibility to my staff is to make sure they are the most qualified for the job, be it through training, or one-on-one instruction, or whatever it takes to make sure they are able to be the best at what they do.

Q. What or who inspires you? What keeps you from burning out?

A. My inspiration comes from the children, their bright smiling faces and their enthusiasm and zest for life. It would be extremely easy to burn out working in a Daycare setting, a lot of responsibility lies on the Director's shoulders. I take one day at a time, and look forward to the challenges of tomorrow, because, no two days are alike. I believe everything happens for a reason, good or bad, and that I have been put in this position for a specific purpose.

I also work with a wonderful support staff, which feels like my second family. I truly do feel blessed to work with such great people.



Lori Johnson, Director of A Place For Kids



Walk into "A Place for Kids" and you enter a child care center that defines the word environment. This state of the art center is a feast for the senses with vibrant colors, bright artwork, and cleverly designed activity rooms throughout.

Meet Lori Johnson, the center's Director, and you instantly get a feel for how fun each day is for the children in attendance. Lori's joy and optimism is infectious and her laugh paints a picture of what this center is all about--making sure each child feels loved.

Opened in January of 2004, the center is located in the "The Place" at The United Methodist Temple in Beckley. The facility boasts numerous classrooms, a conference room, work-out room and a walking track that is also available to the public.

According to Ms Johnson, the center's vision is to "...provide a home away from home to all the children who attend here. A place where parents feel 100% certain that their child will receive the best care possible and most important -- feel safe, secure, and loved."

"A Place for Kids" child care center is a non-profit ministry of the Methodist Temple and includes daily child care, preschool and after-school/summer camp programs.



The center strives to find unique ways to engage their children and found one such opportunity this past summer. Working with the First Tee Golf Program, the children learned not only about golf and basic skills, but also character building skills such as sportsmanship, respect, honesty and of course-- how to have fun!

The center is also available to school-age children who have the opportunity to participate in an after-school program where the staff assist them with homework. They also have access to a full sized gym to burn off some of their pent up energy!

Lori sums it up best -- "You can be having what you think is the most horrible day ever and you walk into a room full of kids and they all come running over to you with big hugs--priceless!

Submitted by Norm Miller, MountainHeart PR Director

Come visit us at: www.mountain-heart.org/ccsouth.htm



Professional Development Session On Behavior Management

Title: Where the Wild Things Aren't: Taming the Temper Tantrum (\$)
Description: Participants will discover why temper tantrums occur and how to prevent temper tantrums from happening. Participants will gain knowledge on how to develop and implement strategies that will prevent temper tantrums.
Registration: Space is limited to 30 participants.
 Please call Reba or Missie at 1-866-872-9204 to Pre-Register.



November 3, 2009 From 6:00 pm - 8:00 pm
 Friends-R-Fun in Summersville, WV

Core Competency
 2 Hrs. Positive Interaction and Relationships
 (Tier II & III)
Target Audience: Preschool

**West Virginia Infant/Toddler (WVIT)
 Professional Development Program
 For Caregiver Administrators**

Child Care Center Directors and Facility operators must attend a one time Administrator Training before their staff can attend the WVIT PDP

**Upcoming Director Professional
 Development Sessions**

October 6, 2009

10:00 am - 5:00 pm

**MountainHeart Child Care Resource & Referral
 in Beckley, WV**

Please call Missie or Reba @ 1-866-872-9204
 to reserve your spot.

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

**West Virginia Infant/Toddler (WVIT)
 Professional Development Program
 For Caregivers (\$)**

The WVIT Professional Development Program is a 50-hour training focusing on the child care professional working with children from birth to 35 months, the caregivers relationship with families, child development, and quality programming. Caregivers must complete all 10 sessions to complete the program.

WVIT PDP offers:

- ♥ Hands-on activities
- ♥ Interaction with other caregivers in your profession
- ♥ FREE resources available to eligible participants

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

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

West Virginia Infant/Toddler Professional Development Program (WVIT PDP) is scheduled for the following dates, times at the **MountainHeart Conference Room in Beckley**. Please call Missie or Reba at 1-866-872-9204 to reserve your place.

Session 1	11/3	10 am - 4 pm
Session 2	11/10	1 pm - 5 pm
Session 3	11/17	10 am - 4 pm
Session 4	11/24	1 pm - 5 pm
Session 5	12/8	1 pm - 5 pm
Session 6	12/9	10 am - 4 pm
Session 7	12/15	10 am - 3 pm
Session 8	12/17	10 am - 4:30 pm
Session 9	12/29	10 am - 4 pm
Session 10	12/30	10 am - 12:30 pm

SLEEPING SAFE (\$)

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

Target Audience: Infant/Toddler

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



October 13, 2009

6 pm to 8 pm

**Nicholas Co. WorkForce
 Summersville, WV**

November 19, 2009

4 pm to 6 pm

**Oak Hill Brethren Church
 Oak Hill, WV**

Reminder

**Providers must Pre-Register For All
 Professional Development Sessions.**

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

Please call Missie or Reba @ 1-866-872-9204 to reserve your seat today!

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

MountainHeart South Professional Development Schedule

WV STARS Certified Trainer: Dianna Thompson

October Topics

Topic 1 - Helping Children Understand Death

Core Competency - 1 Hr. of Positive Interactions & Relationships & 1 Hr. Family & Community (Tier II) **Target Audience** - All
Summary - Children often have a hard time understanding death and everything that it encompasses. Participants of this professional development session will discover resources and information that may help them in talking with children and families at difficult times.

Topic 2 - Understanding the Tier II Reimbursement Program

Core Competency - 1Hr. of Professionalism & 1 Hr. of Program Management (Tier I) **Target Audience** - Adults
Summary - Do you need help in completing the application for Tier II Reimbursement or are you unsure of where to begin with the Tier II Reimbursement process? This professional development session will answer common questions and concerns with the application process and will allow time in class for you to work on the Tier II Reimbursement program's notebook. In addition, sample documents will be available for participants to view.

November Topics

Topic 1 - Internet Safety

Core Competency - 2 Hrs. of Health, Safety and Nutrition (Tier II) **Target Audience** - School Age
Summary - Do you allow your children to use the computer unsupervised? Do you know who they are talking with or sending information to? Should you be concerned? Participants of this professional development session will receive information about internet safety and the dangers of surfing the web.

Topic 2 - Making the Child Care Environment Family Friendly

Core Competency - 1 Hr. of Positive Interactions & Relationships & 1 Hr. Family & Community (Tier II) **Target Audience** - All
Summary - Participants of this professional development session will learn strategies and ideas to build positive relationships and establish effective communication skills with families and other child care providers.

December Topics

Topic 1 - Make-It, Take-It Ideas from Dr. Jean

Core Competency - 2 Hrs. of Curriculum (Tier II) **Target Audience** - Preschool
Summary - Dr. Jean Feldman provides a wealth of ideas for managing and teaching young children. Participants of this professional development session will learn some of her techniques and have the opportunity to make several projects that can be implemented in the early childhood environment.

Topic 2 - Where the Wild Things Aren't: Taming the Temper Tantrum

Core Competency - 2 Hrs. of Positive Interactions & Relationships (Tier II & III) **Target Audience** - Preschool
Summary - Participants will discover why temper tantrums occur and how to prevent tantrums from happening. Participants will gain knowledge on how to develop and implement strategies that will prevent temper tantrums.

Super Saturday Professional Development Opportunities

Do You See What I See? The Basics of Observation and Assessment (\$)

Core Competency - 4 Hrs. of Child Observation & Assessment (Tier III) **Target Audience** - All
Description - Participants of this professional development session will learn the basics of observation and assessment. They will also learn the value of doing observation and assessment in lesson planning and behavior management.

October 10, 2009 from 10:00 am - 3:00 pm (Lunch On Your Own)

**Oak Hill Brethren Church
Oak Hill, WV**

Recognizing Feelings: How to Help Children with Challenging Behaviors

Core Competency - 2 Hrs. of Positive Interactions and Relationships and 1 Hr. of Observation and Assessment (Tier III)
Target Audience - All

Description - This professional development session will encourage providers to look at challenging behaviors in children from a different perspective and discover techniques to lessen those behaviors through positive reinforcement.

November 7, 2009 from 10:00 am - 1:00 pm (Bring Your Own Lunch)

**Mercer County Workforce
Princeton, WV**

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

Please call Missie or Reba @ 1-866-872-9204 to reserve your seat today!

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

Professional Development Opportunities for October - December 2009

Braxton County - Braxton County DHHR

 November 4, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Internet Safety
Making the Child Care Environment Family Friendly

Fayette County - Fayette County DHHR

November 5, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

Internet Safety
Making the Child Care Environment Family Friendly

 **December 9, 2009** 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Make-It, Take-It Ideas from Dr. Jean
Where the Wild Things Aren't: Taming the Temper Tantrum

Fayette County - Oak Hill Brethren Church Fellowship Hall

October 10, 2009 10:00 am - 3:00 pm

Do You See What I See? The Basics of Observation & Assessment

Greenbrier County - Workforce in Lewisburg

 October 29, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

November 4, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Understanding Shaken Baby Syndrome
Making the Child Care Environment Family Friendly

December 7, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Make-It, Take-It Ideas from Dr. Jean
Where the Wild Things Aren't: Taming the Temper Tantrum

McDowell County - Workforce in Welch

 October 6, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

 **November 24, 2009** 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Internet Safety
Making the Child Care Environment Family Friendly


December 3, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Make-It, Take-It Ideas from Dr. Jean
Where the Wild Things Aren't: Taming the Temper Tantrum

Mercer County - Workforce in Princeton

October 7, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

 **October 14, 2009** 10:00 am - 12:00 pm
1:00 pm - 3:00 pm


Understanding the Tier II Reimbursement Program
Helping Children Understand Death

October 30, 2009 12:00 pm - 2:00 pm
3:00 pm - 5:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

November 7, 2009 10:00 am - 1:00 pm

Recognizing Feelings: How to Help Children with Challenging Behaviors

 November 10, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

Internet Safety
Making the Child Care Environment Family Friendly

November 18, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Making the Child Care Environment Family Friendly
Internet Safety

December 2, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Make-It, Take-It Ideas from Dr. Jean
Where the Wild Things Aren't: Taming the Temper Tantrum

 **December 8, 2009** 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

Where the Wild Things Aren't: Taming the Temper Tantrum
Make-It, Take-It Ideas from Dr. Jean

December 16, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Make-It, Take-It Ideas from Dr. Jean
Where the Wild Things Aren't: Taming the Temper Tantrum

Monroe County - DHHR in Union

 October 19, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

Nicholas County - Workforce in Summersville

October 13, 2009 3:00 pm - 5:00 pm
6:00 pm - 8:00 pm

Understanding the Tier II Reimbursement Program
Sleeping Safe

 **November 17, 2009** 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Internet Safety
Making the Child Care Environment Family Friendly

December 1, 2009 1:00 pm - 3:00 pm
4:00 pm - 6:00 pm

Make-It, Take-It Ideas from Dr. Jean
Overcoming the Jitters About the ITERS-R

Pocahontas County - McClintic Library


 October 26, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

Raleigh County - MountainHeart Child Care Resource & Referral

October 21, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

 **October 27, 2009** 2:00 pm - 4:00 pm
5:00 pm - 7:00 pm

Understanding the Tier II Reimbursement Program
Helping Children Understand Death

 November 2, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Internet Safety
Making the Child Care Environment Family Friendly

November 25, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Making the Child Care Environment Family Friendly
Internet Safety


 December 4, 2009 12:00 pm - 2:00 pm
3:00 pm - 5:00 pm

Where the Wild Things Aren't: Taming the Temper Tantrum
Make-It, Take-It Ideas from Dr. Jean

December 21, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Make-It, Take-It Ideas from Dr. Jean
Where the Wild Things Aren't: Taming the Temper Tantrum

Summers County - DHHR in Hinton

 November 23, 2009 9:30 am - 11:30 am
12:30 pm - 2:30 pm


Internet Safety
Making the Child Care Environment Family Friendly

Webster County - Starting Points in Cowen

November 3, 2009 2:00 pm - 4:00 pm
5:00 pm - 7:00 pm

Internet Safety
Making the Child Care Environment Family Friendly

Wyoming County - MountainHeart Community Services, Inc.

 October 15, 2009 10:30 am - 12:30 pm
1:30 pm - 3:30 pm

Helping Children Understand Death
Understanding the Tier II Reimbursement Program

Medication Administration Training

MountainHeart Child Care is pleased to announce they will be sponsoring more Medication Administration Trainings. Training will be from 4:30 pm to 9:00 pm on the following dates:

- ♥ September 30, 2009 at the MountainHeart Child Care Resource & Referral Office at 228 Ragland Road in Beckley.
- ♥ October 19, 2009 at Pineville Presbyterian Church Day Care in Pineville (Wyoming County).
- ♥ October 21, 2009 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ November 9, 2009 at the MountainHeart Child Care Resource & Referral Office at 228 Ragland Road in Beckley.
- ♥ December 8, 2009 at the Mercer County Workforce Building (Princeton/MountainHeart Office).

You must call Missie or Reba at 1-866-872-9204 to register. Class size is limited to 15 and there will be a waiting 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 waiting list in your place.

Additional Requirements:

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

Overcoming the Jitters About the ITERS-R (\$)

Core Competency - 2 Hrs. of Program Management (Tier III)

Description - Participants of this professional development session will gain knowledge about Environment Rating Scales, practice scoring using the ITERS-R and FCCERS-R, and learn how to use the results to improve the quality of their early childhood program.

December 1, 2009

4:00 pm - 6:00 pm

Nicholas County WorkForce

Components of Quality Care and Education (CQCE) Professional Development (\$)

MountainHeart will be offering specialized CQCE sessions for Developmentally Appropriate Practices. These Modules have been developed to meet the requirements of the West Virginia Early Learning Standards Framework (WV ELSF) **and are recommended for all people who work with 2½-5 year old children in all early childhood settings. Remember, all CQCE modules must be completed to receive a certificate.**

The modules will be divided into eight sessions and will begin **October for Greenbrier and surrounding counties.**

Please call Missie or Reba at 1-866-872-9204 to pre-register.

Must be STARS Registered to Attend these modules.

Registration Limited to 12 Participants

Sessions are open to family providers, facilities, & child care centers and will be held at **Greenbrier County WorkForce in Lewisburg** on the following dates:

Module 1 - October 5, 2009 from 4:00 pm - 8:00 pm

Module 2 - October 19, 2009 from 4:30 pm - 8:30 pm

Module 3 - October 26, 2009 from 4:30 pm - 8:30 pm

Module 4 - November 2, 2009 from 4:30 pm - 8:30 pm

Module 5 - November 16, 2009 from 4:00 pm - 8:00 pm

Module 6 - November 23, 2009 from 4:00 pm - 8:00 pm

Module 7 - November 30, 2009 from 4:00 pm - 8:00 pm

Module 8 - December 7, 2009 from 4:00 pm - 8:00 pm

Target Audience: Toddlers/Preschool (Tier II)

(\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

UNDERSTANDING SHAKEN BABY SYNDROME (\$)

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

Summary - This professional development session will present the clinical symptoms of a severe shaking, and situations that can lead to a caregiver's loss of control. Participants will learn ways to anticipate and ease frustration, anger and stress that can occur when caring for a baby or young child.

October 20, 2009 6:00 pm - 8:00 pm

Oak Hill Brethren Church in Oak Hill

November 4, 2009 10:00 am - 12:00 pm

Greenbrier County WorkForce in Lewisburg

November 5, 2009 6:15 pm - 8:15 pm

Stepping Stones Academy at the Woodlands in Beaver. (304-255-1107)

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

Please call Missie or Reba @ 1-866-872-9204 to reserve your seat today!

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

Reminder About Updated Rule Food From Home

The Child Care Center Licensing Regulations were revised and promulgated effective May 2009. The only change to the rule was related to a center allowing food from home. If a center chooses to permit food from home, then certain policies and procedures must be in place. A center does not have to permit food from home if the center does not choose to do so.

We have had a question as to whether or not a center can choose not to provide any meals and snacks. The answer to that is "no". The center is still responsible to have a nutritional program as part of the center's operation.

If you have any questions, please contact your Licensing Specialist. The new rule is still waiting to be printed and will be mailed as soon as it arrives. In the meantime, you may access it at:

<http://www.wvdhhr.org/bcf/ece/earlycare/regs.asp>



Save The Date

Fifth Annual
Growing Healthy Children Conference:
West Virginia Perinatal Partnership
and Children's Health Forum
November 12th & 13th, 2009
Robert C. Byrd Health Sciences Center
Charleston Division

With sessions focusing on:

- ♥ Health Care Reform and Children
- ♥ Perinatal Health
- ♥ WV Obstetrical Collaborative
- ♥ Oral Health
- ♥ Child Development
- ♥ School-Based Health



Registration Information Will Be Available

At The Conference Website:

www.growinghealthychildren.wordpress.com

Sign up for email updates at:

www.growinghealthychildren.wordpress.com

www.wvhealthykids.org

www.wvperinatal.org

For sponsorship and partnership opportunities contact Jeff Allen at jsallen@wvcc.org or call 304-344-3141.

For information about exhibits contact Jenny Lancaster at jenny@mountainsidemedial.com or call 304-654-0875.

Early registration is recommended!

THANKS A MILLION!!

We would like to give a great big thank you to the following providers and staff who have donated some wonderful items to the Lewisburg TRAILS van:

- ♥ Amy Knapp
- ♥ Susan McCoy
- ♥ Crystal Sisler
- ♥ Angie Scott
- ♥ Melissa Chapman

We will pass on your generosity!

Submitted by
Janet Thompson and
Sandra Cox,
Lewisburg TRAILS



Preventing Spread of the Flu in Child Care Settings

Yearly flu vaccination is the first and most important step in protecting against this serious disease. Two kinds of flu vaccine are available in the United States:

- ♥ The "flu shot" — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions (such as asthma, diabetes, or heart disease). See also
- ♥ The nasal-spray flu vaccine — a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for "live attenuated influenza vaccine" or FluMist®). LAIV (FluMist®) is approved for use in healthy* people 2-49 years of age who are not pregnant.

Yearly flu vaccination should begin as soon as vaccine is available and continue throughout the influenza season, into December, January, and beyond. While influenza outbreaks can happen as early as October, influenza activity peaks most often in February.

About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body. Vaccination, along with other measures, also may help to decrease the spread of influenza among children in the child care setting and among care providers.

Source:

<http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>





TRAILS Mix

- ♥ Become fitter and leaner;
- ♥ Develop stronger immune systems;
- ♥ Experience fewer symptoms of ADD and ADHD;
- ♥ Play more creatively and have more active imaginations;
- ♥ Learn how to handle challenges and solve problems;
- ♥ Apply science and math principles to real world situations; and
- ♥ Have greater respect for themselves, for others, and for the environment.

It is crucial that our children be outside in the natural world. Child care providers can make regular outside play time a priority; make it simple and fun. Hang a bird feeder, look for bugs, start a collection of stones or shells, find ways to bring nature inside your home. Take a walk around your yard each day. What is different each time? Keep a dairy of changes you see. Choose books and music that focus on animals and plants; expand on topics they seem interested in by going to the library or a state park. Read *Last Child in the Woods* by Richard Louv, available from the TRAILS van.



“Children who regularly spend unstructured time outdoors are more likely to”:

Being outside, even briefly, lowers stress levels for us all. Make it a priority for your daily schedule, the benefits can last a lifetime!
Submitted by Janet Thompson, TRAILS Early Childhood Specialist

Exploring Nature

Before we teach children to SAVE the Earth we must teach them to LOVE the Earth.

Those of us who work with our youngest children know that outside play can be a very complicated task, but all indicators suggest that the rewards will far out weigh challenges faced. Many of the things we take for granted because we have become so familiar with them are absolute gems to children encountering them for the very first time: feeling a cool summer breeze ruffle your hair, the warmth of a sunny day, smelling the freshly mowed grass, hearing the chirps of birds singing in the trees, and watching the play of sun and shadow. Infants and toddlers need many opportunities to try new skills under many different and novel situations. The outdoor environment is one easy way to offer this.

Skills Infants and Toddlers can develop in an outdoor setting

- ♥ Math skills -- measurement, length, area, perimeter and volume.
- ♥ Science skills -- classifying objects, predicting, experimenting, hands-on learning of natural life cycles, seasons, and environments.
- ♥ Social skills – well designed open ended activities help children to become engaged and active in the learning process.
- ♥ Literacy – work in the natural world will inspire them to new words and concepts.
- ♥ Visual-Spatial – negotiate well in space, follow maps, and create designs.
- ♥ Practice close observations skills

Submitted by Tricia Smith, Infant/Toddler Specialist



Time's Almost Up!

Applications for Business on Board will be accepted until October 31, 2009. You can download the application online at <http://www.wvkidscountfund.org/business-on-board.php>



2009 NAEYC Annual Conference & Expo November 18-21 Washington, D.C.

Your Community. Your Opportunity. Your Conference.

The early childhood education community is gathering in Washington D.C.! More than 20,000 early childhood professionals from around the world attend the NAEYC Annual Conference & Expo to discuss the everyday issues of our work with young children and families.

naeyc®

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

October is National Domestic Violence Awareness Month

National Domestic Violence Awareness Month is observed every October across the country. National, state, and community organizations for violence prevention and victim services, businesses, health care providers, and others mark the month with educational programs, recognition and memorial ceremonies, community outreach, and other efforts.

The West Virginia Coalition Against Domestic Violence and domestic violence programs across the state will kick off the second annual Light in the Window Campaign in which people are asked to display a purple lit candle in their homes and/or workplace to show support for survivors of domestic violence and “a safer state of family”.

If you or someone you know is being abused, please contact your local domestic violence program or the National Domestic Violence hotline at 1-800-799-SAFE (7233).



Activity for a Fall Day

On a cool fall day, crisp leaves, and a basket will provide immediate fun and learning experiences for infants and toddlers. Dumping and filling is always enticing to a toddler, and it lays the foundation for future mathematics.

Submitted by Tricia Smith, Infant/Toddler Specialist



2010 Early Childhood Calendar

This year, West Virginia Early Childhood Training Connections and Resources would like to design the 2010 Early Childhood Calendar around families and relationships. We need photos of children and families/adults participating in:

- ♥ Talking together
- ♥ Engaging in pretend play
- ♥ Participating together in dance, drama, music, and art
- ♥ Taking care of animals or plants
- ♥ Playing games together
- ♥ Reading together
- ♥ Cooking together
- ♥ Enjoying each other

Deadline:
October 2, 2009

Children should be infant, toddler, or preschool age. Please include the child’s name and age, name of person submitting photo, address, and phone number. All photos must be accompanied with a WVECTCR photo release. Download a copy of the release at www.wvearlychildhood.org/photorelease.PDF. If sending photos via email, please do not resize the pictures. Send to:

WVECTCR
Attn: 2010 Calendar
611 Seventh Avenue, Ste. 322
Huntington, WV 25701

or email the photos to tcr@rvcds.org

For questions, please contact us at 1-304-529-7603 or tcr@rvcds.org

DEAR ROMA

Dear Roma,

I have a child in my care who wants to sit at the computer during all free-choice and center time activities. I encourage him to play in other learning centers but as soon as my back is turned he has moved back to the computer. What can I do to encourage him to play in other areas?

Bright Lights

Dear Bright Lights,

First, I would suggest that the child have a thorough vision screening with an optometrist to rule out vision problems. The child may be a “visual seeker” which means he uses the computer to stimulate his sensory system. You may also want to limit the amount of time the computer is turned on in the room so the computer is not always an option during free choice or center time activities. This will hopefully encourage participation in other learning centers. If you turn off the computer and the child continues to sit and stare at the blank screen please let me know.

Roma
Behavior Consultant



Please send questions to:
MountainHeart
Child Care Resource & Referral
Roma Lester, Behavior Consultant
P.O. Box 1509 • Oceana, WV 24870
Roma.E.Lester@wv.gov

CASE Food Program Provider Training McDowell & Wyoming County Providers

Where: Welch Library
Date: November 20, 2009
Time: 10:00 am to 2:00 pm
Trainer: Judy Hartwell - WVU Extension Agency

Inspiration from Ireland's President McAleese

The President of Ireland, Mary McAleese, gave a stirring closing speech at the 2009 World Forum on Early Care and Education in Belfast, Northern Ireland. Here is an excerpt with the full presentation available on the World Forum website:

"The writer Cynthia Ozick once said, 'What we remember from childhood, we remember forever - permanent ghosts, stamped, inked, imprinted, eternally seen.' My granny, who had eleven children and sixty grandchildren put it more tersely 'What's learnt in childhood is engraved on stone.' When the headstone on my grandfather's grave was put up, it carried a small misprint which we were told was engraved so deeply in the granite that the only solution was to do it all over again and put up a new one. We don't get that chance with our kids, we get one go around."

"We have learnt a lot on this island about the permanent ghosts of childhood - the bad engraving on children's lives that left them scarred for life. So many young lives were blighted here by sectarian and political bitterness that was taught in the home and reinforced in the community. We have seen, in recent days, the outworking of racism and the misery it can inflict on the innocent. The cruel stories of institutional abuse of vulnerable children described in the recent Ryan Report south of the border demonstrate just how long-term is the damage done in childhood. It robbed them not only of the loving childhood they should have had but acted like a wrecking ball through their later lives, leaving a landscape of broken relationships, mental ill-health, under-achievement and sheer, appalling waste."

"There is some good news on the horizon though and that is the human capacity to change, to shift gear and to walk a new path. Today the people of this island have taken ownership of their problems, they have faced into the painful and shameful dark side of their pasts, acknowledged the pain they caused and set their faces towards healing, reconciliation and amendment. Those who fought for Irish freedom in 1916 issued a Proclamation in which they set out their ambition that Ireland would become a place which cherished all its children equally. It was then and it remains a noble ambition. We have made an important start in removing the obstacles which lie in the way of making that ambition real."

Source: ChildCareExchange.com



P.O. Box 966 • Beckley, WV 25801

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

Important Information Professional Development Schedule Inside!

MHCCR&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.