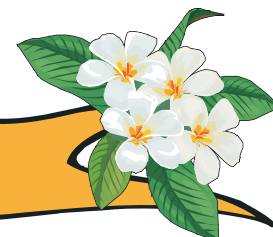




Child Care Chronicles



Vol. VI Issue 2

Remember to visit us online at:
www.mountain-heart.org/ccssouth.htm

Spring 2009

A Newsletter of MountainHeart Child Care Resource & Referral Region VI



Reflections from MY Desk

The Professional Development Team will not be the same!

Shonda Zastawniak, Early Childhood Specialist, will be leaving the CCR&R Program to join the WV Birth to Three Division. Shonda has been a trainer in the CCR&R Division for 7+ years and has also been our After School Specialist.

She has offered hundreds of professional development sessions on all levels, mentored providers, and been an integral part of the growth and expansion of "Team MountainHeart". But most of all, she has truly made a difference in the lives of our children and providers! We wish her success in her new position!

Margie

WHAT'S NEW? WHAT'S EXCITING? SUPER SATURDAYS

The MountainHeart Professional Development and Management Teams met in January 2009 for their semi-annual planning sessions. The teams looked at the training needs assessments and surveys from a variety of providers and reviewed the TIER II Reimbursement requirements. A unanimous decision was made to plan for more professional development sessions focused on the specific TIER training needs of our Child Care Providers!

Super Saturdays are being planned, one per month, in order to provide child care professionals with the most appropriate professional development opportunities. What are Super Saturdays? Super Saturdays are like mini-conferences expressly designed for 4 to 6 hours of educational experiences, including handouts, hands on activities, free resources and a lot of fun and surprises! Plan to attend one coming soon to your area!

Please Note: MountainHeart will be hosting Super Saturdays in lieu of a regional conference this year. Please refer to the training calendar for Super Saturday dates and registration information.

APPRENTICESHIP FOR CHILD DEVELOPMENT SPECIALIST (ACDS)

Mentors are needed to support the participation of Home Providers in the ACDS training program. If you are interested in becoming an ACDS mentor, please contact Enola Foust, 1-304-972-6400 or email: efoust@rvcds.org.

Instructors are needed to teach ACDS throughout the state of WV. Applications are now available on the wvacds.org web site. Application deadline is May 1, 2009.

If you would like to apply and have questions about becoming an instructor, please contact Sherrie Barrett, 1-304-523-0433 or email: sbarrett@rvcds.org

2009 marks the 20th anniversary celebration of ACDS training in WV.

Submitted by Enola Foust, River Valley ACDS

IN THIS ISSUE

| | |
|--|--------|
| Reflections from MY Desk..... | 1 |
| What's New? What's Exciting? | |
| Super Saturday | 1 |
| Apprenticeship for Child Development Specialist (ACDS) | 1 |
| Protecting Our Precious Cargo ... | 2 |
| Great Beginnings | |
| Infant Toddler Conference | 2 |
| Burr Rabbit and the Division of Tobacco Prevention | |
| Team Up..... | 3 |
| Spotlight On: | |
| Ms. Kaye's Day Care..... | 3 |
| Avoiding Payment Form Errors... | 4 |
| Nicholas County Early Childhood Conference | 4 |
| A Word Of Thanks | 5 |
| TRAILS Mix: | |
| "When You're Smiling, The Whole World Smiles With You" | 5 |
| Butterfly Blottos | 5 |
| Activity..... | 5 |
| Dear Roma..... | 6 |
| Director's Corner | 6 |
| Use of Vans by Child Care Centers | 7 |
| FACTS Plus | 7 |
| Let Your Garden Grow..... | 8 |
| Training Schedule..... | Inside |

A Publication of



MountainHeart
Child Care Resource & Referral

Earl D. Smith, Executive Director
Margaret Younce, Program Director & Editor

Mike Stafford, Publisher & Design
Articles Submitted by:

MountainHeart Professional Development Team
MountainHeart Staff



Protecting Our Precious Cargo

Most drivers would never start their car without buckling their child into a car seat. But is that enough? Automobile accidents are the number one killer of children ages 3-14 in the United States. Car seats are your defense. It is important that you are using a seat that is age and weight appropriate for your child and that the seat is installed snugly and properly in the vehicle. Your vehicle owner's manual and the owner's manual of the car seat will be needed for proper installation. Check the seat **before every trip** to confirm that the seat is still securely fastened and snug.

Infants up to age 1 **and** weighing 20 pounds should ride in a rear facing seat. Some seats are convertible, meaning they may be used forward or rear facing. For older children, as long as the child is under the height and weight limits of the seat, rear facing is the safest way to ride. In a crash, rear facing seats protect the head, neck and back and the seat absorbs the crash force. Never put a rear facing seat in front of an airbag. The back seat is the safest place to install a car seat. If you have to place a seat in the front, be sure that the air bag is turned off, or that no airbag exists for that seating position.

Children older than age 1 and over 20 pounds can ride in a forward facing car seat with a harness. Each seat has different height and weight limits for the harness. You can check the owner's manual of the seat for this information. Be sure that your child fits within the criteria for that seat. Some manufacturers make combination seats that can also be used as a booster seat when the child outgrows the weight limits of the harness.

Children should be in a booster seat until they reach 4'9" tall. It can be difficult to have older children ride in a booster, but if the automobile's safety belt does not fit correctly, a booster seat is needed for a safe ride. A seat belt that fits incorrectly can cause stomach and spine injuries in a crash. Always use a booster seat with a lap belt **and** a shoulder belt.

Once your child is secure and safe; check for other hazards. Any item in the passenger area should be secured. In a crash, any loose item can become a "missile" and you don't want you or your child to be the target. Don't attach anything to a car seat. Use only what is included in the car seat from the manufacturer.

If you have any questions concerning car seat safety, or if you would like to check the recall list, you can visit www.safekids.org. Don't forget that the best way to teach your child to be safe in the car is to lead by example. So, buckle up!



Sandra Cox Installing A Car Safety Seat

September 18-19, 2009

**Lakeview Resort
Morgantown**

**Great Beginnings
Infant Toddler
Conference**

Contact Alyson Edwards
aedwards@rvcds.org
1-888-983-2827

West Virginia

**Infant/Toddler Professional
Development Program**

The MountainHeart TRAILS Associates, Sandra Cox and Alisa Carte, just completed a four day class on car seat safety. Could there really be enough information to learn about car seat installation to equal four days of training? You bet! We are excited about the information we obtained and as newly "certified car seat technicians" we can't wait to share with our providers what we've learned. We are planning to offer car seat safety trainings in the summer and fall. Also, if you need assistance installing your car seat or would like to have it checked for correct installation or recalls, give us a call!

Submitted by Alisa Carte, TRAILS Early Childhood Associate

Source: Safe Kids Worldwide and National Highway Traffic Safety Administration

TRAILS Associate Contacts: Alisa Carte
304-228-9018 or Sandra Cox 304-228-9017



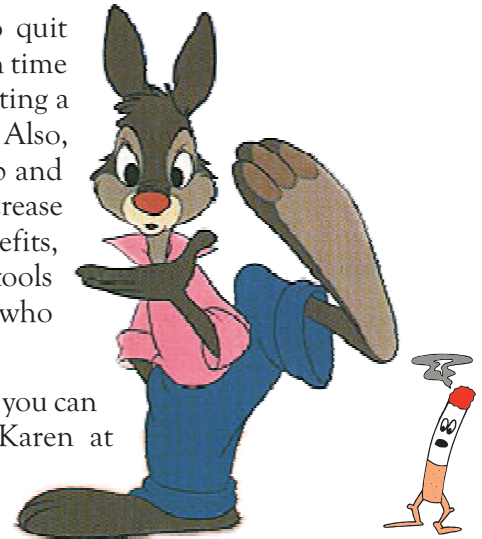
Burr Rabbit and the Division of Tobacco Prevention Team Up

Burr Rabbit will host a workshop on March 26th from 6 pm to 9 pm at Burr Rabbit Child Development Center in White Sulphur Springs. The workshop will be conducted by Karen Larson with the West Virginia Division of Tobacco Prevention and is designed to help people who are ready to quit tobacco use get started. Robin Zimmerman, owner of Burr Rabbit, says, "We know that people aren't going to quit until they're ready, but for those who are ready we want to help."

Karen Larson works daily on providing services to those who want to quit smoking or quit the use of other tobacco products and she invests just as much time in preventing young adults from starting the habit. The goal is to make quitting a little easier. The March 26th workshop is free and dinner will be provided. Also, parents who do not have child care can bring their children to the workshop and Burr Rabbit staff will provide child care at no charge. The workshop will increase your understanding of tobacco dependence, and help you understand the benefits, limitations and proper use of cessation medications. You will learn about the tools needed to quit and feel more prepared and confident about quitting. Those who wish to attend should call 304-536-4260 by March 20th.

For those who are ready to kick the habit, but cannot attend the workshop, you can call the West Virginia Quit Line at 877-866-8784. You can also call Karen at 304-847-2131; many people qualify for free patches and gum.

Submitted by Robin Zimmerman, Burr Rabbit Child Development Center



Ms. Kaye's Day Care

Fulfilling a dream is thrilling! Join us in congratulating Kaye Nottingham for her dedication and hard work that have resulted in the opening of "Ms. Kaye's Day Care" in Gassaway, WV on July 1, 2008. Kaye has over 25 years of experience working in child care, beginning in Atlanta, GA with the Children's World child care centers. While there, she participated in every aspect of operating a child care center. She later worked with young children through a program at the University of Akron.

It was the good fortune of families in Braxton County when Ms. Kaye moved to Gassaway about 12 years ago. She immediately established a child care facility. Eventually, toddlers became school-age children and new siblings were added to the enrollment. Juggling parent work schedules and a large group of multi-age children became a daunting task. Ms. Kaye made the decision to open a center to accommodate the families and all their children rather than turn any of them away.

Ms. Kaye says her biggest reward is being a part of the same children's lives for so many years. She has literally watched them grow up. HATS OFF to Ms. Kaye!!

Submitted by Janet Thompson, Early Childhood Specialist

Spotlight On





Avoiding Payment Form Errors

As a child care provider, you work hard all month providing quality care. When the month is finished and you submit your payment forms to MountainHeart, you want them processed as quickly as possible so you can be paid. Unfortunately, errors on your forms will delay your payment because payment cannot be made for a child if the form is incorrect. The following are some ideas that may help you avoid common mistakes when you complete your payment forms.

- ♥ Understand what qualifies a day as non-traditional. Payment forms will be sent back to you for correction if you do not have your non-traditional days correctly documented.
A non-traditional day is at least four (4) hours of care provided either before 6:00 am or after 7:00 pm Monday through Friday; any 12 hour work shift or split shift which equals twelve or more hours in a 24 hour period; and at least four (4) hours of care provided on a Saturday or Sunday. Please remember that a shift must be at least four hours to be considered non-traditional.
- ♥ Review signatures.
All signatures on attendance sheets must be signed in ink. Parents must also sign their full names. If there are signatures missing from your payment form or attendance sheets, your payment will be delayed because the forms will be mailed back to you for correction.
- ♥ Bill only for valid certificate times.
Providers often submit billing for days or hours that are not approved on the parent's child care certificate. Parents are issued a child care certificate, which confirms they are eligible for child care services. They are required to give this certificate to their child care provider. This certificate is the only guarantee of payment for child care services. Please make sure that each parent gives you a valid child care certificate. The certificate will indicate the days and hours that the parent is approved to use child care. It will also show the date that the parent is eligible for services. If you submit billing for times that are not approved on the child care certificate or if you begin billing before the parent is eligible, your payment form will be sent back to you for correction.
- ♥ Keep track of attendance sheets daily.
Parents are required to sign your attendance sheets daily when they drop their child off and pick their child up from daycare. Providers often make the mistake of not requiring parents to do this everyday. These sign in and out procedures are, however, not just good practice. They are part of your regulations for operating as a child care provider. When parents sign their children in and out, please ask them to document the exact time on the attendance sheets. For example: if a parent picks her child up at 4:33 pm, she should document 4:33 pm, not 4:30 pm. It is not accurate for parents to round times up or down on the attendance sheets.

If you ever have questions about billing procedures or a parent's eligibility, please contact your local MountainHeart office. We will be happy to answer any questions that will ensure your payment forms are completed correctly every month.

Submitted by Carissa Morgan Lusk, Case Manager - Beckley Office

Nicholas County Early Childhood Conference

Location: Veteran's Memorial Park
Date: Monday, May 4th
Time: 8:00 am - 3:00 pm

Multiple Trainings available, STARS approved.
CEU's available. All Providers and Parents welcome.

Child care will be provided.

For more information contact
Marla Short at 1-304-846-4479.

A WORD OF THANKS

Thank you so much to the following providers who donated items to the TRAILS van in the past few months. Donating items is a way to recycle and be "green". We apologize if we have forgotten to mention your name, please let us know! Your generosity is greatly appreciated:

Tabetha Wiant, Adria Moffat,
Sharon Scott, Peggy Collins

Sandra Cox and Janet Thompson
Lewisburg TRAILS program

Professional Development Session On Behavior Management

Title: Time-In: Guidance and Discipline (\$)
Description: Participants will gain knowledge of positive behavior support techniques and how to implement the strategies to help children learn how to self-monitor their behavior. Participants will be introduced to Tier I of the positive behavior support curriculum.
Registration: Space is limited to 20 participants.
 Please call Reba or Missie at 1-866-872-9204 to Pre-Register.



June 23, 2009 From 6:00 pm - 8:00 pm
 Little Lambs Child Development Center in Hinton, WV

Core Competency
2 Hrs. Positive Interaction and Relationships
(Tier I)

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

June 9, 2009

10:00 am - 5:00 pm

WorkForce Conference Room in Lewisburg, 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) 253-7654 or 1-888-799-9217.

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

| | | |
|------------|------|-----------------|
| Session 1 | 4/7 | 10 am - 4 pm |
| Session 2 | 4/14 | 4 pm - 8 pm |
| Session 3 | 4/21 | 10 am - 4 pm |
| Session 4 | 4/28 | 4 pm - 8 pm |
| Session 5 | 5/14 | 4 pm - 8 pm |
| Session 6 | 5/19 | 10 am - 4 pm |
| Session 7 | 5/21 | 4 pm - 8 pm |
| Session 8 | 5/28 | 10 am - 4:30 pm |
| Session 9 | 6/2 | 10 am - 4 pm |
| Session 10 | 6/4 | 4 pm - 6:30 pm |

SLEEPING SAFE (\$)

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

Summary - Participants will discuss the latest SIDS research and best practices for keeping your children healthy and safe while sleeping.

April 6, 2009
 3 pm to 5 pm
 Summers Co. DHHR
 Hinton, WV

April 20, 2009
 3 pm to 5 pm
 McDowell Co. DHHR
 Welch, WV

April 20, 2009
 10 am to 12 pm
 MountainHeart
 Kopperston, WV

May 5, 2009
 6 pm to 8 pm
 Webster Co. Starting Points
 Cowen, WV

June 23, 2009
 4 pm to 6 pm
 Greenbrier Co. WorkForce
 Lewisburg, 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.

MountainHeart South Professional Development Schedule

WV STARS Certified Trainer: Dianna Thompson

April Topics

Topic 1 - Childhood Shouldn't Hurt (\$)

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

Target Audience - All

Summary - Discussion and information will be provided to participants on child abuse and neglect. Participants will review basic signs and symptoms of child abuse and neglect and their responsibilities as a mandated reporter. Also, research information on the cost to society will be discussed.

Topic 2 - It's Not Easy Being Green: Teaching Children to Be Environmentally Conscious

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

Target Audience - Preschool

Summary - What does recycling mean to children? How can you help save the Earth? This professional development session will discuss ideas and activities that you can implement in the child care environment to promote environmental awareness.

May Topics

Topic 1 - What is a Leader? (\$)

Core Competency - 2 Hrs. of *Professionalism (Tier II)*

Target Audience - All

Summary - Participants of this professional development session will explore the qualities that make a person an effective leader. "The Leader of the past was a doer, the leader of the present is a planner, and the leader of the future will be a teacher." This session will provide strategies to help leaders change their administrative styles to meet the needs of their children and families.

Topic 2 - Responding to Children with Cultural Sensitivity (\$)

Core Competency - 1 Hr. of *Family and Community* & 1 Hr. of *Positive Interactions and Relationships (Tier II)*

Target Audience - All

Summary - It is never easy being different than our peers. This session will look at the importance of teaching children cultural sensitivity. Participants will gain knowledge about cultural sensitivity and how to celebrate culture in child care to meet the needs of children and families.

June Topics

Topic 1 - Children ARE Funny - The Power of Humor (\$)

Core Competency - 2 Hrs. of *Positive Interactions and Relationships (Tier I)*

Target Audience - All

Summary - A banana and an apple got married, but they argued all the time. The banana split! Participants of this professional development session will discover the link between child development and humor. Researchers for years have seen the value of humor and how it affects relationships.

Topic 2 - Why Use Sand and Water? - The Importance of this Form of Play

Core Competency - 2 Hrs. of *Curriculum (Tier II)*

Target Audience - Preschool

Summary - Remember the hours you spent in the sandbox playing? What skills do you think you learned? Individuals attending this professional development session will learn the importance that sand and water play has on child development.

Super Saturday

Topic - Sometimes Childhood Hurts (\$)

Core Competency - 5 Hrs. of *Health, Safety and Nutrition (Tier II)*

Description - Participants attending this professional development session will receive information about child abuse and neglect, domestic violence and shaken baby syndrome. Participants will attend 3 hr session in the morning with a break for lunch and a choice of 2 hour sessions in the afternoon.

April 4, 2009 from 9:30 am - 3:30 pm (Lunch on your own)
Rheama Christian Center
Fairlea, WV

Super Saturday

Topic - Living with ADHD (\$)

Core Competency - 4 Hrs. of *Positive Interactions and Relationships (Tier III)*

Description - Participants will gain knowledge about the characteristics of ADHD and learn a variety of strategies that can be implemented in the early childhood setting. The Presenter, Nancy Mink, will share her life experiences on living with ADHD and how she has coped. Nancy will share ideas for intervention and activities for the early childhood setting.

May 23, 2009 from 10:00 am - 3:00 pm (Lunch on your own)
Erma Byrd Higher Education Center
Beaver, WV

The MountainHeart Professional Development Team is offering Saturday Training in an area near you!
Call Missie or Reba @ 1-866-872-9204 to reserve your seat TODAY!!

Professional Development Opportunities for April - June 2009

Braxton County - Braxton County DHHR

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

Childhood Shouldn't Hurt
It's Not Easy Being Green

Fayette County - Fayette County DHHR

April 6, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm
 May 11, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

Childhood Shouldn't Hurt
It's Not Easy Being Green
What is a Leader?
Responding to Children with Cultural Sensitivity

Greenbrier County - Lewisburg WorkForce

 May 7, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm
June 23, 2009 4:00 pm - 6:00 pm
June 25, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

What is a Leader?
Responding to Children with Cultural Sensitivity
Sleeping Safe
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play

McDowell County - McDowell County DHHR

April 20, 2009 3:00 pm - 5:00 pm

Sleeping Safe

McDowell County - Welch Library

 April 28, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm
 June 9, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm


Childhood Shouldn't Hurt
It's Not Easy Being Green
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play

McDowell County - Welch Workforce

 May 13, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm


What is a Leader?
Responding to Children with Cultural Sensitivity

Mercer County - Princeton Library

April 8, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm
April 23, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm
 May 21, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm
May 27, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm
June 10, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm
June 22, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

Childhood Shouldn't Hurt
It's Not Easy Being Green
It's Not Easy Being Green
Childhood Shouldn't Hurt
What is a Leader?
Responding to Children with Cultural Sensitivity
Responding to Children with Cultural Sensitivity
What is a Leader?
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play
Why Use Sand and Water? - The Importance of this Form of Play
Children ARE Funny - The Power of Humor

Mercer County - WORKFORCE

April 2, 2009 5:00 pm - 7:00 pm
 April 14, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm
May 5, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm
 June 2, 2009 10:00 am - 12:00 pm
1:00 pm - 3:00 pm

Understanding Shaken Baby Syndrome
Childhood Shouldn't Hurt
It's Not Easy Being Green
What is a Leader?
Responding to Children with Cultural Sensitivity
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play

Monroe County - Monroe County DHHR

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

What is a Leader?
Responding to Children with Cultural Sensitivity

Monroe County - *Hosted Training* - Tender Touch

June 30, 2009 6:00 pm - 8:00 pm

Perceptions of Disabilities

Nicholas County - Summersville WORKFORCE

April 20, 2009 11:00 am - 1:00 pm
2:00 pm - 4:00 pm

Childhood Shouldn't Hurt
It's Not Easy Being Green

Super Saturday

Topic - Once Upon a Time...: The Importance of Literacy in Early Childhood Environments

Core Competency - 4 Hrs. of Curriculum (Tier III)

Description - Learn how to incorporate language and literacy development throughout the daily routine. A guest speaker from the WVU Extension Agency will present the morning session. *Lunch will be provided onsite.* The afternoon session will be an interactive make and take work shop. **This work shop will be limited to 30 participants. You must Pre-Register for this training.**

June 13, 2009 from 10:00 am - 4:00 pm (Lunch will be provided onsite)

Oak Hill Brethren Church Fellowship Hall

Oak Hill, 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 January - March 2009

Nicholas County - Summersville WORKFORCE

| | | |
|--|----------------------|---|
|  | May 4, 2009 | 11:00 am - 1:00 pm 2:00 pm - 4:00 pm |
| | June 24, 2009 | 12:00 pm - 2:00 pm 3:00 pm - 5:00 pm |




What is a Leader?
Responding to Children with Cultural Sensitivity
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play

Pocahontas County - McClintic Library

| | | |
|--|---------------|--|
|  | June 23, 2009 | 10:30 am - 12:30 pm 1:30 pm - 3:30 pm |
|--|---------------|--|

Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play

Raleigh County - MountainHeart Child Care Resource & Referral

| | | |
|--|-----------------------|---|
| | April 16, 2009 | 1:00 pm - 3:00 pm 4:00 pm - 6:00 pm |
|  | April 27, 2009 | 11:00 am - 1:00 pm 2:00 pm - 4:00 pm |
| | May 7, 2009 | 6:00 pm - 8:00 pm |
|  | May 19, 2009 | 12:00 pm - 2:00 pm 3:00 pm - 5:00 pm |
| | June 10, 2009 | 10:00 am - 12:00 pm 1:00 pm - 3:00 pm |
|  | June 29, 2009 | 11:00 am - 1:00 pm 2:00 pm - 4:00 pm |


Childhood Shouldn't Hurt
It's Not Easy Being Green
Childhood Shouldn't Hurt
It's Not Easy Being Green
Perceptions of Disabilities
What is a Leader?
Responding to Children with Cultural Sensitivity
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play

Summers County - *Hosted Training* - Little Lambs Child Development Center in Hinton

| | | |
|--|----------------------|--------------------------|
| | May 12, 2009 | 6:00 pm - 8:00 pm |
| | June 23, 2009 | 6:00 pm - 8:00 pm |

Understanding Shaken Baby Syndrome
Time In: Guidance and Discipline

Summers County - Summers County DHHR

| | | |
|--|-----------------------|--|
| | April 6, 2009 | 3:00 pm - 5:00 pm |
|  | April 21, 2009 | 10:00 am - 12:00 pm 1:00 pm - 3:00 pm |

Sleeping Safe
Childhood Shouldn't Hurt
It's Not Easy Being Green

Webster County - Cowen Starting Points Center

| | | |
|--|--------------------|--------------------------|
| | April 21, 2009 | 2:30 pm - 4:30 pm |
| | May 5, 2009 | 6:00 pm - 8:00 pm |


It's Not Easy Being Green
Sleeping Safe

Webster County - *Hosted Training* - Mt. CAP Child Development Center

| | | |
|--|----------------|-------------------|
| | April 21, 2009 | 5:30 pm - 7:30 pm |
|--|----------------|-------------------|

Childhood Shouldn't Hurt

Wyoming County - MountainHeart Community Services - Kopperston

| | | |
|--|---------------------|--|
|  | April 20, 2009 | 10:00 am - 12:00 pm |
| | June 8, 2009 | 10:30 am - 12:30 pm 1:30 pm - 3:30 pm |
| | June 29, 2009 | 3:00 pm - 5:00 pm |

Sleeping Safe
Children ARE Funny - The Power of Humor
Why Use Sand and Water? - The Importance of this Form of Play
Understanding Shaken Baby Syndrome

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 in April for Mercer and surrounding counties.

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

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

Module 1 - April 7, 2009 from 4:30 pm - 8:30 pm
Module 2 - April 14, 2009 from 4:30 pm - 8:30 pm
Module 3 - April 23, 2009 from 4:30 pm - 8:30 pm
Module 4 - May 5, 2009 from 4:30 pm - 8:30 pm
Module 5 - May 12, 2009 from 4:30 pm - 8:30 pm
Module 6 - May 26, 2009 from 4:30 pm - 8:30 pm
Module 7 - June 2, 2009 from 4:30 pm - 8:30 pm
Module 8 - June 9, 2009 from 4:30 pm - 8:30 pm

Target Audience: Toddlers/Preschool (Tier II)

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

Registration Limited to 18 Participants

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, situations that can lead to a caregiver's loss of control, ways to anticipate and ease frustration, anger, and stress that can occur when caring for a baby or young child.

| | |
|----------------------|--------------------------|
| April 2, 2009 | 5:00 pm - 7:00 pm |
| May 12, 2009 | 6:00 pm - 8:00 pm |
| June 29, 2009 | 3:00 pm - 5:00 pm |

Princeton WorkForce
Little Lambs CDC Hinton
MountainHeart Kopperston

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.



TRAILS MIX

“When You’re Smiling, The Whole World Smiles with You”



Remember that old song? It's so true! Smiling and laughing are contagious! How many times have you laughed today? Here's a fun fact: adults laugh 15-18 times a day. Children on average, laugh a whopping 200 times a day! Humor and laughter are a big part of our lives, but we often don't think about how important it is to our daily living. It can make us healthier, smarter, and happier. But

sometimes, we just forget to laugh!

According to www.kidshealth.org, “Encouraging Your Child's Sense of Humor”, humor is what makes something funny, and a sense of humor is the ability to recognize it. Some children or adults seem to have a knack for making themselves and others laugh. You probably know at least one person like that. The person you are always glad to see. Approaching life with a well developed sense of humor has many benefits. A good laugh can lower blood pressure, have positive effects for as long as 45 minutes, and keeps depression away. Children who can appreciate and share humor are better liked by their peers and are more able to handle the adversities of childhood from moving to a new town, to teasing, to torment by playground bullies.

So how can we encourage children and ourselves to develop this tool for living? Here are some suggestions:

♥ First, understand the stages of humor as children grow and change

Babies love it when you smile and laugh, so be a role model. Do unexpected things. Go ahead and quack like a duck or put that diaper (yes, a clean one!) on your head! Play peek-a-boo; get that big belly laugh going for both of you.

Toddlers like to make adults laugh, teasing you by pointing to their belly when asked, “where's your nose?” Have you ever seen a toddler put on your big shoes and look for a laugh as they waddle around?

Preschoolers enjoy silly pictures where things are just not quite right, like a cow that says “oink” or a pig that wears sunglasses. They like rhymes and silly games. Peek-a-Boo changes into hide and seek games which are always full of grins and giggles.

School-agers begin to use real word-play. Remember those knock-knock jokes, puns, and riddles? Repeating the same joke over and over is fun for them. Older children begin to understand wit and sarcasm, and can use humor to handle difficult social interactions.

- ♥ Be a humor model - Learn some new jokes/riddles to tell them. Break out into a song at an unexpected moment. Find a moment to just be silly.
- ♥ Take a child's humor seriously. Encourage any attempts.
- ♥ Teach kids that adults are funny, and that they can be funny too.
- ♥ Create a humor-rich environment. Surround your children with funny books. Watch funny TV shows or movies. Play silly games, and sing silly songs
- ♥ Remember to approach challenges with a touch of levity. Problems usually get solved faster if we have a positive attitude. Have a mess to clean up? Find a way to make 'em laugh as you do it together.

Information taken from www.kidshealth.org “Encouraging Your Child's Sense of Humor”, reviewed by D'Arcy Lyness, PhD.

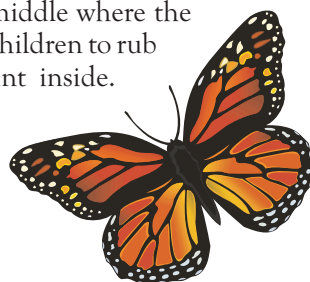
The TRAILS staff will be glad to assist you with resource books or websites. In the meantime, remember to keep smiling!

Submitted by Janet Thompson, Early Childhood Specialist

Butterfly Blottos

Fold a piece of construction paper in half and then re-open it. Place a small amount of tempera paint in the middle where the fold is. Fold the paper again and encourage the children to rub their hands over the paper to spread the paint inside. When the paper is opened, the print inside should look like a butterfly.

From “The Complete Resource Book for Toddlers and Twos”
by Pam Schiller



Activity

Can you answer these? Bet you know some kids who can!

1. What kind of stone is never found in the ocean?
2. When does a boat show affection?
3. Knock Knock... Who's there?... Ice Cream... Ice Cream who?
4. What should you do to a blue elephant?
5. What should you do to a green elephant?
6. Why do hummingbirds hum?

Answers on Page 7



Dear Roma

Dear Roma,

A two year old in the infant/toddler room is exhibiting very aggressive behavior by “attacking” other children. When I am occupied diapering another child he “attacks” the children by pulling them to the floor by their hair and then hitting or biting them. He appears to enjoy the pain that the “victims” show. What can I do to prevent these “attacks”? Ouch! Hair pulling and biting hurts!



“Not a Wrestling Coach”

Dear “Not a Wrestling Coach”,

The child has figured out that he can hurt or bully other children while you are busy. He is probably not enjoying the child's pain, but is attempting to get your attention from his actions.

First, begin to teach the child how to give gentle touches. Help the child give gentle touches with an open hand while praising (positive attention) him. Next, read “Hands Are Not for Hitting”. Ask the child to help the “victim” recover so the child will observe the “victim's” pain. Plan ahead by getting the child involved in an activity before you start diapering such as listening or sensory activities. You could play music and start a dance, sing a song, or provide a sensory bag or tote for exploration. Give the child one-on-one attention such as hand massage with lotion or just holding him before you start the diapering routine. If all these strategies fail, take the child with you as your helper.

Roma

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

Director's Corner

I recently had the opportunity to travel to Myrtle Beach, South Carolina for the Southern Early Childhood Association (SECA) Conference: The Wave of the Future. Each presentation and class revolved around the future of early child care and what we can all be doing to move ahead. As my time at the conference came to an end, I began to reflect back on why I had become involved in the early childhood field. I can state it rather simply-I wanted to make a difference in the life of child.

Margie Carter and Deb Curtis, authors of the book “The Visionary Director”, offer many wonderful suggestions for early childhood directors, but one statement near the beginning of their book caught my eye. They state, “As you take time to breathe and begin to discover a deeper longing that lives in you, you can discover how that longing can take shape and guide your work as an effective early childhood director”.

Most of us have a desire to make a significant difference in the world. Knowing what it is that motivates you to get up in the morning and face the challenges of child care can help you focus more effectively on your mission. Take time to reflect and think about why YOU have chosen the field of early childhood for your profession. Even with all of the struggles and challenges you face, I will almost guarantee you chose the early childhood field because of your longing to make a difference in the life of a child.

The Visionary Director. Margie Carter and Deb Curtis, Red Leaf Press.
www.redleafpress.org

Submitted by
Dianna Thompson, Early Childhood Specialist - Summersville Office





Use of Vans by Child Care Centers

A news article appeared in local newspapers a couple of weeks ago regarding the use of vans by child care centers. Most of the facts in the article were correct and it is good to see the word getting out to the general public about the use of non-conforming vehicles. The article may have raised some questions for you, so I wanted to provide you with helpful information. If you have additional questions, please contact me or your Licensing Specialist.

- ♥ Federal law prohibits the sale of non-conforming vans (exceeds 10 passengers) for the school-related transport of high school age and younger students.
- ♥ Head Start must use vehicles that meet Federal school bus safety standards.
- ♥ 10-15 passenger vans are not built to meet the same crashworthiness as school buses.
- ♥ The National Transportation Safety Board (NTSB) has stated that children should be transported in school buses or vehicles that meet school bus design standards.
- ♥ The National Highway Traffic Safety Administration (NHTSA) has issued several warnings regarding 15 passenger vans.
- ♥ NHTSA research has shown that 15-passenger vans have a rollover risk that increases dramatically as the number of occupants increases from fewer than five to more than ten. In fact, 15-passenger vans (with 10 or more occupants) had a rollover rate in single vehicle crashes that is nearly three times the rate of those that were lightly loaded (with fewer than five occupants).
- ♥ WVDHHR revised child care center licensing regulations in 2007 that addressed recommendations made by the NTSB regarding the transportation of children in child care settings.
- ♥ If a child care center currently uses a non-conforming vehicle it has until September 1, 2012, to comply with the vehicle recommendation.
- ♥ WV child care centers that currently use non-conforming vehicles need to have a plan filed with the Department describing how they will comply with the regulation.
- ♥ The NTSB has indicated to WV DHHR that certain safety features currently being installed in newly manufactured vehicles does not change the Board's recommendations due to the structural integrity of such vehicles in a crash.
- ♥ WVDHHR will continue to monitor federal regulations and recommendations and revise regulations pertaining to the use of non-conforming vehicles accordingly.

NHTSA web site: <http://www.nhtsa.gov/cars/problems/studies/15PassVans/15PassCustomer.html>

NTSB web site: http://www.nts.gov/alerts/SA_001.pdf

Child Care Center Regulation web site: <http://www.wvdhhr.org/bcf/ece/earlycare/regs.asp>

To reduce the risks associated with 15-passenger vans, NHTSA's safety advisory recommends:

REDUCE YOUR CHANCE OF ROLLOVER

Check your vehicle loading

- ♥ Heavily loaded 15-passenger vans those with 10 or more passengers or with loads placed on the roofs have an increased chance of rollover.
- ♥ If possible, have passengers and cargo forward of the rear axle and avoid placing any loads on the roof.

Check your tires

- ♥ Excessively worn or improperly inflated tires can lead to a loss-of-control situation and a rollover.
- ♥ At least once a month, check that the van's tires are properly inflated and the tread is not worn down.

Check your safety belts

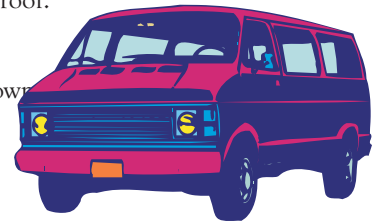
- ♥ 80% of people killed in rollover crashes in 15-passenger vans were not wearing their safety belts.
- ♥ Require all occupants to use their safety belts or appropriate child restraints.

Check your road conditions

- ♥ Most rollovers occur at high speeds as a result of sudden steering maneuvers.
- ♥ Use caution on interstates and rural roads to avoid running off the road.
- ♥ If your van's wheels should drop off the roadway, gradually slow down and steer back onto the roadway when it is safe to do so.

Check yourself, the driver

- ♥ U.S. DOT recommends 15-passenger vans be driven by trained and experienced drivers.
- ♥ Ensure you are well rested and alert.
- ♥ Maintain a safe speed for weather and road conditions.



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

FACTS Plus

<https://www.wvfacts.org/factsplusnet/>



Remember, FACTS Plus is for all child care providers that receive payments from MountainHeart Child Care Services.

By applying for your FREE account, you can keep check on your clients to make sure they are still approved for payment and you can check to see if your request for payment has been processed. Check It Out!



Let Your Garden Grow

Gardening is one great way to get your children outside. Growing plants is very educational and therapeutic as anyone, who is involved in gardening, will agree. Children can be taught an incredible number of lessons just by raising a few plants. Responsibility and patience are two virtues that quickly come to my mind. Of course, science can be taught in many enjoyable ways in the garden. Children can experience, first hand, the life cycle of plants, and with your supervision, they can conduct hundreds of very simple experiments in this "outdoor lab". There is also the joy of encountering and identifying insects, butterflies, birds and animals who will visit your garden. Numerous areas of the curriculum can be met through this experience.

Even a very young child will enjoy time spent in the garden under supervised conditions. Here are just a few ways you can get your toddlers involved:

- ♥ Pulling deadheads - You can let little ones help by showing them the difference between thriving plants and dead ones. Then let them pull off dead flower heads, dingy leaves or even pull up dead plants. Give them a pair of kid friendly gloves and practice patience yourself.
- ♥ Worm hunting - Worms help your garden thrive and children will find this activity fun, especially after a rainy day. Let them bring worms they find to the garden area.
- ♥ Rock collecting - Let the children go outside to collect rocks they find in the garden. They can identify different colors, shapes, and textures.
- ♥ Watering - Give toddlers a little can that pours slowly, so you don't end up with poor drowned plants.
- ♥ Busy work - There are a variety of busy (non-essential) tasks a toddler can do in a garden with a tiny hand shovel. Any toddler will love to shovel dirt back and forth between a pot and the ground, or have them pretend to plant things in a pot. They can also loosen dirt in an area of the garden for you.

For loads of gardening ideas for all ages check out the following website: <http://www.kidsgardening.org/> and get your children outside to have some FUN!

Submitted by Tricia Smith, Infant Toddler Specialist



MountainHeart

Child Care Resource & Referral

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.