

# Child Care Chronicles



A Newsletter of MountainHeart South  
for all providers of child care

Vol. VII Issue 2

Come visit us at: [www.mountain-heart.org/ccsouth.htm](http://www.mountain-heart.org/ccsouth.htm)

SPRING 2010



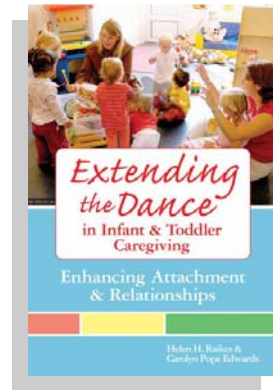
**Margaret Younce**  
Program Director

## Reflections From My Desk

Did you ever think of yourself as a dancer? According to many child and infant psychologists, relationships between parents, care givers and infants could be described metaphorically as a "dance". Loving, sensitive and responsive parents are the infant's first dance partners. Gradually, the infant's relationships expand and he or she accepts new dance partners to include grandparents, siblings and child care providers.

So, how do we dance with infants? We dance by following their lead, reciprocal communication, being in tune with emotions and responding to their needs. What a beautiful dance we can choreograph through nurturing and supporting care as we build a foundation for a healthy future!

To find out more about "dancing with infants", contact MountainHeart's newly certified PITC specialist, **Tricia Smith** or check out the book "Extending the Dance in Infant and Toddler Caregiving" by Helen Raikes and Carolyn Pope Edwards at [www.brookespublishing.com](http://www.brookespublishing.com). See Tricia's story on page 2.



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## A WORD OF THANKS FROM TRAILS

We want to thank Susan Vass and Ann Teubert for their donation of items to the TRAILS program. Your good deed will be the good fortune for others!

Janet and Sandra, Lewisburg TRAILS



## Business Plan Resource

If you are having a difficult time developing your business plan for Tier II. There is a website that could be a helpful resource. The website is <http://web.sba.gov/busplantemplate/BizPlanStart.cfm>. This site can help you write a business plan and also has a free training program. Spread the word to those working on Tier II!

Submitted by Jessica L. Dianellos  
Division of Early Care and Education  
WV Dept. of Health and Human Resources



West Virginia Infant/Toddler Professional Development Program

**Great Beginnings Infant/Toddler Conference**  
September 17 - 18, 2010  
Summersville convention & visitors center  
Summersville, WV

Model Room featuring Gross Motor Activities and Equipment

Professional Development Opportunities For Administrators and Caregivers of Infants/Toddlers

Topics addressing nutrition, health and active play.

Registration Opens April 1, 2010  
Contact your Infant/Toddler Specialist

West Virginia Health & Human Resources

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## Need Some Rainy Day Ideas?

Spring showers will bring the flowers but may keep us inside! Here's an idea to keep little ones busy and happy on those rainy days from "Play With Big Boxes" by Liz and Dick Wilmes. Plus you will be encouraging social interaction and language development along the way.

### Make a Rainy Day Playhouse

Get a large cardboard box such as one used to pack an appliance (check with Lowe's or other stores) Cut out a door children can use to enter and windows that are at the children's eye level. Spread newspapers down and let children paint or color their house. You can glue fabric pieces over the window openings for curtains. Place the house up against a wall and/or out of traffic areas. You may want to tape it to the floor. Then just provide props for play. Children can rest inside and read books if you place pillows inside. They can also play a game on the floor with a friend, play with their dolls, pretend to have a snack with dishes, or pretend to be camping! The ideas will be endless.

The book, "Play With Big Boxes" is available for check out from the TRAILS van and has over a hundred ideas using the boxes that you might just throw away or recycle. You can make puzzles, "walk along vehicles", activity booths, mystery boxes, and much more. Why not play with them first!

Submitted by Janet Thompson, Early Childhood Specialist, TRAILS Division



## Cribs Recalled After 3 Deaths



Government safety officials Tuesday announced a recall of more than 500,000 drop-side cribs sold at Buy Buy Baby, Kmart, Wal-Mart and other stores after the death of three infants.

The Consumer Product Safety Commission says plastic hardware on Generation 2 Worldwide and ChildESIGNS cribs can break and allow the drop side to detach. In addition, the mattress supports can break away from the crib frames. Both defects create gaps where a small child can be trapped and suffocate or strangle.

The agency has received three reports of children who died after getting trapped in gaps between the drop sides of their cribs and their mattresses.

Crib owners should contact the place of purchase for information on remedies including refunds, replacements and store credit. CPSC says owners should contact the agency if they have difficulty getting a remedy.

On the Web: <http://www.cpsc.gov/CPSC/PUB/PREREL/prhtml10/10134.html>

## Congratulations to Tricia Smith! *Infant and Toddler Specialist*

Tricia Smith, Infant and Toddler Specialist for Mountain Heart CCR&R has recently achieved full certification as a Program for Infant and Toddler Care (PITC) trainer! Ms. Smith traveled to Baltimore, MD to complete the first two PITC modules—(1) Social Emotional Growth and Socialization and (2) Group Care. The last two modules, (3) Learning and Development and (4) Culture, Family and Providers, she completed in Riverside, California. The PITC Program is sponsored by The Center for Child and Family Studies, WESTed and the Child Development Division of the California Department of Education.

According to Tricia, faculty from the PITC program will be in West Virginia in July 2010 for the Director's Conference sponsored by the Division of Early Care and Education. They will return again in November 2010 to offer Module 5 "Bright Beginnings" including topics on Inclusion and Special Needs.

Ms. Smith began employment in May 2001 with MountainHeart CCR&R as an Early Childhood Specialist in the TRAILS division. In February 2007, she became the Infant and Toddler Specialist on the Professional Development Team. Tricia stated, "The information gained from this program will greatly enhance the Infant and Toddler professional development sessions provided by MountainHeart".



*Tricia Smith  
Infant/Toddler Specialist*

## MountainHeart Says Goodbye To Gingerbread Cottage



*Mamaw Ann and Papaw Fred,  
Owners & Directors of  
Gingerbread Cottage*

After nearly 40 years of providing child care services to Greenbrier County families, Gingerbread Cottage owners, Ann and Fred Tuebert have decided it is time to retire. The Tueberts began their child care adventure in Wyoming County in the early 1960's. After moving to Greenbrier County in 1967, "Mamaw Ann and Papaw Fred", as the children would call them, opened a small child care facility with only 5 children and a rate of pay of a mere \$5.00 per day. According to Mrs. Tuebert, "It wasn't as easy to be qualified then." Child care providers were required to go through several stages of testing in order to acquire the maximum amount of reimbursement. While in testing, the pay was lessened to \$3.00 per day, per child.

Although times have changed in the registration process, the premise of providing quality child care has remained the same. Mrs. Tuebert feels that she has "left a positive influence on many children and their families."

"To the staff of MountainHeart and DHHR, I owe many thanks for being there to encourage each of us to succeed. I also owe many thanks to my family for their support and the many good helpers I've had through the years. We will miss all of the children very much, as well as their families. For each of you I wish the wonderful blessings of God and a very bright future."

Submitted by Susan McCoy, Supervisor



*Ginger*

## Meet Avery Cale McCoy!

My name is Susan McCoy and I am the Supervisor of the MountainHeart CCR&R office in Lewisburg. My husband and I have a 9 year old son and were expecting our second child, a daughter, in June of 2009. After a few months of hoping for a change, our son decided that having a little sister might not be so bad! The pregnancy progressed with a few minor health concerns but nothing of great worry. We were getting ready for our new little girl, Avery!

On April 28, 2009 my bags were packed and I was heading to a social work conference in Charleston. Shortly before time to leave, I began to feel a little uncomfortable. The longer I waited, the more uncomfortable I became. Little did I know I was in preterm labor! I went to my doctor to see what was happening and was immediately admitted to the hospital in an attempt to stop the labor progression. For 24 hours I was given medication to stop labor, all to no avail. At 2 PM on the 29<sup>th</sup> of April, the doctor advised the nurses to stop all efforts to end labor and Miss Avery Cale McCoy was born at 3:08pm weighing 3 lbs and 12ozs and measuring 16 ¾ inches long. She was immediately assessed by her pediatrician and taken by ambulance to Women's and Children's Hospital in Charleston. Unfortunately, I had to stay behind until the next day but her Daddy and Mawmaw followed the ambulance and was there with her throughout her first night.



*Avery Cale McCoy*

Avery spent 9 days in the Neonatal Intensive Care Unit (NICU) then was transferred to the Pediatric Intensive Care (PICU) step-down unit where she stayed for an additional 8 days. During her stay, she progressed very well and had only one minor setback, a slight case of jaundice. Avery came to be what they called a "feeder and grower"; she had to stay in the hospital until she was consistently gaining weight. She was discharged from the hospital on May 17, 2009, weighing 4lbs and 3 oz. She currently weighs in at almost 19 lbs! She is our little miracle girl and has truly been a blessing to our family!

In December 2009, our family was approached to be the 2010 Ambassador Family for the March of Dimes "March for Babies" in Greenbrier County. The March of Dimes "March for Babies" helps to raise money for support programs in the community and helps moms have healthy, full-term pregnancies. The money raised also funds research to find answers to problems that cause premature births and birth defects. The March of Dimes "March for Babies" has raised \$1.8 billion since 1970!

For more information regarding the March for Babies visit [www.marchforbabies.org](http://www.marchforbabies.org).

Submitted by Susan McCoy, Supervisor



Come visit us at: [www.mountain-heart.org/ccsouth.htm](http://www.mountain-heart.org/ccsouth.htm)

## Was It Me? What Did I Do?

When a divorce occurs, children feel they are to blame. Children, as well as parents, feel the stress and confusion of separation and divorce. Many children experience a wide variety of feelings, such as; anger, sadness, loneliness, embarrassment, disappointment, fear, frustration, and a sense of betrayal. They do not fully understand the causes and are uncertain about what life will be like after divorce.

The family generally moves through a series of stages during a divorce. In the pre-divorce period, as spouses argue and the distance between them grows, children may be caught up in the conflict and start to exhibit acting-out behavior such as: fighting, disobeying, talking back and crying for no reason.

During the *separation* period, when one parent leaves the household, children in middle years may feel insecure with disruptions in their daily routines. They are facing the reality that one parent is no longer around to pick them up from school, help them with their homework, or tuck them in at night.

The *adjustment* period begins, when children start to cope with their new life circumstances. Some of these may include visiting schedules, living arrangements, and perhaps a mother who has to go back to work.

Next, during the *reorganization* period, parents and children begin to reach a balance, and the children feel more stable.

Finally, if a remarriage occurs, it may force new adjustments for children who feel unconfident until they sense their parents are emotionally available to them again.

As a child care provider, your ability to communicate with the child and meet his or her daily emotional needs will have a positive effect on the child. Providing a comfortable and safe learning environment will also relieve a child's anxiety and stress.

### Child Care Provider Tips to Help Children through Divorce

- ♥ Answer questions honestly
- ♥ Let the child know it is not their fault
- ♥ Listen quietly
- ♥ Let the child know however they respond to divorce is O.K.
- ♥ Let the child know it is normal
- ♥ Give extra TLC (Tender Loving Care)
- ♥ Read together and talk about a book on divorce for children

### Sources

<http://www.gsmc.org/10%20Tips%20to%20Help%20Children%20Through%20Divorce.html>

<http://www.healthychildren.org/English/family-life/family-dynamics/types-of-families/pages/Divorce-What-Should-You-Tell-the-Children.aspx>

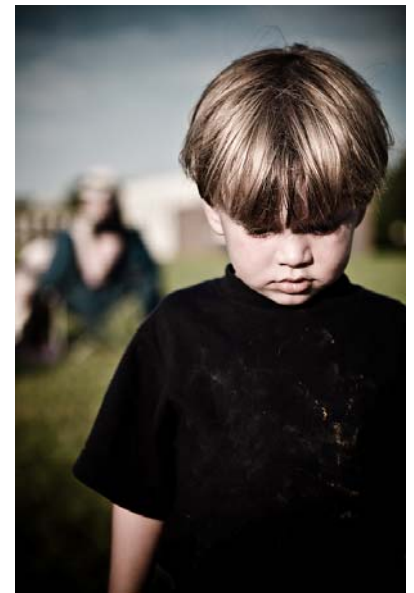
Additional information about helping children cope with separation and divorce can be found at:

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

[www.divorce-papers.org](http://www.divorce-papers.org)

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

Submitted by Sara Mathes, Early Childhood Specialist



## Text4Baby

Each year in the U.S., more than 500,000 babies are born prematurely and an estimated 28,000 children die before their first birthday. In response to this national public health crisis, the National Healthy Mothers, Healthy Babies Coalition (HMHB) has launched text4baby, a free mobile information service that provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life.

Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) receive free SMS text messages each week, timed to their due date or baby's date of birth. These messages focus on a variety of topics critical to maternal and child health, including birth defects prevention, immunization, nutrition, seasonal flu, mental health, oral health and safe sleep. Text4baby messages also connect women to prenatal and infant care services and other resources.

Text messaging represents an enormous yet untapped channel for delivering vital health information to those who need it most. Over 1.5 trillion SMS text messages were sent in the U.S. in 2008, with texting use higher among women of childbearing age.

The text4baby initiative includes a robust evaluation led by The George Washington University with potential to demonstrate the impact of text4baby, and mobile health technology more broadly, on maternal and child health.

Check out [www.text4baby.org](http://www.text4baby.org) for additional information.

Come visit us at: [www.mountain-heart.org/ccsouth.htm](http://www.mountain-heart.org/ccsouth.htm)

**Professional Development Session on Positive Interactions & Relationships**

**Title:** Overview of Positive Behavior Support (\$)  
**Description:** Participants will learn how to implement appropriate guidance, promote positive behavior, teach problem solving, and help children learn how to gain self-control. Participants will gain an understanding of the importance of observation and how to adapt discipline and guidance to meet the needs of individual children.  
**Registration:** Please call Reba or Missie at 1-866-872-9204 to Pre-Register.



April 19, 2010 from 12:00 pm - 2:00 pm  
 Fayette County DHHR in Oak Hill

**Core Competency**  
**2 Hrs. Positive Interactions and Relationships**  
**(Tier III)**  
**Target Audience: All**

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

Thanks to all the dedicated directors in our region we have very few of you left who still need to take this professional development session. It will now be offered only two times a year, so please note the dates and plan to take one of these sessions. Remember policy still states you must attend this training before sending caregivers through West Virginia Infant/ Toddler (WVIT) Professional Development Program, so plan accordingly.

**Upcoming Director Professional Development Sessions**  
**Bekley MountainHeart Office Conference Room**  
**June 3, 2010 from 10am – 5pm**  
**September 2, 2010 from 10am – 5pm**

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.

**Future opportunities to attend:**

- July/ August 2010 -- Nicholas
- November/ December 2010 – Greenbrier & Raleigh
- March/ April 2011 – Mercer
- July/ August 2011 – Raleigh

**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.

April 12, 2010  
 3:00 pm to 5:00 pm  
 Starting Points Center  
 Cowen, WV

May 10, 2010  
 3:00 pm to 5:00 pm  
 Lil' Lambs Child Care  
 Hinton, WV

June 8, 2010  
 1:00 pm to 3:00 pm  
 Braxton County DHHR  
 Braxton, WV



**Friendly Reminders**

- ♥ Providers must Pre-Register For All Professional Development Sessions
- ♥ Participants are expected to be on time for professional development sessions and stay for the entire session. If a participant misses more than 15 minutes of a session then they will not be eligible for a certificate

**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 Trainers: Dianna Thompson and Sara Mathes

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### April Topics

#### **Topic 1 - Clean Sweep: Cleaning Out The Clutter**

**Core Competency** - 1 Hr. of Child Growth & Development and 1 Hr. of Program Management (Tier II)

**Target Audience** - All

**Summary** - Participants of this professional development session will learn the importance of creating a “child” friendly environment. The session will look at the environment as a whole and discuss the many messages that the environment conveys to children and the families that you serve.

#### **Topic 2 - Happy To Be Me! Building A Healthy Self Image**

**Core Competency** - 2 Hrs. of Child Growth and Development (Tier II)

**Target Audience** - All

**Summary** - How much influence can an adult have on the development of children? Learn some ideas and techniques about child development that will encourage positive growth physically, socially and emotionally, and cognitively.

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### May Topics

#### **Topic 1 - Tag, You're It! Outdoor Activities For Children**

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

**Target Audience** - Preschool and School Age

**Summary** - Remember the days of playing outside and having fun? This professional development session will jog your memory and remind you of games from the past. Participants will receive ideas and information about the importance of outdoor play.

#### **Topic 2 - Developing A Quality Afterschool Program**

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

**Target Audience** - School Age

**Summary** - Summer's coming and what can we do with all these school children? Participants of this professional development session will learn basic ideas and strategies to building a quality afterschool program. This session will look at setting up the environment and implementing a curriculum that will keep school age children interested.

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### June Topics

#### **Topic 1 - Does This Shoe Fit? Conducting A Parent Interview**

**Core Competency** - 1 Hr. of Professionalism and 1 Hr. of Program Management (Tier I)

**Target Audience** - Adults

**Summary** - One of the most important tasks of being a professional child care provider is the initial interview with parents. Participants of this professional development session will learn the basics to conducting an interview and questions to address during the interview.

#### **Topic 2 - Tell Me A Tale: Storytelling With Young Children**

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

**Target Audience** - Preschool/School Age

**Summary** - Once upon a time there lived... The art of storytelling is slowly fading from our children's lives. Participants of this professional development session will learn basic storytelling ideas and suggestions.

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### **Understanding Shaken Baby Syndrome**

**Core Competency:** 2 hrs. of Health, Safety and Nutrition (Tier III)

**Target Audience:** Infant/Toddler

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

April 7, 2010

10 am - 12 pm

Mercer County Workforce

May 20, 2010

11 am - 1 pm

Nicholas County Workforce

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### **Positive Behavior Strategies for Infants, Toddlers, and Twos**

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

**Target Audience** - Infants/Toddlers

**Summary** - Participants will discuss the difference between Guidance, Discipline, and Punishment and development strategies that will work with the developmental level of the children they are working with.

April 12, 2010

6 pm - 8 pm

Mercer County Workforce

May 10, 2010

6 pm - 8 pm

Lil' Lambs Child Care in Hinton

June 8, 2010

10 am - 12 pm

Braxton County DHHR

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***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 CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of early Care and Education. MHCCR&R was established in 1992.

# Professional Development Opportunities for April, May, & June 2010

## Braxton County - Braxton County DHHR

June 8, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Positive Behavior Support Strategies for Infants, Toddlers, and Twos  
Sleeping Safe

## Fayette County - Fayette County DHHR

April 19, 2010

May 10, 2010

12:00 pm - 2:00 pm  
**10:00 am - 12:00 pm**  
**1:00 pm - 3:00 pm**  
11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

Overview of Positive Behavior Support  
**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**  
Does This Shoe Fit? Conducting A Parent Interview  
Tell Me A Tale: Storytelling With Young Children



June 25, 2010

11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

Does This Shoe Fit? Conducting A Parent Interview  
Tell Me A Tale: Storytelling With Young Children

## Greenbrier County - Workforce in Lewisburg

April 28, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
**11:00 am - 1:00 pm**  
**2:00 pm - 4:00 pm**  
12:00 pm to 2:00 pm  
3:00 pm - 5:00 pm

Clean Sweep: Cleaning Out The Clutter  
Happy To Be Me! Building A Healthy Self Image  
**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**  
Does This Shoe Fit? Conducting A Parent Interview  
Tell Me A Tale: Storytelling With Young Children



May 4, 2010

**11:00 am - 1:00 pm**  
**2:00 pm - 4:00 pm**

**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**



June 15, 2010

12:00 pm to 2:00 pm  
3:00 pm - 5:00 pm

Does This Shoe Fit? Conducting A Parent Interview  
Tell Me A Tale: Storytelling With Young Children

## McDowell County - Workforce in Welch



April 14, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
**10:00 am - 12:00 pm**  
**1:00 pm - 3:00 pm**

Clean Sweep: Cleaning Out The Clutter  
Happy To Be Me! Building A Healthy Self Image  
**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**



May 13, 2010

**10:00 am - 12:00 pm**  
**1:00 pm - 3:00 pm**

**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**



June 22, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Does This Shoe Fit? Conducting A Parent Interview  
Tell Me A Tale: Storytelling With Young Children

## Mercer County - Lifeline Child Care/Princeton Church of God

June 19, 2010

10:00 am - 3:00 pm

Once Upon A Time... The Importance of Early Literacy In Early Childhood

## Mercer County - Workforce in Princeton

April 7, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

Understanding Shaken Baby Syndrome  
Understanding The West Virginia Early Learning Standards Framework  
Happy To Be Me! Building A Healthy Self Image  
Clean Sweep: Cleaning Out The Clutter



April 20, 2010

11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**

May 5, 2010

**10:00 am - 12:00 pm**  
**1:00 pm - 3:00 pm**

**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**



May 25, 2010

11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

Tag You're It! Outdoor Activities for Children



June 23, 2010

**12:00 pm - 2:00 pm**  
**3:00 pm - 5:00 pm**

**Does This Shoe Fit? Conducting A Parent Interview**  
**Tell Me A Tale: Storytelling With Young Children**

## Monroe County - Mercer County DHHR



April 22, 2010

10:30 am to 12:30 pm  
1:30 pm to 3:30 pm

Clean Sweep: Cleaning Out The Clutter  
Happy To Be Me! Building A Healthy Self Image

## Nicholas County - Friends-R-Fun in Summersville

June 1, 2010

6:00 pm to 8:00 pm

I Need A VACATION! The Importance Of Maintaining Good Mental Health

## Nicholas County - Workforce in Summersville



April 13, 2010

10:00 am to 12:00 pm  
1:00 pm to 3:00 pm  
**11:00 am to 1:00 pm**  
**2:00 pm to 4:00 pm**

Clean Sweep: Cleaning Out The Clutter  
Happy To Be Me! Building A Healthy Self Image  
**Shaken Baby Syndrome**  
**How About Them EERS!**

May 20, 2010

**11:00 am to 1:00 pm**  
**2:00 pm to 4:00 pm**

**Shaken Baby Syndrome**  
**How About Them EERS!**

## Pocahontas County - McClintic Library in Marlinton



June 16, 2010

10:30 am - 12:30 pm  
1:30 pm - 3:30 pm

Does This Shoe Fit? Conducting A Parent Interview  
Tell Me A Tale: Storytelling With Young Children

## Raleigh County - MountainHeart in Beckley

April 21, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

Clean Sweep: Cleaning Out The Clutter  
Happy To Be Me! Building A Healthy Self Image  
Happy To Be Me! Building A Healthy Self Image  
Clean Sweep: Cleaning Out The Clutter



April 29, 2010

11:00 am - 1:00 pm  
2:00 pm - 4:00 pm

Happy To Be Me! Building A Healthy Self Image  
Clean Sweep: Cleaning Out The Clutter

May 7, 2010

**10:00 am - 12:00 pm**  
**1:00 pm - 3:00 pm**

**Tag You're It! Outdoor Activities for Children**  
**Developing A Quality Afterschool Program**



May 24, 2010

12:00 pm - 2:00 pm  
3:00 pm - 5:00 pm

Developing A Quality Afterschool Program  
Tag You're It! Outdoor Activities for Children



June 7, 2010

**10:00 am - 12:00 pm**  
**1:00 pm - 3:00 pm**

**Does This Shoe Fit? Conducting A Parent Interview**  
**Tell Me A Tale: Storytelling With Young Children**

June 29, 2010

2:00 pm - 4:00 pm  
5:00 pm - 7:00 pm

Tell Me A Tale: Storytelling With Young Children  
Does This Shoe Fit? Conducting A Parent Interview

## Summers County - Lil' Lambs Child Care in Hinton

May 10, 2010

3:00 pm - 5:00 pm  
6:00 pm - 8:00 pm

Sleeping Safe  
Positive Behavior Support for Infants, Toddlers and Twos

## Webster County - Cowen Starting Points Center

April 12, 2010

3:00 pm - 5:00 pm

Sleeping Safe

## Webster County - Mountain CAP Child Development Center

April 12, 2010

6:00 pm - 8:00 pm

Positive Behavior Support for Infants, Toddlers and Twos

## Wyoming County - MountainHeart Community Services, Inc in Kopperston



May 12, 2010

10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Tag You're It! Outdoor Activities for Children  
Developing A Quality Afterschool Program

**IF PUBLIC SCHOOLS ARE CANCELLED IN YOUR COUNTY DUE TO INCLEMENT WEATHER,  
THERE WILL BE NO PROFESSIONAL DEVELOPMENT THAT DAY.**

# Super Saturday Professional Development Opportunities

## Once Upon A Time... The Importance of Early Literacy in Early Childhood

**Core Competency** - 5 Hrs. of Curriculum (Tier III)

**Target Audience** - Mixed Age Groups

**Summary** - Participants of this session will learn how to incorporate language and literacy through out their early childhood environment. Participants will learn strategies to make their environments more print rich and literacy filled. They will also have the opportunity to make a variety of literacy activities that they can include in their work with young learners.

**Registration limited to 100 participants and you must pre-register in order to attend.**

**June 19, 2010**

**10:00 am - 3:00 pm**

**Lifeline Child Care/Princeton Church of God**

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## Understanding the West Virginia Early Learning Standards Framework

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

**Target Audience** - All

**Summary** - This session provides an introduction, overview of the purpose, content and benefits of the West Virginia Early Learning Standards Framework (WV ELSF).

**April 7, 2010**

**1 pm - 3 pm**

**Mercer County Workforce**

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## How About Them EERS!

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

**Target Audience** - Adults

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

**May 20, 2010**

**2 pm - 4 pm**

**Nicholas County Workforce**

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## I Need A VACATION! The Importance Of Maintaining Good Mental Health

**Core Competency** - 1 Hr. of Health, Safety & Nutrition and 1 Hr. of Professionalism (Tier II)

**Target Audience** - Adults

**Summary** - Being a child care provider can be stressful. This professional development session will look at ways to relieve stress and improve your overall mental health.

**June 1, 2010**

**6 pm - 8 pm**

**Friends-R-Fun In Summersville**

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## 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, 2010 for Fayette 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 14 Participants**

Sessions are open to family providers, facilities, & child care centers and will be held at **Mount Olive United Methodist Church in Lookout** on the following dates:

**Module 1 - April 13, 2010 from 4:00 pm - 8:00 pm**

**Module 2 - April 19, 2010 from 4:00 pm - 8:00 pm**

**Module 3 - April 27, 2010 from 4:00 pm - 8:00 pm**

**Module 4 - May 4, 2010 from 4:00 pm - 8:00 pm**

**Module 5 - May 11, 2010 from 4:00 pm - 8:00 pm**

**Module 6 - May 18, 2010 from 4:00 pm - 8:00 pm**

**Module 7 - May 25, 2010 from 4:00 pm - 8:00 pm**

**Module 8 - June 3, 2010 from 4:00 pm - 8:00 pm**

**Target Audience: Toddlers/Preschool (Tier II)**

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

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***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 CCR&R is funded through a grant from DHHR, Bureau for Children and Families, Division of Early Care and Education. MHCCR&R was established in 1992.



# TRAILS Mix

## Planning For Rainy Days

After a long hard winter, it is time to look forward to spring and warmer weather. However, rainy days can cause children to spend long hours indoors, too. We've all heard the children's song, "Rain, rain, go away, come again another day." It is important to have a plan to accommodate a child's need for active play. The following may give you some ways to solve this problem.



1. Have a Sun Beam Walk – Using masking tape, tape two strips of tape to the floor about eight inches apart. Tell the children that this is their "Sun Beam". Allow the children to walk across the beam one at a time. This is a great activity to encourage balance. Once walking across is mastered, add different challenges like walking on tip toe, walking backwards, or perhaps walking like a butterfly or bird.
2. Hula-Hoop Play – Hula hoops can be used for so many different activities. Children can jump in and out of them while the hoops are on the ground while playing music. You can hold one up while children throw a soft ball through them. The hoops can become a pretend bed for a pretend animal or pen for zoo animals.
3. We're Going on a Bear Hunt – There are a lot of different renditions of this song, but here is one that I know. "We're going on a bear hunt (children repeat), I'm not afraid (repeat) Look there's a river (repeat), you can't go over it (repeat), you can't go under it (repeat), We have to go through it." You then lead the children into mimicking the actions. You can make up all sorts of adventures.
4. Read a "Rain" story and then paint what a rainy day looks like or use water play to investigate the properties of water.

A rainy day can be used to incorporate all kinds of learning into what could have been a long day inside. I grew up loving rainy days because my teachers saved special activities for those days only, so it made rainy days special to me as a child, and I carried that love over into my adulthood.

The TRAILS van has an abundance of music, resource books and materials to be checked out. Use the next rainy day to contact you local van for more great inside or outside activities and resources.

Taken from: *Playing to Learn* by Carol Seefeldt, Gryphon House Books

Submitted by: Joanne McCallister, TRAILS Early Childhood Specialist



## Healthy Recipe Wrap-Ups

- 1 tsp. low fat mayonnaise
  - 1 tsp. low-fat sour cream
  - ¼ cup chopped or grated vegetables (tomato, red or green pepper, cucumber, carrot, onion, or zucchini)
  - 2 Tbsp. grated cheese
1. Mix mayonnaise and sour cream. Spread on one side of tortilla.
  2. Top with ¼ cup chopped vegetables and grated cheese.
  3. Fold the tortilla in half or roll it up for a sandwich on the go.

Makes 5 wrap-ups

From Physical Activities and Healthy Snacks for Young Children,  
Team Nutrition Iowa.

## Library Booklist Picture Books About Rain

Here are some spring books for children:

- ♥ *Rain Song* by Lezlie Evans
- ♥ *Cat and Mouse in the Rain* by Tomasz Bogacki
- ♥ *Where Does the Butterfly Go When It Rains* by May Garelick
- ♥ *Come On, Rain!* By Betsy James
- ♥ *James and the Rain* by Karla Kuskin
- ♥ *Puddles* by Jonathan London
- ♥ *The Puddle* by David M. McPhail
- ♥ *Bumpa Rumpus and the Rainy Day* by Joanne Reay
- ♥ *No Cats Allowed* by Lois Simmie
- ♥ *A Drop of Rain* by Wong Herbert Yee

Taken from

[www.kckpl.lib.ks.us/YS/books/aprilbk2.htm](http://www.kckpl.lib.ks.us/YS/books/aprilbk2.htm)

## Roma's Real World

### "When Will It Happen To Me?"

#### Fostering Resiliency—Seeds of Hope

With all the television coverage of the horrific pain and suffering of the families and children in HAITI, I felt it was appropriate to discuss how we can provide support to our children who may be wondering "When will it happen to me?" This is the way many children think when they see overwhelming events happen around them such as natural disasters.

Young children, around 3 to 4 years of age, are just beginning to learn to navigate the confusing borders of time and space and understand what is real and what isn't. When children do experience a terrible event in their lives, some will bounce back from terrible circumstances and lead emotionally healthy and productive lives but others may deal with the effects of the trauma for a lifetime. Many children will also depend on inherited personal qualities or help from an adult to be resilient during these types of circumstances. The key ingredient is one caring adult who believes in the child and helps that child see that his or her life is positive and valuable. The caring adult who fosters resiliency, nurtures a positive outlook and a sense of personal power in the child and helps the child gain mastery over the environment.

Often after a catastrophic event, survivors go into the same emotional shock that follows the sudden death of a spouse, parent, or child. They become seriously dazed and confused and exhibit many, if not most, of the symptoms of trauma for days, weeks, or even longer if the circumstance continues. The following strategies may help families or young children get through traumatic events:

- ♥ Try to create a daily routine and ritual that supports the child and family's current needs
- ♥ Eat healthy, get exercise and adequate sleep
- ♥ When they are ready, let child talk about their feelings
- ♥ Allow children to cry when they need to, and seek solitude when they have to
- ♥ Provide calm, uncluttered surroundings that convey order and safety
- ♥ Take breaks from the news and headlines
- ♥ Help children and families mentally digest new information, what they need to do, or where they need to be
- ♥ Try to focus on the good things in your day and your life, and find the seeds of hope
- ♥ Replenish your spirit with friends, faith, family, music, or nature
- ♥ Seek help if you feel that life is not becoming more manageable with time



Children & families need stability & reassurance of familiar faces of family, friends, neighbors, teachers, & child care providers.

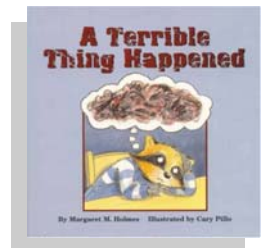
Resource: *What Happened to My World?* By Jim Greenman

Submitted by Roma Lester, Behavior Consultant

### "Books For Emotional Intelligence"

- ♥ *Dealing with Traumatic Events: A Terrible Thing Happened* by Margaret M. Holmes
- ♥ *Coping Strategies: Sometimes My Mommy Gets Angry* by Bebe Moore Campbell
- ♥ *Handling Emergencies: Don't Panic* by Jules Older
- ♥ *Dealing with Divorce: Where Has Daddy Gone?* by Trudy Osman
- ♥ *Dealing with Dying: Everett Anderson's Goodbye* by Lucille Clifton
- ♥ *Dealing with Separation Anxiety: Where's Bunny's Mommy?* by Charlotte Doyle

Submitted by Roma Lester, Behavioral Consultant



### Easing Separation for You and Your Child

"Separation is something we all deal with throughout life, from relatively minor losses, like friends who move away, to the ultimate separation, death. How we handle separations is developed very early in life, literally from our Peek-A-Boo days when we first deal with the disappearance and reappearance of someone we love. How we help children handle separation then is of first importance and is truly life-shaping". (Warren, R 1977 "Caring: Supporting Children's Growth". Washington, DC: NAEYC, p. 28)

When a child enters a group program, whether it is full-time child care or a part time program, saying good-bye each day is a hard adjustment. Keeping in mind the following tips will help the transition to go smoother:

- ♥ Make sure parents are comfortable with the decision to enroll their child in a group program and of the quality of the program. The child will feed off of an adult's attitude. Good feelings are contagious.
- ♥ Prepare the child for the upcoming transition. Young children like adults feel more comfortable when they know what to expect.
- ♥ Start by establishing some arrival and good-bye routines and be consistent.
- ♥ Always encourage parents to say "good-bye". It may be tempting to slip out unnoticed, however, leaving without saying good-bye will violate a child's trust in the adult.

Soon the daily separations, and the joy of being together again, will become part of the day for parent and child and another challenge on the road to growing up will have been accomplished. The child will have learned that the world includes "hellos" and "goodbyes"!

Submitted by Tricia Smith, Infant and Toddler Specialist

## The Business Side of Child Care

### Frequently Asked Questions (FAQs) About Collecting Daily Fees

Most parents will have a daily fee that is to be paid directly to you, the child care provider. This is the fee that has been determined that the parent should pay. Below are answers to frequently asked questions (FAQs) that may be helpful in determining who collects the daily fee, and what can be done if the daily fee is not being paid by the parent.

**Q:** Who is responsible for collecting the daily fee from the parent?

**A:** The provider must collect the parent daily fee. Remember, the daily fee amount is indicated on the Child Care Certificate that the parent signs and gives to the provider. Providers should collect the fee from the parent in order to receive the full payment amount for child care services provided. Parent fees are deducted from monthly checks, so if you do not collect the fee, it will be less income for you.

**Q:** Should I give the parent a receipt when the daily fee has been paid?

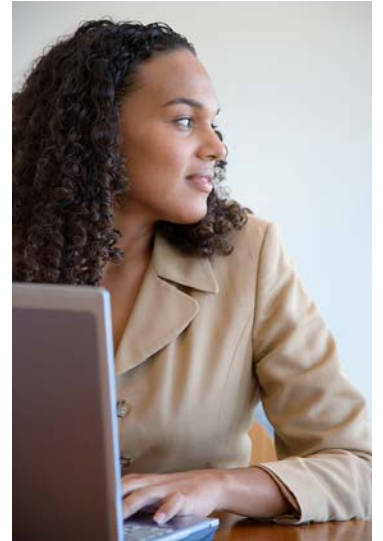
**A:** Yes, and a billing and receipt form (ECE-CC-10D) is available from your local MountainHeart R&R office upon your request.

**Q:** How often should the daily fee “actually” be paid?

**A:** Fees should be paid at least monthly, however, providers and parents should jointly decide when and how often payments should be made. Example: daily, weekly or bi-monthly

Providers, please remember that MountainHeart CCR&R staff can assist you with collecting the parent’s portion of the daily fee, even though no guarantee can be made that fees will be paid by the parent. If a parent does not pay the required daily fee and the provider decides to pursue collection, a certain process must be followed. The collection fee process is called “How Are Overdue Fees Collected”. If you would like more information about this process, please contact your local MountainHeart CCR&R office. As always, MountainHeart is here to assist providers in any way possible, and with these difficult economic times, it is important that providers are collecting daily fees from parents.

Submitted by Betty Hamrick,  
Supervisor & Case Management Coordinator - Summersville Office



## Dear Roma

Dear Roma,

I am a parent of a 4 year old boy who whines and it is driving me crazy! Punishment and bribery hasn’t worked. Does it sound like I am whining? Help!

Whining Parent

Dear “Whining Parent”,

Let me start by saying bribery or punishment is not the appropriate way to deal with challenging behaviors. Children use behaviors that work for them. Whining is usually based on the goal of seeking undue attention. So every time the child whines, take him on your lap and say, “I bet you need a big hug.” Do not say anything about the whining or what the child is whining about—just hug him until you both feel better. Let him know that you love him but you are not going to respond to his whining. Tell him that every time he whines you will be leaving the room. When he stops whining, you will be happy to spend time with him.

Roma



If you want more information or want to schedule an observation, please contact me at 1-800-834-7082.

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

## Medication Administration Training

MountainHeart Child Care is pleased to announce they will be sponsoring more Medication Administration Trainings. The following are the dates and times:

- ♥ February 17, 2010 at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 4:30 to 9:00pm
- ♥ March 11, 2010 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5:00 to 9:00pm.
- ♥ March 12, 2010 at the MountainHeart Community Services Conference Room at Rt. 85 in Kopperston from 1:00 to 5:00pm.
- ♥ April 3, 2010 at Humpty Dumpty Day Care in Hinton from 10:00am to 2:00pm
- ♥ April 20, 2010 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 4:30 to 9:00pm.
- ♥ April 20, 2010 at the Nicholas County Workforce Building (Summersville/MountainHeart Office) from 4:30 to 9:00pm.
- ♥ May 14, 2010 at the Mercer County Workforce Building (Princeton/MountainHeart Office) from 4:30 to 9:00pm.
- ♥ May 22, 2010 at the Grenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10:00am to 2:00pm.
- ♥ June 16, 2010 at the Nicholas county Workforce Building (Summersville/MountainHeart Office) from 4:30 to 9:00pm.

Call Reba or Missy at 1-866-872-9204 to register. Class size is limited to 15 and there will be a wait list. If, for some reason after you register, an emergency arises and you are unable to attend, please call and let us know so we can put someone from wait 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 non latex gloves.
- ♥ You need to bring your STARS Bar Code ID's.



*Training Materials Needed*

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.


 MOUNTAINHEART  
Community Services, Inc.

P.O. Box 966 • Beckley, WV 25801

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

**Important Information**  
**Professional Development**  
**Schedule Inside!**