

# Child Care Chronicles

A Newsletter of MountainHeart South  
for all providers of child care



Vol. VII Issue 1

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

WINTER 2010



Margaret Younce  
Program Director

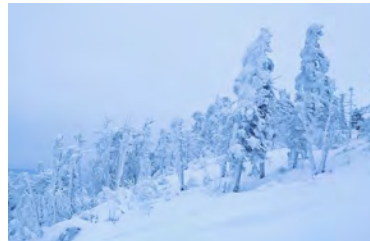
## Reflections From MY Desk

Be prepared. That's the simple but highly significant motto for the Boy Scouts of America. The recent winter storm came fast and furious and in the long days to follow without electricity, heat, water, and communication with the outside world, I came to the discomfiting conclusion, I am not prepared.

To give you a few examples, first, we had no "back-up" source of heat in our house. Secondly, the propane gas tank on the outside grill was almost empty. Thirdly, the rechargeable flashlight went dead by day two along with the cell phones and there was no way to recharge them. We also were limited on the amount of fresh, "snackable" food in the refrigerator and not one store was opened in our town. When we did find a store on the outskirts of town operating in the dark, they required cash only. Stores were open an hour away, but we couldn't travel due to extremely hazardous road conditions.

When I finally was able to return back to work, I heard story after story of friends and co-workers who spent the night in their car on the interstate, parents who couldn't make it to the day care center to pick up their children, children stranded on their school buses, and others like me, who were basically not prepared for this winter weather disaster.

2010 is a new start and I wholeheartedly recommend that we all make a resolution to "Be Prepared" by designing a disaster plan for our families and for our child care businesses. Severe weather happens fast and those of you providing care for children have a great responsibility for their safety and well being. For a great resource check out NACCRRRA's "Nurturing Children After Natural Disasters", a printable booklet available online at: [www.naccrra.org](http://www.naccrra.org)



## Meet Sara Mathes Early Childhood Specialist

I would like to take this opportunity to introduce myself. My name is Sara Mathes. I graduated from Glenville State College in 2004, and I have recently been employed as one of the MountainHeart Early Childhood Specialists. Previously, I worked for three years at Mountain CAP Child Development Center as the after school teacher. I also worked for three years at the Webster County Board of Education as a kindergarten through grade eight substitute teacher. Even though I will miss those I have worked with previously, I am looking forward to the opportunity to grow in experience and knowledge in early childhood. I have always enjoyed working with children and parents. Now, as an Early Childhood Specialist, I find this an amazing opportunity to help ensure our futures by providing professional development sessions to the caregivers.

"The only people who think children are carefree are the ones who've forgotten their own childhood."

-Orson Scott Card



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## Summersville Office Serves As Nicholas County Headquarters for TOYS FOR TOTS

"Children are our future and our future looks promising!" We hear that quite often and we try our hardest to fulfill our motto, but at this time of the year the future may not always seem promising to many of our children looking forward to Christmas gifts under their tree.

MountainHeart in Summersville, in cooperation with the Marine Corps League, is the Nicholas County headquarters for the Toys for Tots program.

According to Wally Howerton, Commandant, "Every child deserves at least one new toy for Christmas, so the United States Marine Corps has been doing something about it since 1947."

This is the second year that MountainHeart has spearheaded the drive. Last year the volunteers collected over 50 brand new toys. This year we expect much, much more.

All toys are delivered to the Salvation Army in Summersville for distribution just prior to Christmas.

Summersville office staff were presented with Certificates of Appreciation from the Marine Corps League this past year at the annual MountainHeart staff conference.

Pictured in this year's photo are, L to R: Reba Deal, Betty Hamrick, Karen Howerton and Missie Harris. Although not pictured, the entire MountainHeart staff are also an integral part of the program.

Submitted by Wally Howerton, Commandant  
 Hicks-Hamrick Marine Corps League  
 Richwood, WV



*Pictured Left to Right  
 Reba Deal, Betty Hamrick, Karen Howerton, Missie Harris*

### A Sincere Thanks!

The Lewisburg TRAILS staff want to thank the following providers for donations to our program. We always appreciate your generosity!

Dana Slater  
 Juanita McQuerrey  
 Jennifer Blankenship  
 Nancy Emeline  
 Dorothea Anderson  
 Michelle Leshar



### BUSINESS ON BOARD DESIGNEES AWARD WINNERS

Central WV WIC Program  
 Concord University  
 First Community Bank  
 MountainHeart Community Services  
 Open Doors, Inc.  
 REIC Consultants  
 ResCare WV Lewisburg Office



### SAVE THE DATE!

**What:** Celebrating Connections Conference

**When:** February 23-26, 2010

**Where:** Charleston Civic Center  
 200 Civic Center Drive  
 Charleston, WV 25301

February  
**23-26**



**For More Information visit:**  
<http://wyearlychildhood.org>



# Director's corner

As an early child care center Director, you have a very demanding position. Directors wear many hats in fulfilling their job such as manager, cook, accountant, nurse, teacher and referee! Often times, Directors work forty plus hours per week and still don't have enough time to get all the things done that they need to. Some Directors, therefore, may not take the time to have regularly scheduled staff meetings. When this happens a valuable opportunity is lost. Staff meetings are wonderful opportunities to share concerns, policies, tasks and important dates, but they can also be a time for team building, professional development and stress relief.

Here are a few strategies for productive staff meetings:

- ♥ Start the meeting with a icebreaker or team building activity
- ♥ Briefly discuss business items
- ♥ Ask for discussion on issues that may be present at the center and possible solutions
- ♥ Allow time for joys and concerns
- ♥ Invite guest speakers for professional development

Once you have dedicated a certain time for meetings each week or month, depending upon your specific needs, staff meetings will become a time of team building and reflections. One further suggestion that was offered by Kathy Lee, author of *Solutions for Early Childhood Directors*, is to plan staff retreats. Even centers in which the staff have a good sense of team work still need to have time away for re-igniting their joy of working in the child care environment. Staff retreats require additional planning and money, but overall, the benefits out weigh the cost and time.

Source: *Solutions for Early Childhood Directors* by Kathy Lee

Submitted By Dianna Thompson, Early Childhood Specialist



## 2010 National Policy Symposium

### "Making Connections: All Children, All Families, All Settings"

NACCRRRA's Policy Symposium brings together more than 600 child care resource and referral professionals, early care and education experts, researchers, and other early childhood education authorities to Washington, D.C. on an annual basis. The Symposium features innovative sessions on the latest policy, research and practice developments in child care and CCR&R. It also offers a forum for policy analysis and discussion, examination of latest research, high-quality training, peer networking, visits to legislators and resources dissemination.

Hyatt Regency on Capitol Hill  
400 New Jersey Avenue NW  
Washington, D.C. 20001  
March 9-13, 2010

<https://www.regonline.com/2010Symposium>



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## Tiered Reimbursement Policy Effective 1/1/2010

Please advise that beginning January 1, 2010, tiered reimbursement policy will take effect that prohibits programs from submitting sample documents taken from model validation files as part of their own supporting documentation. Programs that duplicate and submit this sample documentation as part of a Tier II application will be automatically denied approval of Tier II quality status. The purpose of the documentation requirements is to validate that certain standards are being met, and should be specific to the program applying for Tier II. The sample documents that are available for use through child care resource & referral agencies and on the Division of Early Care & Education website were created as a reference for programs to use when gathering their own documentation, and are **not to be duplicated**.

If you have questions about what documentation should be submitted for a particular requirement, or if you need assistance meeting the Tier II quality standards, contact your local MountainHeart Office for technical assistance.

If you have any questions regarding tiered reimbursement policy, please contact Jessica Dianellos at [Jessica.L.Dianellos@wv.gov](mailto:Jessica.L.Dianellos@wv.gov) or by phone at (304) 558-6669.



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



# TRAILS Mix

## *Developing Positive Social Skills*

How important is it for a child to develop positive social skills? According to Child Care Aware, the single most important predictor of how a child will adjust in life is how well they get along with others. Knowing how to promote social competency is an important part of caring for children.

Children begin to learn social skills from birth on. Interacting with infants, toddlers, and children of all ages lays the foundation for coping with social experiences for a lifetime. Children with positive social skills are better equipped to

learn academically, able to interact with others, and develop a more positive self image.

According to Child Care Aware's Daily Parent there are specific suggestions to cultivate a child's social skills:

- ♥ Talk to and engage your baby in the "give and take" of conversations.
- ♥ Participate in pretend play with children, making suggestions that encourage cooperation.
- ♥ Allow time for children to play with other children if they are alone most of the day.
- ♥ Model social skills when you are communicating with others.
- ♥ Include children in social gatherings such as picnics.
- ♥ Go to places where other children will be involved in small groups such as the library storytime or playgroups.
- ♥ When a child wants to approach a group of children, make suggestions on how to approach the group.
- ♥ Observe children when they interact with other children.
- ♥ Practice social interactions that children can experience in their circle of influence.



*Story time is a great socializing activity*

The TRAILS van has several games, books, and handouts that encourage positive social skills. If behavior appears to go beyond what is considered "normal", outside help may be needed. We have a behavioral support specialist who can give strategies to try.

Remember positive, consistent reinforcement is necessary to develop the skills needed socially.

Submitted by Joanne McCallister, TRAILS Early Childhood Specialist

## **From the CDC Web Site** *Schools and Child Care Workers*

Pregnant women who work in school and child care settings, such as teachers and child care professionals, should follow guidance for school and child care personnel and the general public. In these settings, ill individuals should be identified and promptly separated from healthy individuals. Pregnant women in school and child care settings should not provide care to children who have symptoms of influenza-like illness. In addition they should be familiar with recommendations for infection control in their workplace settings.



<http://www.cdc.gov/h1n1flu/schools/schoolguidance.htm>

<http://www.cdc.gov/h1n1flu/childcare/guidance.htm>

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

## **West Virginia WIC Program to Offer Healthier Food Choices**

Director of the Office of Nutrition Services, Denise Ferris, announced statewide implementation of revised food packages provided by the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The West Virginia WIC Program began offering new, healthy food choices on October 1, 2009. Women, infants and young children participating in the program will receive a variety of healthier foods, including fresh fruits and vegetables, whole grain products such as bread and cereal, jarred baby foods, and soy beverages.

Please email Alyson Edwards at [aedwards@rvcds.org](mailto:aedwards@rvcds.org) to receive the whole document outlining the new, healthy food choices available now.

## Professional Development Session on Positive Interactions & Relationships

**Title:** Overview of Positive Behavior Support (\$)  
**Description:** The participants will learn positive classroom management strategies and techniques for positive behavior management in early childhood environments. Participants will learn strategies for building positive relationships with children, families, and colleagues.  
**Registration:** Please call Reba or Missie at 1-866-872-9204 to Pre-Register.



February 16, 2010 from 6:15 pm - 8:15 pm  
 Stepping Stones Academy in Beaver

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

### 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**  
**February 2, 2010**  
**10:00 am - 5:00 pm**  
**Mercer County DHHR**  
**in Princeton, WV**

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

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

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

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

WVIT PDP offers:

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

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

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

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

<b>Session 1</b>	<b>3/2</b>	<b>10 am - 4 pm</b>
<b>Session 2</b>	<b>3/9</b>	<b>10 am - 3 pm</b>
<b>Session 3</b>	<b>3/16</b>	<b>10 am - 4 pm</b>
<b>Session 4</b>	<b>3/23</b>	<b>10 am - 3 pm</b>
<b>Session 5</b>	<b>4/6</b>	<b>10 am - 3 pm</b>
<b>Session 6</b>	<b>4/13</b>	<b>10 am - 4 pm</b>
<b>Session 7</b>	<b>4/20</b>	<b>10 am - 3 pm</b>
<b>Session 8</b>	<b>4/27</b>	<b>10 am - 4:30 pm</b>
<b>Session 9</b>	<b>5/4</b>	<b>10 am - 4 pm</b>
<b>Session 10</b>	<b>5/7</b>	<b>10 am - 12:30 pm</b>

### 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.



**January 14, 2010**  
**5:00 pm to 7:00 pm**  
**Nicholas Co. WorkForce**  
**Summersville, WV**

**February 16, 2010**  
**3:00 pm to 5:00 pm**  
**Rhema Christian Center**  
**Lewisburg, WV**

## Reminder

Providers must Pre-Register For All Professional Development Sessions.

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

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

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

MountainHeart 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.

# MountainHeart South Professional Development Schedule

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

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### January / February Topics

#### **Topic 1 - Understanding Milestones & Linking Them to Observation**

**Core Competency** - 2 Hr. of Child Observation and Assessment (Tier II)

**Target Audience** - Preschool

**Summary** - Participants of this professional development session will review common developmental milestones of early childhood development and how to link these milestones to observation and assessment.

#### **Topic 2 - Stranger Danger: Teaching Children to be Cautious But Not Fearful**

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

**Target Audience** - School Age

**Summary** - "Beware of strangers." How often do we hear parents tell their children not to talk to strangers? Participants of this professional development session will learn strategies and information to help keep their children safe in today's society.

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### March Topics

#### **Topic 1 - Dealing With the Mad You Feel: Helping School Age Children Understand Their Anger**

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

**Target Audience** - School Age

**Summary** - Often times we associate temper tantrums with small children, but school age children often have difficulty dealing with their anger. Participants of this professional development session will learn strategies to help school age children deal with and understand their feelings.

#### **Topic 2 - I NEED A VACATION! The Importance of Maintaining Good Mental Health**

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

**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.

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## Super Saturday Professional Development Opportunities

### **Someone's in the Kitchen: Cooking with Children**

**Core Competency** - Health, Safety & Nutrition (Tier II)

**Target Audience** - All

**Summary** - Participants of this professional development session will discover the importance of good nutrition and how to get children involved in healthy eating choices. Participants will have the opportunity to sample healthy snacks and meal ideas.

**March 20, 2010**

**10:00 am - 2:00 pm**

**Rheama Christian Center, Lewisburg**

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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:** Infant/Toddler

**Summary** - Participants will discuss the difference between guidance, discipline, and punishment and develop strategies that will work with the developmental level of the children that you work with.

**February 16, 2010**

**6 pm - 8 pm**

**Rhema Christian Center in Lewisburg**

**March 31, 2010**

**10 am - 12 pm**

**Monroe County DHHR**

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### **Understanding the West Virginia Early Learning Standards Framework**

**Core Competency** - Program Management (Tier I)

**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).

**January 14, 2010**

**1 pm - 3 pm**

**Nicholas County Workforce**

**March 31, 2010**

**1 pm - 3 pm**

**Monroe 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 January, February, & March 2010

## Braxton County - Braxton County DHHR

 February 22, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful

## Fayette County - Fayette County DHHR

February 2, 2010 12:00 pm - 2:00 pm  
3:00 pm - 5:00 pm  
March 23, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful  
**Dealing With the Mad That You Feel**  
**I Need a Vacation! Importance of Maintaining Good Mental Health**

## Greenbrier County - Rhema Christian Center

February 16, 2010 3:00 pm to 5:00 pm  
6:00 pm to 8:00 pm  
March 20, 2010 10:00 am to 2:00 pm

Sleeping Safe (\$)  
Positive Behavior Strategies for Infants, Toddlers, and Twos(\$)  
**Someone's in the Kitchen: Cooking with Children**

## Greenbrier County - Workforce in Lewisburg

 January 26, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm




Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful

## McDowell County - Workforce in Welch

 February 8, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
 March 29, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful  
**Dealing With the Mad That You Feel**  
**I Need a Vacation! Importance of Maintaining Good Mental Health**

## Mercer County - Workforce in Princeton

 January 22, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
February 3, 2010 12:00 pm - 2:00 pm  
3:00 pm - 5:00 pm  
 February 15, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
 March 8, 2010 12:30 pm - 2:30 pm  
3:00 pm - 5:00 pm  
March 22, 2010 1:00 pm - 3:00 pm  
4:00 pm - 6:00 pm


Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful  
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Understanding Milestones & Linking Them to Observation  
**Dealing With the Mad That You Feel**  
**I Need a Vacation! Importance of Maintaining Good Mental Health**  
I Need a Vacation! Importance of Maintaining Good Mental Health  
Dealing With the Mad That You Feel

## Monroe County - DHHR

March 31, 2010 10:00 am to 12:00 pm  
1:00 pm to 3:00 pm


Positive Behavior Strategies for Infants, Toddlers, and Twos(\$)  
Understanding the WV Early Learning Standards Framework

## Nicholas County - Workforce in Summersville

January 14, 2010 1:00 pm to 3:00 pm  
5:00 pm to 7:00 pm  
 February 17, 2010 11:00 am - 1:00 pm  
2:00 pm - 4:00 pm  
March 11, 2010 3:00 pm to 5:00 pm  
6:00 pm to 8:00 pm

Understanding the WV Early Learning Standards Framework  
Sleeping Safe (\$)  
**Understanding Milestones & Linking Them to Observation**  
**Stranger Danger: Teaching Children to be Cautious But Not Fearful**  
I Need a Vacation! Importance of Maintaining Good Mental Health  
Let's Talk About IDEA

## Pocahontas County - McClintic Library, Marlinton

 March 24, 2010 10:30 am - 12:30 pm  
1:30 pm - 3:30 pm

Dealing With the Mad That You Feel  
I Need a Vacation! Importance of Maintaining Good Mental Health

## Raleigh County - Stepping Stones Academy in Beaver

February 16, 2010 6:15 pm to 8:15 pm

Overview of Positive Behavior Support (\$)

## Raleigh County - Workforce in Beckley

 January 25, 2010 12:00 pm - 2:00 pm  
3:00 pm - 5:00 pm  
February 4, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
 February 23, 2010 12:00 pm - 2:00 pm  
3:00 pm - 5:00 pm  
March 9, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm  
 March 25, 2010 12:00 pm - 2:00 pm  
3:00 pm - 5:00 pm

Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful  
**Understanding Milestones & Linking Them to Observation**  
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Understanding Milestones & Linking Them to Observation  
**Dealing With the Mad That You Feel**  
**I Need a Vacation! Importance of Maintaining Good Mental Health**  
I Need a Vacation! Importance of Maintaining Good Mental Health  
Dealing With the Mad That You Feel

## Summers County - DHHR in Hinton

 February 10, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Understanding Milestones & Linking Them to Observation  
Stranger Danger: Teaching Children to be Cautious But Not Fearful

## Webster County - Cowen Starting Points Center

March 15, 2010 3:00 pm - 5:00 pm

Dealing With the Mad That You Feel

## Webster County - Mountain CAP Child Development Center

March 15, 2010 6:00 pm - 8:00 pm

I Need a Vacation! Importance of Maintaining Good Mental Health

## Wyoming County - MountainHeart Community Services, Inc.

 March 30, 2010 10:00 am - 12:00 pm  
1:00 pm - 3:00 pm

Dealing With the Mad That You Feel  
I Need a Vacation! Importance of Maintaining Good Mental Health

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

## West Virginia STARS Confidentiality Policy

Please note that the WV STARS Confidentiality Policy has been changed to better serve WV STARS participants. Beginning January 1, 2010, WV STARS registry information including, but not limited to, Registry Identification Number, Career Pathway Credential status, Career Pathway Credential Level, Trainer Credential status and Professional Development Records may be accessed by outside parties (i.e. regulatory agencies, employers, program administrators, trainers) without a written statement of release.



As always, information that could affect the safety and security of an individual (i.e. social security numbers and personal addresses) will not be released to any individual or agency for any reason.

Participants registered with WV STARS prior to January 1, 2010 have the option of remaining under the previously signed Confidentiality Statement by submitting a written statement of this request to WV STARS. If you have any specific questions about the change in this policy, please contact WV STARS at 1-888-WVECTCR or E-Mail at : [tcr@rvcds.org](mailto:tcr@rvcds.org).

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## Want To Check Your Payment Status Online?

FACTS PLUS (Provider Look Up System) allows registered Providers to track their payments via the Statewide FACTS system. If you are providing services to West Virginia clients through the FACTS System and would like to view information about your services, you may request a FACTS PLUS account.

To request access to the FACTS PLUS System, simply fill out the form found on the FACTS PLUS website: <https://www.wvfacts.org/factsplusnet/>. Once the Application form is complete, use your Internet Browser to print the form. The Application must be signed by the person for whom access to FACTS PLUS is being requested and, if you work for an agency or facility, by the Agency Director authorizing the request. Please fax the completed FACTS PLUS Application to the FACTS Help Desk at (304) 558-5868 or mail it to the FACTS Project, WV -DHHR, 350 Capitol Street, Room# 601, Charleston, WV 25301. A Confidentiality Statement signed by the person for whom access to FACTS PLUS system is being requested should be submitted with the application. Application requests will not be processed until both the completed application and the signed Confidentiality Statement have been received. For Agency/Facility requests, an additional authorization letter from the Agency Director on agency letterhead is also required. You will be notified about your application once it has been evaluated by FACTS Staff.

Once the application has been approved, you will be able to access the FACTS PLUS Website and view the status of your payment(s) any time you like. It is not necessary to own a computer to take advantage of the FACTS PLUS program. You will be able to access this information from any computer with internet access.

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## Let's Talk About IDEA

**Core Competency - 2 hrs. of Child Observation and Assessment (Tier III)**

**Target Audience: All**

**Description** - The participants will gain knowledge of the Individuals with Disabilities Education Act and the application of the requirements for children with IEP's in place. The participants will learn how to develop and implement measureable goals for the IEP process.

**March 11, 2010**

**6:00 pm - 8:00 p.m.**

**Nicholas County Workforce**

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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 January, 2010 for Mercer 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 **Lifeline Child Care in Princeton** on the following dates:

**Module 1 - January 26, 2010 from 2:00 pm - 6:00 pm**  
**Module 2 - February 1, 2010 from 2:00 pm - 6:00 pm**  
**Module 3 - February 8, 2010 from 2:00 pm - 6:00 pm**  
**Module 4 - February 16, 2010 from 2:00pm - 6:00 pm**  
**Module 5 - March 1, 2010 from 2:00 pm - 6:00 pm**  
**Module 6 - March 9, 2010 from 2:00 pm - 6:00 pm**  
**Module 7 - March 15, 2010 from 2:00 pm - 6:00 pm**  
**Module 8 - March 22, 2010 from 2:00 pm - 6:00 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.





## Roma's Real World

### *Holiday Environments Can be Overwhelming*

Holiday celebrations throughout the year, clearly pose a special challenge for teachers and caregivers. There are a wide range of behaviors present in an early childhood environment during the holidays. Children, as individuals, develop unique ways of responding to what goes on around them. Sometimes children's behaviors are prompted by a need or desire for attention.

The physical child care environment plays a key role in a child's behavior. Holiday decorations and activities can be a trigger for disruptive or aggressive behaviors. A quality child care program is one that is busy, constructively active, and colorful. Most children thrive in an appropriate stimulating environment, but for some, the color, noise, activity level, and movement can be overwhelming. Children who appear to be overly

active, unable to settle down, unusually disruptive, aggressive, unable to concentrate or lacking in self-control may be responding to an over stimulating environment.

Teachers and caregivers can help children function appropriately in a holiday environment by providing at least one quiet area in the classroom where a child can retreat if the environment becomes overwhelming. Selecting an area for decorations, rather than decorating the whole classroom can also assist in managing over-stimulated behavior. The noise levels can be controlled by room arrangement, using many soft pillows or carpet and by selecting an area for music activities that doesn't distract children engaged in other activities.

Holidays can be celebrated in a respectful and appropriate way, introducing children to many different customs and cultural backgrounds. Keep in mind, plans for holiday celebrations should allow children to express themselves individually in ways of their own choosing.

Holidays can also bring depression, sadness, and the blues to some children and families. If you sense a child is sad or under stress because of holiday memories, please support them in a sensitive and caring manner.

For additional information or guidance, call Roma Lester, MA, Behavior Consultant at 1-800-834-7082 or 1-304-682-8271.



### Courage Works, Inc.

I ran across the webpage/site of Nikki Darling-Kuria who was a presenter at Celebrating Connections this year. She is a family child care provider who has a college degree and also provides trainings. Her page is very inspiring for family child care providers.

<http://www.courageworksinc.com/one-on-one-NDK.htm>

Submitted by Janet Thompson, Early Childhood Specialist



### Congratulations!

**Jada Baker**, a family child care provider in Fayette County, has been approved for Tier II Quality Status!

The staff at MountainHeart would like to congratulate you on your accomplishment.

## Professional Development Focus for Stimulus Funds in West Virginia

Reprinted from The Baby Monitor Zero to Three "Policy and Advocacy News":

### State Policy Update

#### *West Virginia Focuses Stimulus Funds on Professional Development*

Using funds from the American Recovery and Reinvestment Act (ARRA), West Virginia is developing several professional development opportunities for the state's infant-toddler care providers and center directors. Specifically, the new professional development projects will be funded through the infant-toddler earmark of the Child Care and Development Block Grant. The plans were developed in collaboration with the West Virginia Infant-Toddler Specialists Network, which includes the state's six Infant-Toddler Specialists, located in the state's Child Care Resource and Referral agencies, and the State Infant-Toddler Coordinator, located in the State Division of Early Care and Education.

To read the article, in its entirety, published in **Zero to Three**, visit the following web address:

<http://policy.db.zerotothree.org/policy/view.aspx?InitiativeID=809&origin=results&QS=>



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

## National Center on Shaken Baby Syndrome

You knew your baby would cry. But, did you know how frustrating that crying could be when you have tried everything to comfort your baby, and she just keeps crying? Dealing with a crying baby can be very hard, and parents often don't realize just how frustrating it is until they are in a stressful situation. No one thinks they will shake their infant, but research shows crying as the number one trigger leading caregivers to violently shake and injure babies.

The National Center on Shaken Baby Syndrome website offers information, ideas and answers for parents and caregivers who are struggling to cope with a crying baby. Visit <http://www.dontshake.org> for additional information .

No matter how frustrated you get...Never Shake a Baby



## What About The Weather?



Beth Hall Chambers, Program Manager with the WVDHHR Division of Early Care and Education, Child Care Center Licensing says, "During the summer and winter months, we sometimes get calls from parents wanting to know if their child care center should have children out in particular weather. Child Care Center Licensing regulations require a center to provide outdoor play daily, weather permitting, and provided there are no weather advisories indicating to stay indoors."

Submitted by Beth Hall Chambers, Program Manager  
WVDHHR Division of Early Care and Education  
Child Care Center Licensing

## Child Care Weather Watch

Monitoring the weather is part of a child care provider's job. Planning for playtime, field trips, or weather safety is also part of the daily routine. The changes in weather require the child care provider to prepare for the health and safety of children. What clothing, beverages, and protections are appropriate? Clothe children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). Beverages help the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high-sugar content beverages and soda pop. Sunscreen may be used year around. Use a sunscreen labeled as SPF-15 or higher. Read and follow all label instructions for the sunscreen product. Look for sunscreen with UVB and UVA ray protection. Shaded play areas protect children from the sun.

### Understand the Weather

- ♥ The weather forecast may be confusing unless you know the meaning of the words.
- ♥ Blizzard Warning: There will be snow and strong winds that produce a blinding snow, deep drifts, and life threatening wind chills. Seek shelter immediately.
- ♥ Heat Index Warning: How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.
- ♥ Relative Humidity: The percent of moisture in the air.
- ♥ Temperature: The temperature of the air in degrees Fahrenheit.
- ♥ Wind: The speed of the wind in miles per hour.
- ♥ Wind Chill Warning: There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.
- ♥ Winter Weather Advisory: Weather conditions may cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.
- ♥ Winter Storm Warning: Severe winter conditions have begun in your area.
- ♥ Winter Storm Watch: Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Source: Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa.

National Weather Service Alerts for West Virginia can be found at:

<http://www.nws.noaa.gov/alerts/wv.html#WVZ014.RLXNOWRLX.153000>

Information Submitted by Beth Hall Chambers, Program Manager



## The Business Side of Child Care

### FAQ's About Certificates

It is important that child care providers review information detailed on the **Child Care Certificate**. Understanding how to read your Certificate will result in receiving payment for child care services in a timely manner.

**Q:** Will I get paid for providing child care services if I do not have a valid Child Care Certificate?

**A:** No. Providers must receive and maintain the Child Care Certificate as it is the only guarantee of payment for child care services. A Certificate is issued to the parent (client) who signs it then gives it to the child care provider to be retained in the child care provider's record.

**Q:** How will I know the hours per day or the number of days per week in which a parent has been approved?

**A:** This information can be found in section V. of the Child Care Certificate. The Certificate will show the number of hours per day, the number of days per week, as well as the number of days per month in which the parent has been approved for child care services.

**Q:** The Child Care Certificate indicates that the client has been approved for 8 hours per day, 4 days a week. How do I know what hours and what days during the week in which a parent has been approved?

**A:** This information can be found on the Certificate under Section VI. Schedule Notes. For example, the parent in this case, may be approved from 9:00 AM to 5:00PM, Monday, Tuesday, Wednesday and Friday.

### Other Information about the Child Care Certificate

- ♥ The Daily Rate on the Child Care Certificate is the rate of pay you will receive minus the parental fees. If the parent has a Child Fee, this amount will be deducted before payment is made. It is the Child Care Provider's responsibility to collect the Child Fee from the parent.
- ♥ Please pay close attention to the Eligibility Begin Date and the Eligibility End Date on the Child Care Certificate. Payment cannot be made before the Eligibility Begin Date and payment cannot be made after the Eligibility End Date of the Certificate.
- ♥ It is the parent's responsibility to report any changes in circumstances to their MountainHeart Case Manager within five days of the change. A few examples of changes to report would be: changes in employment, work hours, class schedules, or loss of employment or a change in any identifying information such as address, number of house hold members or changes in family size.
- ♥ Child Care Providers should contact your local MountainHeart office with any questions concerning the days or hours in which a parent has been approved.

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

## Dear Roma

Dear Roma,

I have an 18 month old child in my care who hits, bites, and scratches children all day long. When he puts his hands on a child he shakes all over. He goes in a run, moves from one toy to another, snatches toys from peers, is intense, puts everything in his mouth, and doesn't give eye contact. I'm desperate! Do you have any suggestions?

Desperate

Dear Desperate,

Young children need lots of activities that involve the senses. If you can keep the child physically busy, especially his feet, it will prevent him from using his hands. Provide some musical pads for the child to step on, use sensory blankets/balls, develop a sensory wall, and use scarves during music. Use soft brushes to brush his arms, face, and feet. Hand massage is great. Develop a small tote with lots of appropriate chew or teething toys for his oral needs.

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

Roma, Behavior Consultant

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

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



## Toy Selection: Let's be Thoughtful and Intentional

Sometimes it's difficult to decide how to select toys for children. Here are some basic guidelines from Teacher's Resisting Unhealthy Entertainment for Children or TRUCE (found at [www.truceteachers.org](http://www.truceteachers.org)) that may help. We want toys to promote meaningful and respectful learning, so think about the following things when purchasing toys.

Toys have enhanced play value when they...

- ♥ Can be used in many ways
- ♥ Allow children to be in charge of the play
- ♥ Appeal to children at more than one age or level of development
- ♥ Are not linked to video games, TV or movies
- ♥ Can be used with other toys for new and more complex play
- ♥ Will stand the test of time and continue to be part of play as children develop new interests and skills
- ♥ Promote respectful, non-stereotyped, non-violent interactions among children
- ♥ Help children develop skills important for further learning and a sense of mastery
- ♥ Can be used by children to play alone as well as with others
- ♥ Can be enjoyed by both girls and boys



One toy that could fit into any category above is a set of plain wooden blocks! If you have questions or would like further information about educational items, contact the TRAILS program in one of the following offices.

Submitted by Janet Thompson  
 TRAILS Early Childhood Specialist

**Joanne McCallister**  
 Beckley Office - 1-888-799-9217

**Janet Thompson or Sandra Cox**  
 Lewisburg Office - 1-866-223-7127


**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!**