



Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care



Vol. XI Issue 2

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

SPRING 2014



Reflections From My Desk

Kids and Families Day at the Legislature

MountainHeart CCR&R staff, along with 812 other supporters from the early childhood community, recently met at the state capitol to participate in Kids and Families Day at the Legislature. MountainHeart, one of 63 exhibitors, hosted an informational/educational display themed "Children Are Our Future...And Our Future Looks Promising!" Staff also provided a play area for children to interact and experiment with a variety of discovery type toys. Several Legislators took time out of their busy schedules to observe the play area and ask questions about our services. Some of the activities and speakers under the rotunda included: parents and early childhood advocates telling their stories, sharing family and children's photos with the Governor's office and learning to dance the "angle dance" to promote physical activity for children.

Sen. Majority Leader John Unger and DHHR Secretary Bowling were the "Our Heroes" Award Recipients and helped to kick-off the day and commemorate how far we have come. Senate President Jeff Kessler and Del. Guthrie provided the keynote for the Press Conference and Opening Ceremony. It was a great day to represent the Child Care and Resource and Referral Program at the State Capitol!



Margie

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You are cordially invited to
A Primary Care Summit

9:00 am to 4:00 pm

<p>Charleston March 27, 2014 Connect CCR&R 1701 5th Avenue Olivia Gregorich</p>	<p>Morgantown April 8, 2014 Ramada Inn 20 Scott Avenue Bridgette Blake</p>	<p>Clarksburg April 9, 2014 Best Western 100 Lodgeville Road Alicia Hundley</p>	<p>Beckley April 11, 2014 Tamarack Conference Ctr. Beckley Tricia Haynes</p>
<p>Martinsburg May 13, 2014 Holiday Inn 301 Foxcroft Avenue Shannon Nichols 1.866.232.9227</p>	<p>Parkersburg May 22, 2014 Choices CCR&R 4421 Emerson Avenue Alicia Hundley 1.866.622.6528</p>	<p>Huntington June 17, 2014 Link CCR&R 611 7th Avenue Paula Stewart 1.800.894.9540</p>	<p>Wheeling July 15, 2014 Child Care Resource Center 2000 Main Street Bridgette Blake 1.800.585.1603</p>

Call your Infant/Toddler Specialist for more information.

<http://mountainheartwv.org/DocumentDepot/childcare/PC%20Summit%20Application%20Final.pdf>

This event meets the requirement for a conference for Tiered Reimbursement status.

Registered with WV STARS as 7 hours of Program Management - Morning Coffee/Tea and Lunch Provided

PUBLISHED BY



Earl D. Smith, Executive Director
Margaret Younce, Program Director & Editor
Mike Stafford, Publisher
Articles Submitted by:
MountainHeart Professional Development Team
MountainHeart Staff

Safe Sleep Practices

The American Academy of Pediatrics states that car seats and other sitting devices are not recommended for routine sleep at home or in the hospital, particularly for young infants. Sitting devices include car seats, strollers, swings, infant carriers, and infant slings. Parents and caregivers often use these devices, even when not traveling, because they are convenient. One study found that the average young infant spends 5.7 hours/day in a car seat or similar sitting device. Allowing the infant to sleep in a sitting device can put them at greater risk for: SIDS, gastro esophageal reflux, positional plagiocephaly (flat head), upper airway obstruction, and oxygen desaturation. The following sleep standards are recommended in "Caring for Our Children: National Health and Safety Performance Standards:

3.1.4.1.e If an infant falls to sleep in any place that is not a safe sleep environment, staff should immediately move the infant and place them in the supine position in their crib.

3.1.4.1.b Infants should be placed for sleep in a safe sleep environment; which includes a firm crib mattress covered by a tight fitting sheet in a safety-approved crib.

Submitted by - Tricia Haynes, Infant Toddler Specialist



Source:

"SIDS and Other Sleep –Related Infant Deaths: Expansion of Recommendations for Safe Infant Sleeping Environments" AAP, PEDIATRICS Volume 128.Number 5.November 2011
Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, Third Edition.

What are Ethics?

According to www.merriam-webster.com ethics are defined as rules of behavior based on ideas of what is morally good and bad. As early childhood professionals, our guiding ethical document is the National Association for the Education of Young Children Code of Ethical Conduct.




The Code of Ethical Conduct offers guidelines for the correct behaviors in ethical dilemmas. It covers areas of responsibility to children, to families, to colleagues and to the community and society.

You may ask, "Why do I need to know about the Code of Ethical Conduct?" The answer is simple. It is the right thing to do. The very nature of our profession places a huge responsibility on our shoulders when caring for young children.

The number one item in the code states "Above all, we shall not harm children. We shall not participate in practices that are emotionally damaging, physically harmful, disrespectful, degrading, dangerous, exploitative or intimidating to children." This principle takes precedence over all others in this Code (NAEYC Code of Ethical Conduct). When faced with ethical dilemmas it is imperative, as professionals, that we know where to look for help. I encourage all early childhood professionals to become familiar with the NAEYC Code of Ethical Conduct.

Submitted by Dianna Thompson, Early Childhood Specialist

Source: http://www.naeyc.org/positionstatements/ethical_conduct

Child Passenger Safety

When it comes to transporting children in childcare, a child's safety should always come first. West Virginia's child seat law states, "Any child under age 8 must be properly secured in a federally approved child or booster seat. " Please note: "If the child reaches the height of 4'9" before their 8th birthday, the seatbelt is legally sufficient."

Family and facility childcare providers can receive convertible and booster seats through a MountainHeart Health and Safety grant provided by the WV DHHR Office of Early Care and Education Division. Contact your local MountainHeart office for more details and a grant application.

Information from the West Virginia Southern Regional Highway Safety Program

Submitted by Sandra Cox, TRAILS Associate



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

Direct Deposit Requirement

Exciting news for all Child Care Providers!

Recently, all child care providers received a letter from the Department of Health and Human Resources, Bureau for Children and Families, announcing that all child care providers will be required to sign up for Direct Deposit. This will ensure all child care payments are directly deposited into a bank account. The requirement is effective May 1st, 2014, and beginning July 1st, 2014, the Department will no longer mail paper checks to child care providers. The letter outlines the Direct Deposit process, answers questions about how the process will work, and how to submit the application. The letter also explains that providers will need a FACTS Plus Account. There are many advantages to Direct Deposit and to having a FACTS Plus Account which include:



- ♥ No longer will you need to stand in long lines or wait at drive-through windows of financial institutions
- ♥ Your check is always deposited for you. It goes into your account, no matter where you are
- ♥ With Direct Deposit, there is little or no chance of your payment being lost
- ♥ FACTS Plus (Provider Look-Up and Update System) is a free service
- ♥ FACTS Plus is a secure internet site that allows providers to view details about payments and children served
- ♥ FACTS Plus is available 24 hours a day
- ♥ You do not have to own a computer. Public computer access is available in most local libraries or community centers.

Providers can access the Direct Deposit Application and the FACTS Plus Application online. The staff at MountainHeart Child Care Resource and Referral will also be glad to assist with getting the required forms you need for completion of the Direct Deposit or the FACTS Plus process, or to answer any questions you may have. Each MountainHeart office has a list of available financial institutions in your area, as well as a list of locations which offer free internet access and free e-mail services to help get you started with this new requirement!

Submitted by Betty Hamrick, Supervisor

Resource: DHHR, Bureau for Children and Families

Join us May 17th for a Super Saturday Event

Come get messy in these make-it take-in sessions

Location: Lifeline Church of God
250 Old Oakvale Rd.
Princeton, WV
10:00am-3:00pm

Key Note Speaker Earl Cook

"Distracted Driving and Safety with Vehicles and Children"

Pizza Lunch Provided

Door prizes awarded at sessions end

**Sponsored by MountainHeart CCR&R and WV Governors
Highway Safety Program**

5 hours STARS Credit

Please Register at 1-866-872-9204 to reserve your seat today!



Having Fun While Learning

New Service for Parents on InRoads!

Effective January 10, 2014, citizens of West Virginia will be able to apply for Child Care services online through the Information Network for Resident Online Access and Delivery of Services or InRoads found on the website: <https://www.wvinroads.org/selfservice>.

This website will allow the public to apply for Child Care services on their own, outside of the local Resource and Referral Agency offices as well as outside of normal business hours. Potential clients will continue to be responsible for making a face-to-face visit with the agency as well as providing all required verification needed to obtain child care assistance. Should the applicant be approved for child care assistance, the approval date will be the date in which the face-to-face interview at their local MountainHeart was completed.

Should you have any questions regarding an InROADS application, please contact Customer Service at 1-877-716-1212 (8:00 AM – 5:00 PM Monday through Friday).



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

Roma's Real World

Spruce Up Your Classroom Management Skills

Our goal to help with classroom management is for children to learn to take responsibility for their behavior. Many of the hand-me-down strategies that teachers use assign the bulk of the responsibility to the adult. Rather than learning more strategies to manage a child's behavior, we would reach our long-term goal better by empowering children to manage their own behavior.

Organization is important for children all day long. When children feel organized inside, they are more purposeful and directed. Ask yourself these three key questions: Is my environment orderly and predictable? Have I structured time so children can begin to predict what will happen next? And, have I set clear and consistent expectations? As children begin to experience external organization, they become motivated with work and play.

The core elements of limits and expectations are the classroom's guiding principles of behavior. A guiding principal is a general statement that can be applied in many situations over a long period of time. Children use guidelines and expectations to help organize themselves and make positive choices. As you are thinking of what kind of rules might be most useful in the classroom, keep the following questions in mind: Does the rule teach an important life skill? Is the rule a guideline stated in a positive manner? Is the rule a guiding principle of behavior?

If you need help with classroom management or Early Childhood Positive Behavior Support training please contact Roma Lester, MA, Behavior Consultant.

Submitted by: Roma Lester, Behavior Consultant

Resource: Beyond Behavior Management by Jenna Bilmes.



Getting your degree in Early Childhood Education just got easier!

T.E.A.C.H. WV has funding available for eligible early childhood educators and directors who would like to earn their degrees in early childhood. We offer scholarships ranging from 3-12 credit hours per year.

T.E.A.C.H. will provide:

- Partial Tuition
- Partial Book Reimbursement
- Travel Stipend
- A Bonus Upon Completion of Contract

Find us on Facebook at:

<https://www.facebook.com/#!/TEACHEarlyChildhoodWV>

Check out our Blog at:

<http://teachwv.blogspot.com>

Visit our website at:

www.wvearlychildhood.org

Contact T.E.A.C.H. for More Information!!!

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TEACHWV@rvcds.org



*Visit our site or
contact
T.E.A.C.H. WV
for information on
our scholarships
for Family Home
Providers!*



T.E.A.C.H. Early Childhood® WEST VIRGINIA is a licensed program of Child Care Services Association

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Professional Development Session on Family and Community

Topic - What is Traumatic Stress? Supporting Children Who are Experiencing Trauma

Mercer County - Mercer County Workforce Building - Princeton

June 11, 2014 from 4:00 pm - 6:00 pm

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

Target Audience - All ages

Summary - Participants will learn about the emotional impact of traumatic events affecting young children and their families. This session will show how a child's genetic make-up, age and developmental level, relationships, and past experiences affect the way a child responds to trauma. Ways to reestablish a sense of security, provide a safe environment and techniques to support children who are experiencing overwhelming emotions due to trauma will be addressed.



West Virginia Infant/Toddler Professional Development Program for Caregivers II (WVIT II)

The success of the first level of West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) has prompted WVDHHR Early Care Division to develop the next level (WVIT II) of professional development for caregivers of infants and toddlers in order to increase the quality of care and education of West Virginia's youngest children across the State.

WVIT II consists of a 35 hour course for caregivers, 10 classroom sessions, a practicum and a six hour course for administrators (2 classroom sessions).

Caregivers and administrators enrolled in this program will have successfully completed WVIT I. This professional development program aligns with WV STARS Core Competencies for Early Care and Education Professionals.

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

WVIT II Admin module
Wednesday May 7th from 10:00 am - 5:00 pm
Mercer Co. WV Work Force

Sessions held on Tuesdays at Mercer Co. Workforce, Princeton

Session 1	May 27 th	2:00 pm - 5:30 pm
Session 2	June 3 rd	2:00 pm - 5:30 pm
Session 3	June 10 th	2:00 pm - 5:30 pm
Session 4	June 24 th	2:00 pm - 5:30 pm
Session 5	July 1 st	2:00 pm - 5:30 pm
Session 6	July 15 th	2:00 pm - 5:30 pm
Session 7	July 22 nd	2:00 pm - 5:30 pm
Session 8	July 29 th	2:00 pm - 5:30 pm
Session 9	Aug. 5 th	2:00 pm - 5:30 pm
Session 10	Aug. 26 th	2:00 pm - 5:30 pm

IMPORTANT NOTICE

Caregivers needing **Child Abuse and Neglect** class should register for one of the classes offered in April or May by Nurse Health Consultant Glenna Bailey RN, MSN. Pre-register with Reba 1-866-872-9204. Classes are as follows:

Thursday, May 8, 2014 from 4:00pm-6:00pm
Raleigh County - MountainHeart Office in Beckley

Thursday, April 22, 2014 from 4:00pm - 6:00pm
Mercer County - Mercer County Workforce in Princeton

Topic - Keeping Them Healthy, Safe, and Smiling

Core Competency - 2 hrs *Health, Safety and Nutrition (Tier I)*

Target Audience - Infant/Toddler

Participants of this professional development session will review and practice the correct procedures for carrying out daily routines such as; diapering, feeding, and napping for children in group care.

Wednesday April 23, 2014 from 1:00 pm – 3:00 pm
McDowell Co. Workforce

Wednesday May 28, 2014 from 1:00 pm – 3:00 pm
Greenbrier Co. Workforce

Saturday June 21, 2014 from 10:00 am – 12:00 pm
Beckley MountainHeart Office

WVIT I Administrator Module Offered Twice a Year

Raleigh County - Beckley MountainHeart Office
April 16, 2014 and September 17, 2014 - 10:00 am - 5:00 pm

Tentative WVIT I and WVIT II

WVIT I
Greenbrier County July/August 2014
Raleigh County October/November 2014

WVIT II
Greenbrier County Fall 2014
Nicholas County Spring 2015

Please contact the Infant/Toddler Specialist, Tricia Smith to reserve your seat in WVIT I or WVIT II
1-866-872-9204 or 304-872-9200

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

Please call 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

April Topics

Topic 1 - WV Afterschool Program Standards: A Blueprint for High Quality

Core Competency - 2 hrs. Program Management (Tier I)

Target Audience - Adults

Summary - This session will focus on introducing the WV Afterschool Program Standards and using them to create a high quality, effective, afterschool program.

Topic 2 - Can Anybody be a Super Hero?

Core Competency - 1 hr. Positive Interactions and Relationships and 1 hr. Curriculum . (Tier II)

WVELSF - Social and Emotional Development: Standard 2

Target Audience - Preschool and School Age

Summary - Why super heroes? It is no surprise that children as young as three have exposure to a variety of media sources and may play out what they have seen on television or movies. This session will look at the importance of play, through the eyes of a child, involving super heroes and ways to guide super hero play to be positive in nature.


Braxton (Hosted at Miss Kay's Daycare, 1220 S. State St., Gassaway)

April 12, 2014	10:00 am - 12:00 pm	Topic 1
	12:30 pm - 2:30 pm	Topic 2

Fayette

See sessions listed for other counties


Greenbrier

 April 11, 2014	10:00 am - 12:00 pm	Topic 1
	1:00 pm - 3:00 pm	Topic 2

McDowell

April 23, 2014 - See Infant Toddler first page of schedule

Mercer - Mercer County Workforce in Princeton

 April 23, 2014	10:00 am - 12:00 pm	Topic 1
	1:00 pm - 3:00 pm	Topic 2

Monroe

See sessions listed for other counties


Nicholas

See sessions listed for other counties

Pocahontas

See sessions listed for other counties

Raleigh - MountainHeart Office in Beckley

 April 15, 2014	10:00 am - 12:00 pm	Topic 1
	1:00 pm - 3:00 pm	Topic 2

Summers

See sessions for other counties

Webster - (Hosted at Webster County Starting Points 6025 Webster Rd., Cowen, WV)

April 8, 2014	6:00 pm - 8:00 pm	Topic 1
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Wyoming

See sessions listed for other counties

Mind in the Making Modules

The modules are a 12-part series that uses research on child development. The series includes classic and recent studies on how children learn and how teachers can encourage engaged learning.

45 hours WV STARS Core Competency in the areas of Child Growth and Development - 6 hrs.,

Positive Interactions and Relationships -12hrs,

Curriculum - 15 hrs.,

Child Observation and Assessment - 3hrs, and

Professionalism - 9hrs.

Cost of the modules is \$50. **Scholarships are available.** Please contact Dianna Thompson at 1-866-872-9204 for scholarship applications.

- Applications must be received by March 15th to allow time for processing.
- Participants must be registered on the WV STARS Career Pathway by the end of the modules
- Anyone Wishing To Attend Professional Development Sessions Must Be Pre-Registered In Order To Attend.

Ansted Fire Department, Rich Creek, Ansted, Fayette County

Cost of the modules is \$50 and scholarships are available.

Please contact Dianna Thompson at 1-866-872-9204 for scholarship applications.

Applications must be received by March 15th to allow time for processing.

April 3, 2014	6:15 pm - 8:45 pm	May 8, 2014	6:15 pm - 8:45 pm
April 10, 2014	6:15 pm - 8:45 pm	May 15, 2014	6:15 pm - 8:45 pm
April 24, 2014	6:15 pm - 8:45 pm	May 22, 2014	6:15 pm - 8:45 pm
April 26, 2014	9:00 am - 4:30 pm	May 31, 2014	9:00 am - 4:30 pm

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

Please call 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

PLEASE NOTE THE FOLLOWING:

THERE WILL ONLY BE ONE TOPIC OFFERED FOR THE MONTH OF MAY

The participants attending this session must be present for the entire four hours to be eligible for a certificate.

WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

May Topic

Topic - Let's Get Ready to Go Outside!

Core Competency - 2 hrs. Curriculum and 2 hrs. Child Growth and Development (Tier III)

Target Audience - All ages

Summary - It's time to look closely at your outside environment. This professional development session will explore setting up centers in your outside space to provide developmentally appropriate activities for specific age groups including proper materials to use.. A one hour follow-up technical assistance session will be offered in addition to the 4 hour session.

Braxton

See sessions listed for other counties


Fayette

See sessions listed for other counties

Greenbrier - Greenbrier County Workforce, Lewisburg

May 28, 2014 See Infant/Toddler 1st page of schedule

McDowell - McDowell County Workforce in Welch

 May 8, 2014 10:00 am - 3:00 pm hour lunch break

Mercer

* See Super Saturday Session May 17th

Monroe - Hosted Training -Monroe Day Care - Special Topic:

Having Fun with Math and Science

May 20, 2014 6:00 pm - 8:00 pm

Nicholas-Hosted Training - Friends R Fun - Summersville-
Special Topic: Double, Double, Let's Make Trouble/Science

May 6, 2014 6:00 pm - 8:00 pm

Pocahontas

See sessions listed for other counties

***Raleigh-MountainHeart Community Services in Beckley**

 May 20, 2014 10:00 am - 3:00 pm
Lunch break

Summers

See sessions listed for other counties

Webster

See sessions listed for other counties

Wyoming Hosted Training Pineville Presbyterian, Pineville-
Special Topic: Double, Double, Let's Make Trouble/Science

May 13, 2014 6:00 pm - 8:00 pm

Super Saturday

May 17, 2014 from 10:00 am - 3:00 pm

Lifeline-Church of God-250 Old Oakvale Rd., Princeton

Topic - Having Fun While Learning

Core Competency - 3 hrs. Curriculum; 1 hr Health, Safety and Nutrition; 1 hr. Child Growth and Development **Total 5 hrs -Target**

Audience - All Ages

Summary - This session includes four hands-on sessions: Art with Little Ones; Literature and Beyond; Scientific Experimentation and Sensory Play. Come get messy in this make-it take-it learning experience.

A pizza lunch will be provided free of charge during the keynote presentation on Distracted Driving and Child Safety Around Vehicles. Participants in attendance the entire session will receive a *five hour certificate, Door prizes at closing!*

Mountain Heart CCR&R is partnering with the WV Governors Highway Safety Program

WV Elements of Family Child Care Series (WV EFCC)

MountainHeart will be offering specialized family and facility series. This series provides family and facility child care providers a comprehensive overview of *The Creative Curriculum for Family Child Care* and the *Family Child Care Environment Rating Scale Revised*. Participants of these sessions must complete all seven sessions and two 1-hour visits to be eligible for a certificate and resources.

- The modules will be divided into seven sessions and will begin **April 3rd** at the **MountainHeart Office in Princeton**.
- Sessions are open to family child care providers and facilities. These sessions will be held in **Mercer County** and open for registration to surrounding counties.

If you have questions about this exciting opportunity please contact Sara Mathes 1-888-799-9217.

Registration limited to 14 participants with a minimum of 4 people to hold the class.

Session 1	4:00 pm - 8:00 pm	April 3, 2014	Session 5	4:00 pm - 8:00 pm	May 15, 2014
Session 2	4:00 pm - 8:00 pm	April 10, 2014	Session 6	4:00 pm - 8:00 pm	May 19, 2014
Session 3	4:00 pm - 8:00 pm	April 15, 2014	Session 7	4:00 pm - 8:00 pm	May 29, 2014
Session 4	4:00 pm - 8:00 pm	May 5, 2014	Location of sessions: MountainHeart Office Princeton		

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

Please call 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.

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MountainHeart South Professional Development Schedule

PLEASE NOTE THE FOLLOWING:

THERE WILL ONLY BE ONE TOPIC OFFERED FOR THE MONTH OF JUNE

The participants attending this session must be present for the entire four hours to be eligible for a certificate.

WV STARS Certified Trainers: Dianna Thompson and Sara Mathes

June Topic

Topic - Boys Will be Boys: Understanding How Boys Develop and Learn Differently Than Girls

Core Competency - 4 hrs. Positive Interactions and Relationships (Tier II) WV ELSF - Domain: Social and Emotional Standard 1&2

Target Audience - Mixed Age Groups

Summary - Research suggests that there are some gender differences from birth. This professional development session will explore how different genders learn, what they like to do and why we should be aware of those differences.


Braxton

See sessions listed for other counties


Nicholas

See sessions for other counties

Fayette - Fayette County DHHR in Oak Hill

 June 24, 2014 10:00 am - 3:00 pm with lunch break

Pocahontas - McClintic Public Library - Marlinton

 June 25, 2014 10:30 am - 3:00 pm with lunch break

Greenbrier - Greenbrier County Workforce in Lewisburg

See sessions listed for other counties

***Raleigh**

June 21, 2014 10:00 am - 12:00 pm
See Infant/Toddler training 1st page of schedule

McDowell

See sessions listed for other counties

Summers

See sessions listed for other counties

Mercer - Mercer County Workforce in Princeton

June 11, 2014 4:00 pm - 6:00 pm
See description page one training calendar/
What is Traumatic Stress?

Webster

See sessions listed for other counties

Monroe

See sessions listed for other counties

Wyoming

See sessions listed for other counties

**Announcing Something New!
Coffee and Conversation
An Invitation to All Child Care Center Directors**

MountainHeart CCR&R is hosting an informal get together for all center directors. Come and be a part of this community of learners and share ideas on meeting the needs of child care. As well as getting some great new concepts from others, you will also receive 2 hours of STARS credit in program management that will help with those required by state.

Coffee and snacks will be provided.

April 7, 2014 - 9:30am-11:30am in Mercer County at Kidz at Hart, 200 Mercer St. Princeton

April 9, 2014 - 10:00am-12:00pm at the MountainHeart Office (Greenbrier Workforce Building).

Please call Dianna Thompson at 304-872-9200 or Janet Thompson at 304-647-3800 to let them know if you are planning to attend.

Things to Remember about Professional Development Sessions...

- ♥ Please remember to pre-register for all professional development sessions by calling Reba at 1-866-872-9204.
- ♥ If you register for a class and are unable to attend, please contact MountainHeart and let them know. There may be a waiting list for that class.
- ♥ Infants and children are not to attend professional development sessions. Alternate child care arrangements need to be made prior to the class.
- ♥ All sessions will begin at the scheduled time. If you miss 15 or more minutes during the course of the session, you will not receive credit or a certificate for the session.
- ♥ Upon arriving for the professional development session, all cell phones and electronic devices need to be set to vibrate or meeting. Please no texting during the sessions.
- ♥ Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions that day.
- ♥ Sessions with the van symbol means TRAILS will be available for that training.

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

Please call 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.

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TRAILS Mix

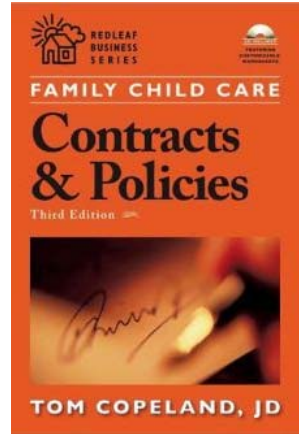
“Being Businesslike in a Caring Profession”
Tom Copeland, Redleaf Press Business Series

As the April 15th tax deadline looms each year, child care providers begin to think about the business side of their child care. Because this is a “caring” profession, the business side of child care often takes a back seat to the day to day routines. Many child care providers have shared that they eventually learn (often the hard way) that balancing business with child care is crucial.

When your approach balances caring for children and business, families also benefit. Here is a perfect example. Vickie Wheeler is a family child care provider in Summers County. She learned how to present her business policies, provide developmentally appropriate child care each day and have respectful conversations with families. This led to a Saturday morning ‘coffee and pastry’ time at her home for parents who wanted to learn more about the Affordable Health Care Act. The speaker was a friend from the local health department. It was well attended and Vickie’s child care business is flourishing.

TRAILS hopes you know that you are certainly not just “a babysitter.” You are a professional child care provider; one who must follow state regulations, receive on-going training and operate a business. The above title is the title of chapter one from Tom Copeland’s book for *Family Child Care, Contracts and Policies, 3rd edition*. This is one book in a business series that is just for family child care providers. Please, let TRAILS know if you would like more information concerning this topic.

Submitted by Janet Thompson, TRAILS Specialist, MountainHeart Lewisburg



Pretzel Butterflies

Ingredients:

- ♥ Whipped Cream Cheese
- ♥ 1/4 Cup Raisins
- ♥ 1/2 Cup Small Pretzel Twists

Directions:

- ♥ Wash and cut celery into 2 inch slices.
- ♥ Fill celery with cream cheese,

Put pretzels into cream cheese, break pretzel for antennas, insert antennas at top of celery and add Raisins. A perfect snack!

<http://whatwillwedotoday.com/2011/05/04/butterfly-day-recipe-pretzel-butterflies-healthy-version/>

Submitted by Mary Jones, TRAILS Associate



Water Rainbow Experiment

This fun way to experiment with colors is even appropriate for young children. They can experiment with the various colors they can make from primary colors.

Materials

- ♥ 3 large, clear plastic glasses of water
- ♥ Several smaller, clear plastic glasses
- ♥ Red, yellow, blue liquid food coloring
- ♥ Spoon or plastic dropper



Directions: Fill three clear plastic glasses with one cup water. Leave the other glasses empty. Add a few drops of red, yellow and blue food coloring in each of the water filled glasses. This will make one glass of each of the primary colors. Allow children to use a spoon or dropper to experiment with what happens as they mix colors together. Talk about the colors that they created.

Extent the activity with books about colors and/or rainbows:

- ♥ *What Makes a Rainbow?* by Betty Ann Schwartz; illustrated by Dona Turner (Ages 0-3)
- ♥ *The Leprechaun Who Lost His Rainbow* by Sean Callahan; illustrated by Nancy Cote (Ages 3-6)
- ♥ *The Magic School Bus Makes a Rainbow: A Book about Color* by Joanna Cole; illustrated by Carolyn Braken and Bruce Degan (Ages 4-8)
- ♥ *Rainbow and You* by Edwin C. Krupp; illustrated by Robin Rector Krupp; (Ages 4-8)
- ♥ *Mouse Paint* by Ellen Stoll Walsh (Ages 3-6)
- ♥ *A Rainbow of My Own* by Don Freeman (Ages 3-7)
- ♥ *Duckie’s Rainbow* by Frances Barry (Ages 2-5)

Taken from: <http://www.allkidsnetwork.com/crafts/spring/toddler-rainbow-craft.asp>

Dear Roma

Dear Roma,

When I leave my child at child care he cries while reaching for me. I feel sad and think about him reaching for me all day. My heart is broken over the incident. The caregivers ask me to say goodbye and leave and say he will be alright. What are your thoughts about this?

Breaking Heart



Dear Breaking Heart,

Most of the time, a child stops crying immediately and begins to play. I would say goodbye and give the child a time frame as to when you will return. Also, it is a good idea to arrive a few minutes early in the morning and get the child interested in an activity or a group of children playing. This makes transition much easier and lessens separation anxiety.

Roma

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

Buttons



In January, some of my coworkers and I attended a conference sponsored by SECA (Southern Early Childhood Association). One of the classes I attended was about buttons. Now I'm all about having a good time and I thought, "Buttons? Why, that sounds like fun." The presenter (Win Maxey-Shumate) started out with the history of buttons and how they began as a decoration for people's clothing then later moved on to be used as closures. She then passed around a button box. My grandmother had a button box. When she could no longer use an article of clothing she would cut off the buttons and then use the material to make a quilt. As a child I can remember playing with all of the wonderful buttons in her button box. I loved the feel of running my fingers through the buttons. I didn't realize at the time that I was playing with a sensory item.

Buttons are a wonderful and inexpensive tool to be used for teaching math. You can have the children sort the buttons by different attributes like color, size, shape, and number of holes. The children can count buttons. They can measure objects with buttons, (my book is 10 buttons long), and buttons can be put into a container to be poured and measured.

Buttons can be used in art areas. The children can make button collages, use buttons for eyes, and make button flowers... there is no limit to their imagination.

Buttons are also used in literature: *Corduroy*, *Pete the Cat and His Four Groovy Buttons*, *The Button Box*, and *Buttons Buttons*.

Using buttons is a wonderful way for a child to develop hand and finger muscles for pre-writing, to enhance self-help skills by buttoning clothing and to just have a good time while learning.

Caution! Buttons can be a choking hazard. Not to be used with children under 3

Submitted by Evelyn Davis TRAILS, Early Childhood Specialist

Super Saturday Event

MountainHeart CC R&R invites you to join us

March 22, 2014 from 10:00am - 4:00pm
(hour lunch break on your own)

Wade Center 1400 Highland Avenue
Bluefield, WV

Topic: Accommodating Children with Special Concerns

5 Hours STARS credit



Summary - This professional development session will discuss the problems children who were exposed to drugs prenatally might have, what the social, emotional and physical issues are, and an introduction to autism. Presented by experts in their field.

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

In the Garden

It's time to dust off your gardening gloves, roll up your sleeves and find your rakes; spring is just right around the corner. Gardening and children seem to go hand in hand. Dirt, water, vitamin D and fresh air are wonderful for the soul. As soon as the snow melts and the temperature is above 40 degrees it's time to prepare the garden beds, start the seeds indoors, visit greenhouses and get ready for spring.

Children of all ages can assist in gardening from start to finish. Learning how plants grow teaches children the importance of their natural environment, while tending a garden gives them a sense of pride and accomplishment. Even if you don't have a spacious area, you can always find a free spot that can accommodate beautiful flowers or some vegetables. In addition, gardening has many benefits. Gardening is a great way to save money, helps reduce stress and anxiety, helps children relax and provides endless opportunities for learning new vocabulary.

Gardening with children can help promote healthier lifestyles. Children tend to eat what they grow and gardening is great physical exercise. So get outside and get your hands dirty.

Children's Books on Gardening:

- ♥ *Quiet in the Garden* by Alik
- ♥ *Wiggle and Waggle* by Caroline Arnold
- ♥ *How a Seed Grows* by Helene Jordan
- ♥ *The Tiny Seed* by Eric Carle
- ♥ *The Carrot Seed* by Ruth Krauss
- ♥ *Zinnia's Flower Garden* by Monica Wellington

To find gardening activities visit:

<http://codenamemama.com/2011/03/13/gardening-activities/>

<http://gentleworld.org/outdoor-activities-for-kids/>

Resources:

<http://earlychildhood.msstate.edu/resources/samplelesson/pdf/4years/InTheGarden.pdf>

<http://allfamilytips.com/the-benefits-of-having-a-garden/>

<http://ezinearticles.com/?Gardening-With-Children&id=4757089>

Submitted by Sara Mathes, Early Children Specialist



Please Join Us for a Morning of Coffee and Conversations with Child Care Center Directors

April 7, 2014 9:30am- 11:30am
Kidz at Hart Child Care
200 Mercer Street, Princeton

Or

April 9, 2014 10:00 am- 12:00 pm
MountainHeart Child Care Office
Greenbrier County Workforce Building

A certificate for 2 hrs. Program Management will be awarded to participants.
Coffee and snacks will be provided.
Hosted by MountainHeart CCR&R

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

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 PROJECT

Childcare Provider Savings Project

WISER (Women's Institute for a Secure Retirement) is partnering with the U.S. Ready.Save.Grow campaign to assist childcare providers set up a savings account with "Treasury Direct"

Here are the details:

- Save by buying US Savings Bonds via Treasury Direct (we'll show you how to set up an account) and receive a \$50 account sign-up bonus!
- At the end of the year, **your savings will be matched by half** (up to \$400)
 - Ex. If you save \$600 in 12 months (\$50/month or \$1.67/day), your savings will be matched by \$300)
- Complete a pre and post survey about your experience
- Optional: attend three personal financial management workshops jointly offered by WISER for childcare certification credits.



For more information, contact Diane Browning, WISER, 304-497-2749 or dlbrowning@frontiernet.net

Upcoming Conferences

WVCAN 2014 Conference
Lakeview Resort, Morgantown, WV
April 3-4, 2014

<http://wvcn.org/event/wvcn-2014-conference-the-team-response-to-child-abuse/>

11th Annual Young Child Expo and Conference
The New Yorker Hotel, New York City
April 23-25, 2014

<http://www.youngchildexpo.com>

Association for Early Learning Leaders Conference
Lake Buena Vista, Florida
April 23-25, 2014

<http://www.naccp.org>

Huntington Area Early Childhood Conference
Big Sandy Superstore Arena, Huntington, WV
April 25-26, 2014
1-855-GOT-KIDS

NAEYC's 2014 National Institute
for Early Childhood Professional Development
Minneapolis, Minnesota
June 8-11, 2014

<http://www.naeyc.org>


 MOUNTAINHEART
Community Services, Inc.

P.O. Box 966 • Beckley, WV 25801

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



www.facebook.com/mountainheartwv

**Important Information
Professional Development
Schedule Inside!**