



# Child Care Chronicle



A Newsletter of MountainHeart South  
for all providers of child care

Vol. XII Issue 2

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

SPRING 2015



## Reflections From My Desk

In November, the President signed the Child Care and Development Block Grant (CCDBG) Act of 2014 into law. According to Child Care Aware® of America, the nation's leading voice for Child Care, "The law reauthorizes the Child Care program for the first time since 1996 and represents an historic re-envisioning of the Child Care and Development Fund (CCDF) program. The law makes important statutory changes focused on better balancing the dual purposes of CCDF – to promote families' economic self-sufficiency by making child care more affordable, and fostering healthy child development and school success by improving the overall quality of early learning and afterschool programs. It also makes significant advancements by defining health and safety requirements for child care providers, outlining family-friendly eligibility policies, and ensuring parents and the general public have transparent information about the child care choices available to them."

Although at this time, we do not know all the details of how the reauthorization will look for child care in West Virginia, the following is an overview of some of the changes proposed in the year to come:

- ♥ There will be a new purpose and approach to Child Care
- ♥ The new purpose is to increase the number of low income children in high quality settings and provide work supports for parents
- ♥ The new purpose will be less about the parent and more about the child. Low income children will not lose child care if a parent loses their job.
- ♥ The structure of Head Start and Child Care will change to increase and maximize funding for both entities.
- ♥ Blending and braiding of early childhood funding sources will together raise the quality
- ♥ There will be more opportunities for Head Start and Child Care Partnerships
- ♥ Child Care certificates will be extended from six months (currently) to one year

Following his State of the Union address, President Obama revealed his plan to make affordable, quality child care available to every working and middle-class family with young children including:

- ♥ Making a significant investment in the Child Care and Development Fund that helps every eligible family with young children afford quality child care
- ♥ Tripling the maximum child care tax credit to \$3,000 per young child
- ♥ Creating a new innovation fund to help states design programs that better serve families that face unique challenges in finding quality care, such as those in rural areas or working non-traditional hours

Child Care Aware of America's link: <http://www.usa.childcareaware.org/>

*Margie*

## TRAILS says, "Thanks a lot"!

**You Can't See Us...But We're Totally Doing a Happy Dance!**

**Toy Donations:**  
Mullens Methodist  
Anna Fox

**Baby Food Jars:**  
Joan Green  
Heather Fox

**Lewisburg TRAILS Donation:**  
Cathy Neel  
Sheila Landis

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PUBLISHED BY

**MOUNTAINHEART**  
Community Services, Inc.

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

Phone: 1-800-834-7082

## Early Care Share West Virginia: A New Online Resource

The Division of Early Care and Education is pleased to announce the launch of Early Care Share West Virginia. This is an online platform that delivers a wealth of practical resources for early childhood education directors, family child care providers, and teachers. Its goal is clear: to help save time, reduce costs, and improve quality.

Sponsored by West Virginia Early Childhood Training Connections and Resources, Early Care Share West Virginia is now available free of charge to early childhood education professionals in West Virginia, especially child care professionals and those that may be providing support, training and assistance to those professionals.



The site can be accessed by visiting [www.EarlyCareShareWV.org](http://www.EarlyCareShareWV.org). Interested parties in West Virginia can fill out a New Member Request form by clicking on "Request a Log in Account" upon visiting the site. It's entirely free!

For additional information or to arrange an online or in person demonstration about Early Care Share West Virginia, please contact Natalie Snider at [nsnider@rvcds.org](mailto:nsnider@rvcds.org).

## Developing a Partnership with Parents

Many times child care providers struggle with connecting to parents, but that doesn't mean we shouldn't try. The parent is the child's first teacher, so a relationship needs to be established to support the children that we care for every day. Edna Wallace writes in her article, "A Hands-on Approach to Nurturing the Parent Partnership", the following suggestions:

- ♥ Place a suggestion box in a convenient location to encourage parents to share ideas and concerns.
- ♥ Do a yearly parent survey, to make sure the services that you provide are meeting the needs of the families and children in your care.
- ♥ Keep a current parent handbook on file and update policies as needed.
- ♥ Post or share a newsletter with them. Parents love to see and hear about what their children are doing while they are with you!
- ♥ Make sure your bulletin board has current and interesting information to share, maybe a craft idea or recipe that the children like.
- ♥ Communication is a two way street; take time to ask questions and solicit information from parents during drop-off and pick-up times. If that is not possible, schedule parent/provider conferences.



Remember all of us are part of a team with the child being the focus of our team efforts.

Source: [http://www.earlychildhoodnews.com/earlychildhood/article\\_view.aspx?ArticleID=318](http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=318)

Submitted by Dianna Thompson, Early Childhood Specialist

## From the Editor

PLEASE NOTE: \*Correction\* of the *Child Care Chronicles* newsletter article "No More Blue Skies", Winter 2015 Issue

The article stated: "According to the West Virginia Child Care Licensing Regulations, 'Children should be involved in vigorous outdoor activities daily when temperatures are above 40 degrees.'"

The article should have stated: "According to the West Virginia Family Child Care Facility Licensing Requirements..."

Our apologies for this mistake!

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



**No More Blue Skies**

Cold temps? Check. Gloomy skies? Check. Grumpy mood? Check again. But not for long because spring is on its way! Until then, we must remember all children need to be physically active, even in the winter months. With less sunlight hours, snow and cold can make it hard to find a time and place for kids to be physically active. But it can be done! So gather up your scarves, snow boots, coats, hats and mittens and let the outdoor winter games begin.

According to the West Virginia Child Care Licensing regulations, "Children should be involved in vigorous outdoor activities daily when temperatures are above 40 degrees."

The winter months can provide endless ways for children to be active, use their imaginations and become creative. So, if you need ideas for fun activities to do outside in the winter months, check these ideas out and more at:

<http://www.inccrra.org/childhood-safety-projects/159-outdoor-winter-activities>,  
<http://www.kidactivities.net/post/Outside-Winter-Time-Fun-for-Kids.aspx>, and  
<http://www.parents.com/fun/activities/outdoor/snow-activities-kids/>

Some of the fun activities found at these sites are: footprint tag, snowball baseball, find the snow flag, jump snow hurdles, make snow sculptures, snow graffiti, tic-tac snow, frosty toss, swing away and snow treasure hunt.

Resources:  
 West Virginia Department of Health and Human Resources Legislative Rules, Family Child Care Facility Licensing Requirements, 2012.  
 Submitted by: Sara Mothes, Early Childhood Specialist

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## Roma's Real World

### Providing Adaptations to Meet the Needs of all Children in Early Childhood Environments

Most early childhood environments are designed to meet the needs of many children without disabilities. The purpose of adaptations is to assist children in compensating for intellectual, physical, and behavioral challenges. Adaptations allow children to use their current skills while promoting the acquisition of new skills.

The first step is to assess the child's abilities and the early childhood environment. Once the goals and objectives are identified and expectations for the child's participation in that environment are established, the team selects or creates adaptations or accommodations that address those needs.

To meet the specific needs of children you may need to make changes to one or more of the following instructional conditions:

- ♥ Environmental conditions: You may need to adjust lighting, noise levels, visual and auditory input, physical arrangement, and accessibility of important materials.
- ♥ Instructional grouping or arrangement: Decide if large groups, small groups, cooperative learning groups, peer partners, one-on-one instruction, and/or independent tasks work best.
- ♥ Teaching strategies: A change in teaching strategies can influence a child's ability to participate. Examples include: simplifying directions, addition to visual information, use of concrete materials/examples, repeated opportunities, enhancement activities, verbal prompting, and physical assistance.
- ♥ Level of personal assistance: A child's need for assistance may range from periodic spot checks to close continuous supervision.
- ♥ Lesson format: A lesson format can be altered to include class discussion, games, role play, activity-based lessons, experimental lessons, demonstrations, and thematic lesson organization.
- ♥ Curricula goal and learning outcomes: Match the needs of the child with the context of the activity or the individualized learning objective.
- ♥ Adaptation of methods for responding: Sometimes children may understand a concept, although, you may need to demonstrate that knowledge. Use of augmentative communication systems, eye gaze, or demonstration may better allow a child to demonstrate his/her skills.
- ♥ Modifications of instructional materials: It is sometimes necessary to physically adapt instructional or play materials to facilitate a child's participation.



Resources: Head Start, U.S. Department of Health and Human Services. National Center on Quality Teaching and Learning  
Submitted by Roma Lester, MA, Behavior Consultant

### Microwave Sweet Potato Chips

#### Ingredients:

- ♥ 1 large sweet potato
- ♥ 1 tsp olive oil
- ♥ ½ tsp kosher or sea salt

Optional: ½ tsp sugar and ¼ tsp cinnamon can be substituted for salt



#### Directions:

Scrub potato and cut off the ends. Slice thinly. Place in a gallon zip lock bag with oil and salt then shake to coat. Next, place sweet potatoes in a single layer on parchment paper. Microwave for 2 ½ to 4 minutes on high until crispy but not browned, watching carefully after 2 minutes.

[www.doctoroz.com](http://www.doctoroz.com)

Submitted by Sandra Cox, TRAILS Associate

### “Wishing You The Best!”

Dianna Thompson, Early Childhood Specialist, has recently accepted a position with Fayette County Head Start as the Family and Community Partnership Manager. Dianna has worked for MountainHeart for over 13 years; first in the position as case manager and then as a specialist on the Professional Development Team. I am sure the providers and centers she served will miss her willingness to help whenever called. Those of us from MountainHeart who have worked with Dianna are sad to see her leave, but wish her the best in her new career!



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

## Tips for Feeding Toddlers

“The Toddler Bistro” by Christina Schmidt states, “Despite your best intentions to serve healthy and nutritious foods, you can lose steam when hours of food preparation result in your toddler either rejecting your marvelous meal or acting oblivious to your earnest efforts.” Often times at this age it is more about expressing their autonomy than it is about food preference. Assuming that certain foods are the enemy is a normal way for toddlers to initiate their independence and need for control. It's certainly time to get creative in inspiring your toddler to get excited about eating!

Here are some tips to make food fun and exciting for the toddler:

- ♥ Name it something new! Broccoli can be trees, peas can be baseballs, spaghetti can be slimy worms, colorful fruit or chopped veggies can be rainbows.
- ♥ Shape and sculpt. Use a fun cookie cutter for cheese, sandwiches, or fruit slices. Buy fun shaped pasta, or make “mini” versions of food favorites.
- ♥ Offer two or three choices of a certain food group. Let your toddler choose between red pepper strips or carrot sticks. They love to have an option.
- ♥ Tell a tale... “Once upon a time, a big bird dropped a very tiny seed...” In this way, your toddler’s bite of food becomes an important chapter in the story.



Try this Five-minute Pizza Recipe

- ♥ 1 whole wheat English muffin half
- ♥ 1 tablespoon tomato paste or sauce
- ♥ 1 tablespoon grated carrot or other favorite veggie
- ♥ 1 slice cheese

Spread muffin with the tomato paste or sauce. Top with carrot and cheese. Bake at 450 degrees for 5 minutes until the cheese melts. Cut into small pieces and serve with chopped fruit.

Source: “The Toddler Bistro” by Christina Schmidt, M.S. Nutrition

Submitted by Tricia Haynes, Infant/Toddler Specialist



You are cordially invited to

### An Infant/Toddler Summit

9:00 am to 4:00 pm

### Save the Date

<p><b>Huntington</b> March 13, 2015 Registration Deadline March 2 Holiday Inn Barboursville</p>	<p><b>Wheeling</b> March 27, 2015 Registration Deadline March 16 Oglebay Conference Center</p>	<p><b>Parkersburg</b> April 10, 2015 Registration Deadline March 30 Choices R &amp; R Agency</p>
<p><b>Fairmont</b> April 24, 2015 Registration Deadline April 13 Clarion Inn Fairmont</p>	<p><b>Martinsburg</b> May 8, 2015 Registration Deadline April 27 Holiday Inn Martinsburg</p>	<p><b>Beckley</b> May 22, 2015 Registration Deadline May 11 Tamarack</p>

Call your Infant/Toddler Specialist for more information.

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

**Infant Toddler Profession Development Opportunities  
 April, May & June**

**WVIT I Administrator Module**

*Only Offered Twice Yearly*

Tuesday, May 5, 2015 at the MountainHeart Conference Room in Beckley from 9 am to 5 pm

Tuesday, September 29, 2015 at the MountainHeart Conference Room in Beckley from 9 am to 5 pm

6 STARS hours (1 hour lunch)

**\*Attendance of Center and Facility Directors to Administrator Module is required before sending participants\***

**WVIT II Administrator's Module**

Monday, May 18, 2015 at the MountainHeart Conference Room in Beckley from 9 am to 5 pm

6 hrs. STARS credit (1 hour lunch)

**\*Attendance of Center and Facility Directors to Administrator Module is required before sending participants\***

**West Virginia Infant/Toddler (WVIT I)**

**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 participants will learn the importance of building positive relationships with families, caregivers and children, 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 this profession
- ♥ FREE resources available to eligible participants

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

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

**All Sessions to be held at  
 MountainHeart Conference Room in Summersville**

Sessions as follows:

Session 1	Tuesday, June 30	10 am - 4 pm
Session 2	Tuesday, July 7	10 am - 3 pm
Session 3	Tuesday, July 21	10 am - 4 pm
Session 4	Tuesday, July 28	10 am - 3 pm
Session 5	Tuesday, August 18	10 am - 3 pm
Session 6	Thursday, August 20	10 am - 4 pm
Session 7	Tuesday, August 25	10 am - 3 pm
Session 8	Tuesday, September 1	10 am - 4:30 pm
Session 9	Thursday, September 3	10 am - 4 pm
Session 10	Tuesday, September 8	10 am - 12:30 pm

**West Virginia Infant/Toddler (WVIT II)**

**Professional Development Program  
 For Caregivers 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 and have attended WVIT I\***

**All Sessions to be held at  
 Summersville MountainHeart Conference Room**

Sessions as follows:

Session 1	Monday, June 1	5 pm - 8:30 pm
Session 2	Thursday, June 4	5 pm - 8:30 pm
Session 3	Thursday, June 11	5 pm - 8:30 pm
Session 4	Thursday, June 22	5 pm - 8:30 pm
Session 5	Thursday, June 25	5 pm - 8:30 pm
Session 6	Thursday, July 2	5 pm - 8:30 pm
Session 7	Monday, July 6	5 pm - 8:30 pm
Session 8	Thursday, July 16	5 pm - 8:30 pm
Session 9	Thursday, July 27	5 pm - 8:30 pm
Session 10	Thursday, July 30.	5 pm - 8:30 pm

**Please Contact Tricia Smith, Infant/Toddler Specialist  
 To Reserve Your Seat In The WVIT I or WVIT II Sessions.  
 1-866-598-4452 or 304-872-9200**

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

**Please call Reba at 1-866-598-4452 to reserve your seat today!**

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

MountainHeart Child Care Resource & Referral 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 Trainer: Sara Mathes**

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**Professional Development for April, May and June 2015**

**Topic 1 - Gardening with Children**

**Core Competency** - 1 hr. Curriculum and 1 hr. Health, Safety and Nutrition (Tier II) WV ELSF - All Domains

**Target Audience** - All ages

**Summary** - Children are spending less time out of doors than ever before. Having a relationship with nature and the outside creates what is called the mind/body/nature connection that aids in good mental and physical health. This session will show the reasons why gardening can be useful whether in a home or classroom environment as well as tools to create this type of outdoor classroom for all ages.

**Topic 2 - Crises Children Face**

**Core Competency** - 1 hr. Positive Interactions and Relationships, 1 hr. Family and Community (Tier II) WV ELSF - Domain: Social and Emotional

**Target Audience** - Adults

**Summary** - Relationships formed with children support learning, their sense of who they are, and academic skills. Obstacles real and imaginary can upset this balance. Learning ways to encourage and strengthen children & families to face the obstacles life can bring are something adults need to grasp. This session will explore areas children face and who or what can help them endure.

**Topic 3 - Look at Me "Grow"! Purposeful Planning Using Observation and Assessment in a Child Care Environment**

**Core Competency** - 4hrs. Observation and Assessment (Tier III) WV ELSF - All Domains: Social/Emotional Development, Fine/Gross Motor Development, Cognitive

**Target Audience** - Adults

**Summary** - Learn how to use observation and assessment to facilitate planning. Methods of doing observation and assessment will be introduced and practiced.

**Topic 4 - What Young Children Need to Succeed: Developing Environments to Meet the Needs of Afterschool and Multi-age Group Classrooms**

**Core Competency** - 2 hrs. Curriculum WV ELSF - Social and Emotional Standard 2

**Target Audience** - All ages

**Summary** - This professional development session will focus on classroom and behavioral management strategies in a multi-age classroom group. The need for environmental changes, interest inventories, analysis of the curriculum and activities to ensure that you are meeting the needs of all children will be investigated.

**Topic 5 - Wow! Where Can I Find That?**

**Core Competency** - 2 hrs. Professionalism (Tier II)

**Target Audience** - Adults

**Summary** - As child care professionals finding information to enhance performance in your job can be a challenge. Discovering resources through the use of the internet, other people and other agencies can increase your knowledge base and make your work more stress-free. These avenues will be explored in this session.

**Topic 6 - Celebrate the Benefits of Outdoor Play**

**Core Competency** - 1 hr. Health, Safety and Nutrition and 1 hr. Child Growth and Development (Tier II) WV ELSF - All domains

**Target Audience** - All ages

**Summary** - Playing outside promotes well-being and wholesome physical development. Children develop muscle strength and coordination and gain self-confidence as well as improving fine and gross motor skills. According to Richard Louv, author of Last Child in the Woods, "Today, kids are aware of the global threats to the environment—but their physical contact, their intimacy with nature, is fading. That's exactly the opposite of how it was when I was a child." Let's learn ways to encourage outdoor play.

**Topic 7 - Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect**

**Core Competency** - 2 hrs. Health, Safety and Nutrition

**Summary** - As mandated reporters of suspected child abuse and neglect you have a legal and moral responsibility to report. Caregivers needing Child Abuse and Neglect class should register for one of these classes offered in April, May or June by Nurse Health Consultant Glenna Bailey RN, MSN. Classes are also available upon special request.

**Topic 8 - Super Saturday - Ucycle Your Trash into Functional Treasure (5 hours with working lunch)**

\*Limit of 65 Participants\*

**Core Competencies** - 1 hr. Health, Safety and Nutrition, 1 hr. Family and Community, 1 hr. Curriculum, 2 hrs. Child Growth and Development (Tier III) WV ELSF - All Domains

**Target Audience** - All Ages

**Summary** - Wait! Don't throw that away! Participants of this professional development session will learn new and creative ideas to upcycle cardboard boxes, tires, pallets, plastic bottles and much more. They will learn to enhance their environment with recycled items transformed into useful learning resources. Participants will take away from this professional development session the knowledge to teach children the importance of reducing, reusing and recycling.

\*Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions for that day.\*

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

**Please call Reba at 1-866-598-4452 to reserve your seat today!**

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

**MountainHeart South Professional Development Schedule**  
**WV STARS Certified Trainer: Sara Mathes**

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**Braxton - Braxton County DHHR, WV**

April 8, 2015	12:00pm – 2:00pm	Topic 1
	2:30pm – 4:30pm	Topic 2

**Fayette – Fayette County DHHR in Oak Hill**

April 13, 2015		WVFCC series of 7 Modules - See last page of training schedule
June 24, 2015	10:00am - 12:00pm	Topic 5
	1:00pm – 3:00pm	Topic 6

**Greenbrier – Greenbrier County Workforce in Lewisburg**

April 29, 2015	12:30pm – 2:30pm	Topic 1
	3:00pm – 5:00pm	Topic 2
June 4, 2015	5:00pm – 7:00pm	Topic 7
June 16, 2015	10:00am - 12:00pm	Topic 5
	1:00pm – 3:00pm	Topic 6

**McDowell –McDowell County Workforce in Welch**

April – See training in Wyoming county April 9, 2015		
May 21, 2015	10:00am – 3:00pm	Topic 3 (4 hour topic with 1 hour lunch)

**Mercer – New MountainHeart Office 1411 North Walker Street, Princeton**

April 16, 2015	10:00am – 12:00pm	Topic 1
	1:00pm – 3:00pm	Topic 2
May 27, 2015	1:00pm – 5:00pm	Topic 3 (4 hour topic)
June 18, 2015	10:00am – 12:00pm	Topic 5
	1:00pm – 3:00pm	Topic 6
June 24, 2015	5:00pm – 7:00pm	Topic 7

**Monroe**

See sessions for other counties

**Nicholas – Hosted by Friends-R- Fun CDC at 70 Friends-R-Fun Drive, Summersville**

May 5, 2015	6:00pm – 8:00pm	Topic 4
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**Nicholas – MountainHeart Office in Summersville**

June 26, 2015	10:00am – 12:00pm	Topic 5
	1:00pm – 3:00pm	Topic 6

**Pocahontas - McClintic Public Library – Marlinton**

April 28th, 2015	10:30am – 12:30pm	Topic 1
	1:00pm – 3:00pm	Topic 2

**Raleigh – MountainHeart Office in Beckley**

April 21, 2015	10:00am – 12:00pm	Topic 1
	1:00pm – 3:00pm	Topic 2
April 22, 2015	5:00pm – 7:00pm	Topic 7
June 9, 2015	4:30pm – 8:30pm	Topic 3 (4 hour topic)

**Raleigh - Kountry Kids, 224C Pinewood Drive, Beckley**

May 2, 2015	9:00am – 2:00pm	Topic 8 (5 hours with working lunch)*Super Saturday*
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**Summers**

See sessions for other counties

**Webster**

See sessions for other counties

**Wyoming – MountainHeart Conference Room in Matheny**

April 9, 2015	10:00am – 12:00pm	Topic 1
	1:00pm – 3:00pm	Topic 2

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

Please call Reba at 1-866-598-4452 to reserve your seat today!

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

**MountainHeart South Professional Development Schedule**  
**WV STARS Certified Trainer: Sara Mathes**

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**Things to Remember about Professional Development Sessions**

- ♥ Please remember to pre-register for all professional development sessions by calling Reba at 1-866-598-4452.
- ♥ 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 session; and as a courtesy to others refrain from personal conversations during sessions.
- ♥ Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions that day.
- ♥ TRAILS van will be available at most daytime professional development sessions.

Thank you

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**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 13th at the Brethren Fellowship Hall, 126 Central Ave., Oak Hill, WV 25901
- Sessions are open to family child care providers and facilities. These sessions will be held in Fayette 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 13, 2015
Session 2	4:00 pm - 8:00 pm	April 20, 2015
Session 3	4:00 pm - 8:00 pm	April 27, 2015
Session 4	4:00 pm - 8:00 pm	May 5, 2015
Session 5	4:00 pm - 8:00 pm	May 18, 2015
Session 6	4:00 pm - 8:00 pm	June 1, 2015
Session 7	4:00 pm - 8:00 pm	June 8, 2015

**Location of sessions: Fayette County, Brethren Fellowship Hall, 126 Central Avenue, Oak Hill.**

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**Saturday and Evening Opportunities**

**Evening:**

- April 22, 2015 5:00pm-7:00pm Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect/Raleigh County
- May 5, 2015 6:00pm-8:00pm What Children Need to Succeed/Nicholas County
- June 4, 2015 5:00pm-7:00pm Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect/Greenbrier County
- June 9, 2015 4:40pm-8:30pm Look at Me Grow/ Raleigh County
- June 24, 2015 5:00pm-7:00pm Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect/Mercer County

**Saturday:**

- May 2, 2015 Super Saturday 5 hour Upcycle Your Trash into Functional Treasure/Kountry Kids, 224C Pinewood Drive, Beckley
- 

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

**Please call Reba at 1-866-598-4452 to reserve your seat today!**

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



## Do You Love Loose Parts?

I know one thing that can get me out of sorts, pieces of items that don't seem to fit anywhere. Since I don't throw much away, I usually have a drawer full of loose parts. After reading an article called, "10 Reasons to Love Loose Parts", I have changed my mind. Now I know why I save all those pieces.

"In 1972, architect Simon Nicholson developed the Theory of Loose Parts; the idea that loose parts, materials which can be moved around, designed and redesigned, and tinkered with; create infinitely more opportunities for creative engagement..."

Small loose parts are not for children under the age of three due to choke hazards, but they can be hours of creative thinking for older children. Here are some reasons to love loose parts.

Loose parts:

- ♥ Come in all colors, shapes, and textures.
- ♥ Are inexpensive. Just look around your house.
- ♥ Encourage experimenting and exploration.
- ♥ Appeal to children's unique interests and can be used in various ways increasing creativity.
- ♥ Encourages higher level play.

Loose parts for children under three years of age just need to be larger, but are still useful in their play.

"Loose parts" is a concept encouraged in Reggio Emilia Preschools. Make loose parts available to children and watch all of the creative ideas that flow from this exposure.

Taken in part from: <http://www.aneverydaystory.com/2014/05/19/loose-parts-babies-toddlers/>

Submitted by: Joanne McCallister, Professional Development Coordinator



## Autism: Early Intervention is the Key!



Autism is a complex neurological disorder that results in limited and often global delays in a child's social, emotional, and communication skill growth. In addition, children with autism have varying degrees of sensory concerns along with restricted areas of interests, activities and behaviors. The most recent statistics from the Center of Disease Control (CDC) state that 1 in every 68 children will be diagnosed with Autism Spectrum Disorder this year; a diagnosis that can impair the child, and their family's overall quality of life.

Early intervention is the key to addressing the symptoms and challenges associated with this disorder. Services and educational programs provided by Early Head Start, WV Birth-to-Three and the Autism Training Center offer children and their families beneficial intervention strategies, training, support and resources. So, early detection of the possible symptoms of autism is integral to early diagnosis and valuable early intervention services. Professionals qualified and experienced in determining a diagnosis of autism include developmental pediatricians, neurologists, licensed psychologists and psychiatrists.

Listed below are some of the 'red flag' symptoms often associated with autism in young children as noted by the CDC.

- ♥ Not responding to their name by 12 months of age
- ♥ Doesn't make noises to get your attention
- ♥ Unusual crawling or 'toe-walking'
- ♥ No smiling, or joyful expressions by 6 months
- ♥ Avoidance of eye contact, even in very young children and infants
- ♥ May appear to be 'stuck' in one place or very passive
- ♥ Not knowing how to play with toys in an imaginative way
- ♥ Over or under reactive to light and/or noises
- ♥ No babbling or 'baby talk' by 12 months of age
- ♥ No single words by 16 months- No back and forth sharing of smiles, facial expressions or sounds by 9 months of age
- ♥ No back and forth pointing, sharing, waving by 12 months of age (joint attention)

Submitted by Guest Contributor Cam Pulliam, MA, Spec Ed  
Positive Behavior Support Trainer, Marshall University



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# TRAILS MIX

## Take it Outside

With spring and warm weather getting closer, it is time to start thinking about getting children outside into the sunshine and fresh air.

Interest areas can be set up outside. Just remember some of these items will have to be carried in daily or stored in a waterproof container.

**BOOKS:** Let's start by taking out a blanket and a basket of books. Spread the blanket out under a tree and lay the basket of books on it. When the children get tired of playing tag, riding bikes, or just running they can curl up on the blanket outside and read a book. You could add pillows and stuffed animals to make it cozier.

**ART:** Don't be afraid of taking art outside. Grab a shoebox and put some crayons and paper in the box, then let the children be inspired by nature to create beautiful pictures. Pin paper to a fence and give the children brushes and paint. Using trays or cookie sheets have the children play with play dough outside.

**BLOCKS:** This center can incorporate many things found in nature. The children can build with rocks, sticks and wood. Bring out some of your blocks and cars and they can build their own town.

**PRETEND:** Children love to pretend to cook outside. Let them have old bowls, spoons, and pots. They like to mix all the elements of nature to make a stew.

**SAND/WATER:** Fill up a sensory table with sand or water. Add some measuring cups, scoops, funnels and other kitchen gadgets. The children will dig and scoop to their hearts content without worry about making a mess. Please make sure, if you are using water, to supervise this activity closely.

By giving the children choices, they will enjoy spending time outdoors, behavior won't be a problem and at bedtime they will sleep like babies.

We have many spring and summer items available for loan on the TRAILS van such as: riding toys, a small climber and slide, jump ropes, art easels, small basketball hoop, sand and water tables, picnic tables, outdoor games and much, much more. Give your TRAILS team a call.

*Submitted By Evelyn Davis, TRAILS Early Childhood Specialist*



Beckley Office - 888-799-9217  
Lewisburg Office - 866-223-7127



## Coming Soon - Fall 2015 "Building A Firm Foundation"

This professional development session will be offered by your TRAILS Early Childhood Specialist. It consists of four modules that give you an overview of the West Virginia Elements of Family Child Care (WVEFCCS).

*For more information contact them today!*



Traveling Resource And Information Library Service  
Made available through the West Virginia  
Department of Health and Human Resources

## Dinosaur Stomp By Rae Pica

Rocking side to side, with feet wide apart, is a popular movement with toddlers. This activity gives them an opportunity to practice it, while also providing experience with the concepts of forward, backward, and heavy.

### Let's Begin

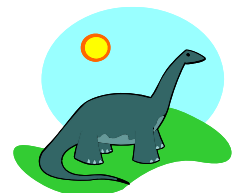
1. Put on the music and, using a toy, demonstrate the "dinosaur stomp" (or demonstrate yourself, if there's no toy available).
2. Then invite the children to try it - first in place and later while moving throughout the room, in forward and backward directions.
3. Encourage them to move heavily - like the dinosaurs!

When the children are developmentally ready to work cooperatively, invite them to do the dinosaur stomp in pairs, holding hands - first facing one another and then moving side by side.

[http://www.earlychildhoodnews.com/classroom\\_ideas/activity\\_view.aspx?ActivityID=1](http://www.earlychildhoodnews.com/classroom_ideas/activity_view.aspx?ActivityID=1)

You can find many dinosaur activities on the TRAILS van.

*Submitted by Mary Jones, TRAILS Associate*



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## Corn, Potatoes and Strawberries - Oh My!

As a young child growing up in the country a garden wasn't out of the ordinary. Every spring my grandma would talk about what she was going to plant. Her information came from the farmer's almanac, where she looked to make sure the signs were right to plant and she followed all the dos and don'ts of gardening from the previous year. At the time, I thought it was work, but now many years later I now know it was so much more.

Along with the fun of getting to play in the dirt, gardening helps children learn valuable lessons about patience as they wait for the seeds to sprout, responsibility as they see how essential their care is to the garden, even loss when flowers die at the end of a season. Gardens give children a place to practice fine and gross motor skills by planting small seeds, picking flowers, watering the garden and weeding. Children obtain social and emotional development by working together in groups, taking turns and listening to each other. Whether or not your garden flourishes, positive experiences do help sustain interest for children. One child might master the art of measuring tomato plants. Another child will learn that not all flowers are for smelling because eventually they turn into fruit or vegetables to be eaten. A third child will learn that carrots aren't that bad if they plant them, water them and then pull them from the ground. We need to remember that gardening is a fun, healthy activity for children where they develop new skills and learn about science and nature from growing their own food. The memories that children take with them last longer than a season, they last a lifetime.

The following are tips for gardening with children taken from [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gardening\\_for\\_children](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gardening_for_children)

- ♥ Keep it simple.
- ♥ Give children their own garden space. You can start with a large container or a few pots.
- ♥ Use lightweight, correct size tools and garden equipment.
- ♥ Encourage children to dig in the dirt.
- ♥ Allow children to choose what they want to plant.
- ♥ Install a birdbath or a sundial.
- ♥ Keep all chemicals away from children.
- ♥ Provide shade in summer, by using umbrellas or shade cloth.
- ♥ Make sure children wear suitable clothing, a hat and sunscreen.



Resources:

[www.cudenver.edu/cye](http://www.cudenver.edu/cye)

<http://www.naeyc.org/files/yc/file/200801/BJNatureNimmo.pdf>

Submitted by Sara Mathes, Early Childhoods Specialist

## Simple Gardening = High Yield Learning

This is the time of year when we start thinking of being outside. Children sometimes need a reason for being outside – especially older ones. Gardening can provide that purpose. I encourage you to decide to do at least one simple gardening activity with the children in your care. You can even start with just one or two large containers and plant a tomato plant, green pepper, or cucumber. How about planting pumpkin or squash seeds along a fence?

What are the benefits? It gets children and adults outside. We need fresh air, movement, and vitamin D for good health. With guidance, children learn how seeds grow into the food we eat. They learn how to observe and care for something living. There is social interaction as they work with you and others. Tending just one or two plants can be a science lesson every day and a lesson in patience. Children will often try new vegetables or fruit if they have helped to grow and harvest them.

Need more inspiration? Look what the Linwood Community Day Care in Pocahontas County did this past year. They made a few small raised beds in their yard. They grew squash, popcorn, tomatoes, etc. The squash vines even provided a tunnel! The food was then used for their meals and snacks as well as sold at the local farmers market. Think how confident those young gardeners feel.

So TRAILS encourages you to get digging! Contact us for ideas/resources and be sure to share your ideas with us.

Janet Thompson, EC Specialist, Lewisburg TRAILS



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## Medication Administration Training

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

- ♥ March 23, 2015 at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 10 am to 2 pm.
- ♥ March 24, 2015 at the MountainHeart Child Care Office at 33 MountainHeart Lane in Matheny from 10 am to 2 pm.
- ♥ April 21, 2015 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10 am to 2 pm.
- ♥ April 28, 2015 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5 pm to 9 pm.
- ♥ May 20, 2015 at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 5 pm to 9 pm.
- ♥ June 2, 2015 at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 3 pm to 5 pm.  
**(Recertification Training)**
- ♥ June 10, 2015 at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 3:00 to 5:00 pm.  
**(Recertification Training)**

To be able to attend you must call Reba at 1-866-598-4452 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 WV STARS Career Pathway. The class is WV 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 WV STARS Bar Code Id's.

Due to the intensity of the material to be covered you must be there at the scheduled start time of training. If you have any questions feel free to contact MountainHeart Child Care Resource & Referral.



*Training Materials Needed*


 MOUNTAINHEART  
Community Services, Inc.

PO BOX 966 · BECKLEY, WV 25801

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



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