



Child Care Chronicles



A Newsletter of MountainHeart South
For All Providers Of Child Care

Vol. XIII Issue 2

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

SPRING 2016



Reflections From My Desk

EXCITING ANNOUNCEMENT!

MountainHeart South CCR&R received notification that on behalf of Governor Earl Ray Tomblin and Secretary Kay Goodwin, the WV Department of Education and the Arts - Office of the Secretary and the Governor's STEM Initiative, a \$3,000.00 grant will be awarded for the "From Seed to STEM" project!

Through this grant, the MountainHeart Professional Development team will provide a "Super STEM Saturday" training event available to our child care providers. It will be held in Princeton (Mercer County) in July 2016. **Lifeline Child Care Center** will partner with us to provide the location for the training without charge.

The "Super STEM Saturday" will offer five credit hours of training in STEM activities, including Science, Technology, Engineering and Math. Child Care Providers who are registered with the State Training and Registry (STARS) program will receive STARS credit for the course.

Our Professional Development team will discuss the importance of developing systematic thinking skills in children at an early age. The session will include a combination of training methods, such as: instruction, demonstration, modeling, interactive (hands-on) training, and take home materials and skills to apply in real-world applications and daily activities with children.

A special guest for that day will be a key note speaker who attended the NASA astronaut training for teachers. Joanne McCallister will be the Super Saturday "From Seed to STEM" project coordinator.

More details will follow on this exciting project focused on STEM training for child care providers!

Margie

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Children and Family Day at the Legislature

Our display hosts - Mary, Susan, Donna and Kim



PUBLISHED BY

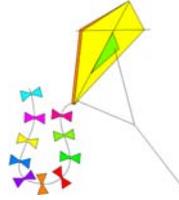
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Director's Corner

with Maxann Lunsford



Hello Everyone!

As you all know, families are an important part of your programs. As warmer weather approaches, take a second look at what ways you and your staff help the families feel a part of their child's day. The following are some suggestions to help build a positive partnership with the families you serve.

For parents who cannot volunteer at your program, encourage them to dictate stories on CD's and allow the children to listen to their parents read. Having parents help you prepare projects by cutting, tracing and putting together packets or making playdough for the center or childcare home is another way to have parental involvement.

Other ideas might include:

- ♥ Invite parents to help and participate with a float for local parades to advertise for your program.
- ♥ Have a pot-luck supper with entertainment such as a parent or local community talent. On occasion this could be for the whole family and sometimes just for the children. This would be a good time for staff and families to network and build relationships.
- ♥ Celebrate parent's personal accomplishments for example graduation from college, a job promotion, or getting their GED.
- ♥ Have parents nominate a staff member for going "beyond the call of duty". Ask parents to write an appreciation letter to that staff person and read it during a staff meeting.
- ♥ Send home suggested parent/child activities that coincide with what children have been learning in your program.

Parents enjoy staying up on what is going on with their child during the day while they have to work. Find ways to include the parent in on what their child is learning such as milestones like pottting training, or a new song they have learned. These activities will help build those necessary relationships that support parents, child care providers and especially the children in care!



Submitted by Maxann Lunsford, Early Childhood Specialist, 1-866-598-4452

What are Hosted Trainings?

Hosted trainings are trainings held at a child care center or facility with an open invitation to other child care providers who would like to attend. The host can contact the MountainHeart Professional Development Team Supervisor to schedule specific training sessions. Requirements for the center or facility who are hosting are:

- ♥ Need adequate adult seating and a large enough space to accommodate staff and others
- ♥ Set up chairs and tables, if tables are necessary
- ♥ Welcome guest providers to their location
- ♥ Have adequate parking

If your center or facility is interested in hosting training, call the Beckley office @304-253-7654 and ask for Joanne. Schedules are made at least four months in advance.

Submitted by Joanne McCallister, Professional Development Supervisor



Zika Virus



The information indicated below was developed by the Office of Human Services Emergency Preparedness and Response within HHS and is related to the Zika Virus. Please see that this information is widely distributed to parents and providers:

For parents: <https://www.acf.hhs.gov/programs/ohsepr/resource/zika-parents>

For providers: <https://www.acf.hhs.gov/programs/ohsepr/resource/head-start-or-child-care-programs-need-to-know-bout-zika>

Beverly Wellons, Regional Program Manager, Region III
Office of Child Care
U S Department of Health and Human Services
Administration for Children and Families
<http://www.acf.hhs.gov/occ>



You are cordially invited to
An Infant/Toddler Summit
The Best for Babies
Save the Date

Martinsburg Area Martinsburg Holiday Inn April 21, 2016 Registration Deadline April 12, 2016	Beckley, Charleston, Huntington Tamarack Conference Center May 12, 2016 Registration Deadline April 26, 2016	Clarksburg, Morgantown, Parkersburg, Wheeling Bridgeport Conference Center May 26, 2016 Registration Deadline May 17, 2016
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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 For Directors of programs serving infants/toddlers under the age of 36 months. Assistant directors and staff may attend with director.

To Play or Not To Play

Most children love playgrounds, but are unaware of some of the dangers lurking there. Playgrounds offer children fresh air, risk taking opportunities, friendships and exercise, so it's important for caregivers to make sure that equipment, surfaces, and careless behavior doesn't ruin the fun.

Each year in the United States, 200,000 children ages 14 and younger are treated for playground related injuries. (Tinsworth, 2001) You can make the playground safe and enjoyable for the children by checking equipment for possible hazards and following some simple safety guidelines:

1. Make sure surfaces around playground equipment have at least 12 inches of wood chips, mulch, sand, or pea gravel, or mats made of safety-tested rubber or rubber-like materials.
2. Check that protective surfacing extends at least 6 feet in all directions from play equipment. For swings, be sure surfacing extends, in back and front, twice the height of the suspending bar.
3. Make sure play structures more than 30 inches high are spaced at least 9 feet apart.
4. Check for dangerous hardware, like open "S" hooks or protruding bolt ends.
5. Make sure spaces that could trap children, such as openings in guardrails or between ladder rungs, measure less than 3.5 inches or more than 9 inches.
6. Check for sharp points or edges in equipment.
7. Look out for tripping hazards, like exposed concrete footings, tree stumps, and rocks.
8. Make sure elevated surfaces, like platforms and ramps, have guardrails to prevent falls.
9. Check playgrounds regularly to see that equipment and surfacing are in good condition.
10. Supervision is key to make sure that children are safe.



Note: The guidelines aren't specific to child care centers, facilities or home providers. These are general recommendations taken from the CDC.

Submitted by Sara Mathes, Early Childhood Specialist

Resources:

<http://www.cdc.gov/HomeandRecreationalSafety/Playground-Injuries/playgroundinjuries-factsheet.htm>

http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=107&cat_id=152&article_set=22032

<http://www.cpsc.gov/en/safety-education/safety-guides/sports-fitness-and-recreation/playground-safety/public-playground-safety-checklist/>

“Tummy Time!” What’s All the Fuss About?

We hear all the time that babies need to have time on their bellies, but do you really know why it's important? Tummy time is great for the development of baby's shoulders, neck and back muscles. When a baby spends time on his tummy; they gain the strength to lift their heads, press their bodies up with their arms and the strength to roll over.

Tummy time can start soon after the baby is born but it is best to introduce it in small doses. Several short tummy time sessions daily will help your baby adjust to this new experience. It's best to wait until your baby is happy, awake, and alert before placing him on his tummy. For support and a sense of comfort, the parent or caregiver should be at the baby's eye level with a toy or fun object for the baby to play with.

“How do I do tummy time?”

There are 5 different ways to do tummy time with your baby:

1. Tummy to Tummy or Tummy to Chest - Lie down on the floor or a bed, flat or propped up on pillows. Place baby on your chest or tummy, so that you're face-to-face. Always hold firmly for safety.
2. Tummy Down Carry or Football Hold - Simply position one hand under the tummy and between the legs and carry baby tummy down. Nestle your baby close to your body to help get baby accustomed to the position.
3. Lap Soothe - Place baby face-down across your lap to burp or soothe them.
4. Eye Level Smile - Bend down so you are level with baby. Offer additional support by rolling up a blanket under baby's chest and shoulders.
5. Tummy Minute - Place baby on their tummy after routine activities such as diapering or bathing.



Submitted by Hillary Wills, Infant Toddler Specialist. Contact me @ Mountainheart Beckley Office 304-253-7654

References:

<http://pathways.org/growth-development/tummy-time/>

<http://www.babycentre.co.uk/a25009969/tummy-time>

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



Roma's Real World

Creating Excitement and Learning in an Inclusive Classroom



Parenting can be challenging, even under the best circumstances. Parenting a child with a unique need puts a greater demand on families and caregivers. Teaching in an inclusive classroom requires a broad knowledge of child development. Teaching children with and without special needs helps teachers appreciate the staggering variations in learning styles, individual strengths, and specific learning needs of all children.

Every child deserves opportunities to learn and play in an environment that addresses all their unique needs. Both children with unique needs and typically developing children benefit from inclusive practices. Inclusive early childhood classrooms should integrate holistic curriculum guided by the interest and needs of the overall development of the children. These needs are woven into children's interactions with materials, peers, and adults. An emphasis on all aspects of child growth and development is fundamental to planning, implementation, and assessment in early childhood education.

Play is a critical component of all early childhood settings, and is a powerful tool that develops divergent thinking, abstract thoughts, problem-solving abilities, concept-formation and language abilities, in addition

to social, emotional, and physical skills and abilities.

Resources:

Creating Inclusive Classrooms. Ellen R. Daniels and Kay Stafford. Children's Resources International, Inc., Washington, DC.
Successful Inclusion Strategies. Cynthia G. Simpson, Ph.D., and Laverne Warner, Ph.D.

Submitted by Roma Lester; Behavioral Specialist

For more information please call 1-800-834-7082

Smiling Is Infectious

Author Unknown

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!



Play Is A Child's Work

You've spent the day working with the children and it's time for them to go home. You're exhausted and ready for mom to come. Mom walks in the door and says hello to you and greets the child with, "How was your day? What did you do?" The child answers, "Fine, I played with Johnny." Mom gives you a look like is that all? She's played all day?

Play is how children learn. Play is a child's work. Children learn through our planned play activities.

When a child plays with blocks they are learning:

- ♥ *Math-* counting the number of blocks, discussing shapes of blocks and comparing attributes of blocks
- ♥ *Science-* gravity, balance, and simple machines
- ♥ *Art-* sculpting and self-expression
- ♥ *Language and Dramatic Play-* to use creativity to pretend to build a road or a city, being able to describe what has been built, acting out scenarios with the block people and cars
- ♥ *Social Skills-* to play with others, to take turns, and cooperation
- ♥ *Fine Motor Skills-* to develop the small muscles in the hand for prewriting skills and eye hand coordination



Each play area in your child care is helping to develop different skill sets that children need as they grow. Your child has been working all day.

Play opens the windows of learning in a child's life and acquaints him or her with movement, observation, relationships, emotions and much more.

Play time is learning time for young children.

Build towers, read, dance, sing, paint, run and laugh together – and watch your child's learning unfold.

www.ag.ndsu.edu

Submitted by Evelyn Davis, TRAILS Early Childhood Specialist

Professional Development Opportunities

April, May, and June

Infant Toddler Professional Development

Coming soon to Raleigh County

WVIT I will begin in August

Open to anyone (center, facility, and home providers) caring for infants and toddlers ages birth to 35 months of age. **You must be on the WV STARS Career Pathway to attend the trainings.**

Administrator's Module offered twice yearly (6 hours STARS credit)

Thursday, July 28, 2016

10:00am-5:00pm (1 hour lunch)

MountainHeart CCR&R Conference Room/Beckley WV

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

Training Opportunities for Providers Keeping Infants and Toddlers

Let's Sign

April 12, 2016	Nicholas County MountainHeart Conference Room Summersville	1:00pm-3:00pm
April 14, 2016	Raleigh County at The Place in Beckley	6:00pm-8:00pm
May 4, 2016	Mercer County MountainHeart Conference Room Princeton	1:00pm-3:00pm

See 2nd & 3rd page of training schedule for more information.

Technical Assistance Available for Infant/Toddler Caregivers

Any provider who previously took and completed WVIT I or WVIT II and is in need of additional Technical Assistance (TA), may call Infant/Toddler Specialist Hillary Wills at 304-253-7654.

Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect

Anyone needing child abuse and neglect training should sign up for one of the trainings offered either in April or May by Glenna Bailey, FN, MSN Nurse Health Consultant. Registration is required.

April 28, 2016	Raleigh County MountainHeart Conference Room in Beckley	5:00pm-7:00pm
May 17, 2016	Nicholas County MountainHeart Conference Room in Summersville	3:00pm-5:00pm
June 2, 2016	Mercer County MountainHeart Conference Room in Princeton	5:00pm-7:00pm

Coffee and Conversations

This is for Directors, Assistant Directors, and Owners of child care centers and facilities to discuss relevant information dealing with issues that affect child care. These sessions are being held April 5th in Raleigh County, May 31st in Mercer County and June 21st in Nicholas County. See schedule page 3 for more details.

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

Please call Reba @ 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 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 Topics in Alphabetical Order

How To Get Your Bucket Full

Core Competency - 4 hrs. Family and Community; **Tier II**; **Target Audience** – All ages

Summary – This professional development session incorporates the philosophy from the book *How Full is Your Bucket* by Tom Rath and Donald Clifton with other philosophies on how to look for the positive in people and children’s lives. Strategies for developing a “full bucket” attitude will be developed for providers and children and their families.

Let Me Tell You What I Heard! Ethical Dilemmas in Child Care

Core Competency –2hr. Professionalism; **Tier II**; **Target Audience** –Adults

Summary - As child care providers you are not only providing care for the children, but can become a big part of the family’s life as well. In this professional development session we will discuss the NAEYC Code of Ethical Conduct for Early Childhood Professionals and how it relates to you as a child care provider.

Let’s Sign

Core Competency – 2 hrs. Curriculum; **Tier I**; **Target Audience** – Infants and Toddlers

Summary – Do you struggle trying to figure out what your infant or toddler is trying to communicate to you? In this professional development session, participants will learn why signing works as well as basic sign language that infants and toddlers can learn to help communicate their wants and needs.

Marketing 101: Building a Reputation for Your Child Care Business

Core Competency – 1 hr. Program Management and 1 hr. Professionalism; **Tier III**; **Target Audience** – Adults

Summary – Do you know how to explain to people what you do? By having and maintaining a marketing plan, you can develop a clear sense of uniqueness for your program and learn who your target families could be. There are different steps you can take to highlight your program. This session will walk you through these steps in marketing your child care program.

Piecing Together the Puzzle: How Children Learn

Core Competency – 1 hr. Positive Interactions and Relationships and 1 hr. Curriculum; **Tier II** **Target Audience** – Mixed age groups.

Summary – Each child you care for is an individual, different from all the others. How a child learns best depends on many factors such as age, learning style, personality, etc. This session will focus on what’s happening with the child, what you can do and determine the window of learning to help a child learn as an individual.

Stress Less, Play More

Core Competency – 1 hr. Positive Interactions and Relationships and 1 hr. Program Management; **Tier II**, **Target Audience** – Adults

Summary – Are you tired of being exhausted, sometimes unappreciated, and frazzled? Being a child care provider can be a stressful job regardless of the age group you work with. In this session you will look at how to find your “happy place” when working in the early childhood field.

To Play or Not to Play

Core Competency – 2 hrs. Health, Safety and Nutrition; **Tier I**; **Target Audience** – Mixed Age Groups

Summary – Children love playgrounds, but there can be hidden hazards. Playgrounds offer children fresh air, risk taking opportunities, friendships and exercise. It is important for caregivers to make sure that equipment, surfaces and behaviors are safe. This session will look at safe playground practices and will heighten awareness to encourage safety.

Anyone Wishing To Attend Professional Development Sessions Must Be Pre-Registered In Order To Attend.
Please call Reba @ 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.

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Braxton County /DHHR in Sutton

May 24, 2016 12:30pm-4:30pm How to Get Your Bucket Full

Fayette County/ DHHR in Oak Hill

April 19, 2016 (tentative) 10:00am-12:00pm To Play or Not to Play
1:00pm-3:00pm Stress Less, Play More

Greenbrier County/Lewisburg Child Care in Lewisburg Baptist Church beside Lowes across from Walmart

April 16, 2016 8:30am-3:00pm **Super Saturday (see last page of training schedule)**

Greenbrier County /Workforce in Lewisburg

June 9, 2016 10:00am-12:00pm Marketing 101
1:00pm-3:00pm Piecing Together the Puzzle

McDowell County/ Workforce in Welch

April 27, 2016 10:00am-12:00pm To Play or Not to Play
1:00pm-3:00pm Stress Less, Play More

Mercer County /MountainHeart Office Conference Room in Princeton

April 14, 2016 10:00am-12:00pm To Play or Not to Play
1:00pm-3:00pm Stress Less, Play More
May 4, 2016 1:00pm-3:00pm Let's Sign for Infant/Toddler Caregivers
May 21, 2016 9:00am-1:00pm How to Get Your Bucket Full **(Saturday)**
May 31, 2016 5:00pm-7:00pm Coffee and Conversations (for director/owner)
June 22, 2016 10:00am-12:00pm Marketing 101
1:00pm-3:00pm Piecing Together the Puzzle

Monroe County/Monroe County Day Care in Union

May 3, 2016 6:00pm-8:00pm Let Me Tell You What I Heard, Ethical Dilemmas in CC

Nicholas County/MountainHeart Office in Summersville

April 12, 2016 1:00pm-3:00pm Let's Sign for Infant/Toddler Caregivers
May 11, 2016 1:00pm-5:00pm How to Get Your Bucket Full
June 21, 2016 5:00pm-7:00pm Coffee and Conversations (for director/owner)

Pocahontas County/McClintic Public Library in Marlinton

May 26, 2016 4:00pm-8:00pm How Full is Your Bucket

Raleigh County/MountainHeart Office Conference Room

April 5, 2016 5:00pm-7:00pm Coffee and Conversations (for director/owner)
April 13, 2016 10:00am-12:00pm To Play or Not to Play
1:00pm-3:00pm Stress Less, Play More
June 15, 2016 10:00am-12:00pm Marketing 101
1:00pm-3:00pm Piecing Together the Puzzle

Raleigh County/ Hosted Training at The Place at 201 Templeview Drive, Beckley

April 14, 2016 6:00pm-8:00pm Let's Sign for Infant/Toddler Caregivers

Raleigh County/Hosted Training at Greater Beckley Christian School, 140 Crusader Drive, Beckley

April 30, 2016 9:00am-1:00pm How to Get Your Bucket Full **(Saturday)**

Summers County – See trainings listed for other counties

Webster County/DHHR in Webster Springs

June 7, 2016 10:00am-12:00pm Marketing 101
1:00pm-3:00pm Piecing Together the Puzzle

Wyoming County/MountainHeart Office Conference Room in Matheny

June 8, 2016 10:00am-12:00pm Marketing 101
1:00pm-3:00pm Piecing Together the Puzzle

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Please call Reba @ 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.

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Super Saturday Event

April 16, 2016
Greenbrier County

Accommodating Children with Special Concerns

Core Competency - 1 hr. child growth and development, 1 hr. positive interactions and relationships, 3 hrs. health, safety and nutrition **Total of 5 hrs.;** **Tier II;** **Target Audience** - All ages

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 **Roma Lester**, Behavior Consultant MountainHeart Community Services, Inc.; **Cam Pulliam**, MA, Spec Ed, Early Intervention, Positive Behavior Support Trainer, The Autism Training Center at Marshall University; **Glenna Bailey**, RN, MSN, Nurse Health Consultant, WV Early Childhood Training Connections and Resources.

Location: Lewisburg Child Care Center, Lewisburg Baptist Church, Greenbrier County (across from Walmart)

Time: 9am -3pm (Lunch on your own 12-1pm)

Must call to register/Limit 50 participants

Upcoming Conferences

Celebrating Connections

April 5-8, 2016

Greenbrier County Early Childhood Conference/Drug Endangered Children: Risks, Resiliency and You

Friday, May 20, 2016 in Fairlea

For more information call Lisa Snedegar, Greenbrier County FRN Director at 304-646-3622

NAEYC's 2016 National Institute for Early Childhood Professional Development

June 6-8, 2016 Baltimore - The National Institute for Early Childhood Professional Development is designed for professionals who prepare, mentor and train early childhood professionals

<https://www.naeyc.org/events>

National Association for Family Child Care

2016 Family Child Care Institute

Family Child Care Strengthens America: Red, White, and You!

July 6-9, 2016

San Diego, California

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 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.

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

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

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TRAILS Mix

“Don’t be Afraid – Embrace the Mud!”

Do you remember playing in the dirt and making mud pies as a child? I can still remember filling containers with soft, wet dirt using a big metal spoon. I remember how it smelled and felt to create those pies. I encourage you to provide that experience for children in your care. Why?

Studies suggest the following: When playing in mud and dirt, children become happier, more creative, smarter, and even physically healthier. That’s what we should want for our children. Check out the article at www.letthechildrenplay.net referenced below.

If you have a place in your yard where there are puddles after the rain, why not let the children make mud pies, dig tunnels, create a river with dams, float boats, and dig trenches until the area dries? If you don’t have a dirt area handy, make one using a large plastic container. Adding sand is a good idea, too. Be sure to provide tools, play vehicles, pots, pans, shovels, spoons, sticks, etc. Plan an easy way for cleaning up before coming inside that includes good hand washing.



TRAILS can provide you with ideas and articles about the importance of playing in dirt and mud and how to make it happen.

<http://www.letthechildrenplay.net/2011/08/10-reasons-why-we-should-let-children.html>

<http://www.communityplaythings.com/resources/articles/2005/the-mud-center-recapturing-childhood>

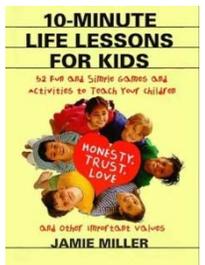
Submitted by Janet Thompson, TRAILS EC Specialist, Lewisburg

Contact TRAILS staff @ 304-647-3800 or 304-253-7654

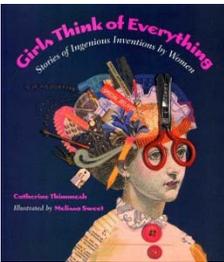
Book Nook

Building Your Own Child Care Library One Book at a Time

For providers and/or parents: *10-Minute Life Lessons For Kids: 52 Fun and Simple Games and Activities to Teach Your Children Honesty, Trust, Love and Other Important Values* by Jamie Miller. This little paperback by Jamie Miller is full of simple activities to use with children to demonstrate illusive life lessons. Want to help children understand about habits? Check out page 110.



For older children: *Girls Think of Everything: Stories of Ingenious Inventions by Women* written by Catherine Thimmesh should give all girls and boys some food for thought! What do the following items have in common: Scotchgard, windshield wipers, liquid paper, Glo-sheet, space shuttle escape pole and electric hot water heater? They were all invented by girls or women! Young girls need more role models in the area of science, technology, engineering and math (STEM). This terrific book gives several interesting examples as well as a list of inventions by women from 1715-1995!



Check these out from the TRAILS van or ask for them at your local library. Make sure you have them in your child care library, too.

Janet Thompson, TRAILS Early Childhood Specialist, MountainHeart South, Lewisburg office

Contact TRAILS staff @304-647-3800 or 304-253-7654

Baked Chicken Nuggets

Ingredients

- ♥ 3 skinless, boneless chicken breasts
- ♥ 1 cup Italian seasoned bread crumbs
- ♥ ½ cup grated Parmesan cheese
- ♥ 1 teaspoon salt
- ♥ 1 teaspoon dried thyme
- ♥ ½ cup butter

Preheat oven to 400 degrees F (200 degrees C).

Cut chicken breasts into 1 1/2-inch sized pieces. In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well. Put melted butter in a bowl or dish for dipping.

Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. Place the well-coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.



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

Dear Roma

Dear Roma,

Please help me with a child who teases younger, smaller children with shy characteristics. This child teases these children about the clothing they wear, how they eat at lunch, and the games they like to play.

“Concerned Provider”

Dear “Concerned Provider”,

To put it simply, some children tease others to get attention or because it makes them feel good or powerful. A child might have been taught this type of attention is desirable or funny either by society or at home. Some children may have observed siblings or parents engaging in teasing others in their home environment and think it is ok or funny to tease. One strategy is to read books about how to be a good friend or the importance of caring for the feelings of others. You can also role model acceptable behavior in the classroom. Let the children present skits about negative behaviors then talk about why positive behavior towards others is better. Develop a program where children receive a “Super Friend Award” for helping or caring for their friends.

Roma



Contact Roma at the MountainHeart Admin Office in Matheny @ 304-682-8271.

Sandbox Safety



Summer is coming. Playing in the sandbox is fun and beneficial for children. But there are some precautions to take into consideration.

- ♥ Keep it covered when not in use: animals may use the sandbox as a litter box
- ♥ Bacteria and mold can grow if sand gets wet: dry sand thoroughly after use
- ♥ Railroad ties should not be used as frames: they might be saturated with creosote

According to Caring for Our Children, Third Edition, “Caregivers/teachers should be sure they are using sand labeled as a safe play material or sand that is specifically prepared for sandbox use.” There is always a possibility that sand may contain small amounts of other toxic ingredients. For more information, please read www.healthychildren.org.

Submitted by Sandra Cox, TRAILS Associate

Resources:

www.healthychildren.org

Caring for Our Children, Third Edition

The WVFCCA is here to help you get specialized training for Family Child Care Providers. We will help you move your business forward in a more professional manner.

Membership Benefits:

- ♥ Up-to-date information on state and national child care issues.
- ♥ Annual statewide conference and specialized training
- ♥ Free and discounted curriculum and business resources
- ♥ Information on parent involvement and community awareness activities.
- ♥ Membership is reimbursable through your R&R Health & Safety Grant.
- ♥ Monthly phone conferences to allow you to ask questions and share ideas. Hearing how other providers deal with the same issues you deal with.
- ♥ Ways to communicate more effectively with your clients and state and local personnel.



Feel free to like us on Facebook and start getting plugged into resources to help your business. Also check out our website at www.westvirginiachildcare.com and you can always call us at 304-634-4806 (Ask for Tammy Eubank or feel free to leave a message) We want to help you put your best foot forward! Join Today!!

The county that receives the most memberships or renewals in January, February, and March will receive the Second Helping Module 1 Training for FREE!!! So get your clients, other providers, and your area business people to join our association!!

Submitted by Tamara Eubank, Co-Secretary

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



An Exciting **SWEEPSTAKES** is coming...

When you sign up for a simple and safe savings plan (see myRA.gov) you will be eligible to win cash prizes.

Stay tuned for more details.



Celebrating Connections 2016



Join us April 5-8, 2016!

Keynote speakers:

Jim Gill and Mary Jo Huff/Lisa Maddox-Vinson

Please visit www.wvearlychildhood.org for more information as it is released.

Registration materials will be mailed in January.

When is Diaper Rash Serious?

Diaper rash is a common skin condition found under the diapers of babies. Diaper rash usually appears as bright red skin and is commonly treated with over-the-counter ointments such as Desitin or A&D Ointment. Occasionally though diaper rash is more serious and may warrant a trip to the doctor.



Diaper rash can be caused by several different things. The most common cause is irritation from stool and urine but there may be other reasons for the rash. The introduction of new foods may cause the nature and frequency of stools to change. An increase in the number of stools may lead to more irritation. Also the introduction of a new product such as detergent, diapers or fabric softener may cause a rash. Also tight fitting diapers could cause chafing and rubbing that could lead to a reddened area. Finally the use of antibiotics may result in depleting the bacteria that keeps yeast at bay and as a result cause a yeast infection.

Although most diaper rashes are minor and easily treated, there are certain circumstances that warrant a visit to the doctor. These would include rashes that are severe in nature or one that worsens despite over-the-counter treatment. Also any diaper rash that is accompanied by a fever should be investigated by the physician. Any rash that develops blisters, boils, pus or weeping discharge may require prescription treatment.

The West Virginia Child Care Center Regulations allows the use of over-the-counter creams and ointments to be applied without a doctor's orders for five consecutive days in a thirty day period. Any use after that five days would need to be accompanied by written instructions by a licensed health care provider.

*Submitted by Glenna Bailey RN, MSN, Nurse Health Consultant
WV Early Childhood Training Connections and Resources*

Read Across America

Read Across American is an annual nationwide celebration of reading that takes place on March 2nd, Dr. Seuss's birthday.

In honor of this day some of MountainHeart's professional development team visited child care centers in Mercer County to read to the children there.



Thing 1 - Evelyn, Thing 2 - Mary, Red Fish - Sara, and Blue Fish - Hillary

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

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 31, 2016 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5 pm to 9 pm.
- ♥ April 11, 2016 at the MountainHeart Child Care Office at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10 am to 2 pm.
- ♥ April 21, 2016 at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 5 pm to 9 pm.
- ♥ May 17, 2016 at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 1 pm to 5 pm.
- ♥ May 27, 2016 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5 pm to 9 pm.
- ♥ June 14, 2016 at the MountainHeart Child Care Office at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10 am to 2 pm.
- ♥ June 28, 2016 at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 5 pm to 9 pm.

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.

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!