



Child Care Chronicles

A Newsletter of MountainHeart South
for all providers of child care



Vol. XII Issue 3

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

SUMMER 2015

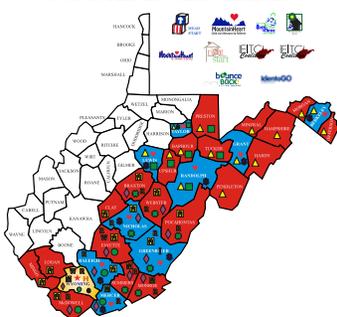


Reflections From MY Desk

In 1965, our agency was established as a part of President Lyndon B. Johnson's "War on Poverty" initiative. Originally named "Wyoming County Community Action Program, Inc.", the non-profit agency began with a handful of programs solely in Wyoming County. By September 1973, the agency was renamed Wyoming County Opportunity Council, Inc. and provided more services for families and children such as Head Start and Weatherization. In 1992, the Child Care Resource and Referral Program was birthed across West Virginia and we were awarded a contract through DHHR to provide services in Wyoming, Mercer and McDowell Counties. I was also hired, first, as a teacher for the Job Readiness/Job Search classes and then as the Program Director for the brand new Child Care Resource and Referral program. As the CCR&R Program added more counties, finally ending at 12, the program name was changed to MountainHeart CCR&R. Soon, another region in the eastern panhandle, comprised of 15 counties, was added and the programs became MountainHeart CCR&R North and MountainHeart CCR&R South. In July 2003, we had expanded to 27 counties and people began to refer to the agency as MountainHeart. The agency made a decision to change their name to what we all know today as MountainHeart Community Services, Inc. MountainHeart has grown over the years to provide services in 30 counties in WV and has a minimum of 14 full time programs for children and families. We also have 10 fully staffed offices.

We invite you to join us as we celebrate our 50th birthday and continue to serve the children, families and communities in this great state of West Virginia! Thanks for your support throughout the 50 years!

PROVIDING SERVICES IN
30 COUNTIES IN WEST VIRGINIA



Margie

IN THIS ISSUE

- Reflection From MY Desk.....1
- Congratulations!1
- Directors Corner2
- Creating "Homey" Environments for Infants and Toddlers.....2
- Welcome Maxann!.....2
- Roma's Real World Summer Can Bring Stress, Fun and Relaxation3
- Early Care Share West Virginia: Are You a Member Yet?.....3
- WVCCA Tour.....3
- Letter to MountainHeart.....4
- Save the Date: Great Beginnings Infant/Toddler Conference4
- An Overview of WV Universal Pre-K.....4
- May Super Saturday a Success.....4
- Congratulations Heather!.....4
- ACDS Local Councils5
- Sun Safety for Kids.....5
- TRAILS Mix: The Best Ideas.....6
- "Thank You"6
- Foil River and Bottle Cap Boats6
- Gone Fishing6
- Let's Head to the Garden7
- FYI7
- Fun at May 2nd Super Saturday7
- CPSC - Magnet Sets7
- Save The Date Coffee and Conversation8
- Save The Date The Language of Joy8
- Development Schedule ..Inside

Congratulations!

Be sure to congratulate Sandra Cox, Lewisburg TRAILS Associate, when you see her. Sandra graduated May 16th from New River Community and Technical College! She has earned a 2 year Applied Science degree in Paraprofessional Education. Sandra, who was a family child care provider for 10 years, has added so much to the TRAILS program because of her unique skills and experience in the child care system. We applaud her for expanding her knowledge and accomplishing her goal. Hats off to the graduate!

Janet Thompson, TRAILS Early Childhood Specialist



PUBLISHED BY



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

Directors Corner

Summer is finally here. This time of year seems to give us a new and fresh outlook. It is a time for cleaning out the old and brightening up the world around us. As you take a look at your centers and facilities what new goals can you set for making your surroundings more inviting to families and children? What can you do to help your staff stay motivated to be the best they can be? And how can you fight exhaustion yourselves? These are questions that can help you as directors and providers to set goals that build on the quality of programs that are being provided to the clientele that you serve. It will also help spark the passion for why you are in the business of serving children and families. You play a vital role in the well-being of our future lawmakers, teachers, construction workers and many more. For that we, at MountainHeart Community Services, want to say thank you. Enjoy the summer and look at all the exciting training topics being offered for you and your staff in the up-coming months.

Submitted by Maxann Lunsford, Early Childhood Specialist



Creating “Homey” Environments for Infants and Toddlers

Studies tell us that 2/3 of all infants in the United States are in nonparental childcare (Ehrle et al 2001) and that 32% of infants are in child care full time. That's a lot of hours to be away from home. We know that the very young child responds best in an environment that is soft, safe, and nurturing, so it has to be our job as the caregivers to these babies to move away from the school model and toward the home model. Think of the following when creating your infant toddler environments:

- ♥ Are there places for adults and children to relax and carry out the daily routines in an effective manner? Are there places to come together and places to pause and get away when the child becomes overstimulated?
- ♥ Is the room child-scaled for the infant and toddler? Chairs should allow young feet to touch the floor; tables should be comfortable heights (just above waist-high when sitting.) Are the wall hangings hung to be easily visible to babies who are on the floor as well as those walking or being carried by adults?
- ♥ Is there natural lighting or even softer lighting available for teachers to use? Try creating a homey lightscape, much like that of your own living room.
- ♥ Avoid using primary colors on the walls, floors, and permanent murals because so much of the equipment and play materials are likely to be brightly colored. Try to avoid making the child feel like they are inside a kaleidoscope.
- ♥ Make sure you have a well-heated, cooled, and ventilated place from the floor on up. Remember babies spend much of their time on the floor.
- ♥ Create a quiet place that tolerates noise – Divided space, acoustical ceiling tiles, ceiling fans, carpeting, soft furnishings, limited group size, and zoning of activities reduce noise.
- ♥ Include a variety of textures such as: soft furniture, soft fuzzy rugs, pillows, finger paints, play dough, clay etc.



(Source: *Prime Times: A Handbook for Excellence in Infant and Toddler Programs. Second Edition*, by Jim Greenman, Anne Stonehouse, and Gigi Schweikert.)

Welcome Maxann!



When you see this lady out and about with MountainHeart, take a moment to welcome her.

Maxann Lunsford brings a wealth of experience and information to the Early Childhood Specialist position. Her realm of knowledge includes working for a child care center, being a Head Start home visitor, provider of family child care, being a director for a child care center and Pre-K teacher in a collaborative classroom.

She is the mother of five children and grandmother to four. Webster County has been her home all of her life. She loves camping, fishing and the out of doors. When asked what she is passionate about, her response was that she is passionate about making this world a better place by starting with children and families. Her experiences in her careers and life have brought much to MountainHeart. We are fortunate to have her on our team.

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

Roma's Real World

Summer Can Bring Stress, Fun and Relaxation

School will soon be out and child care centers will be buzzing with children ready for some excitement. Unfortunately, sometimes even fun activities, like sports, can become more about success than fun. It is also important to ensure that children engage in play purely for the sake of fun. It is important to schedule time each day for children to play with toys, games, participate in sports (without it being competitive) or yoga, paint, have a tea party, put on a play, or just be silly. Children need time to relax and unwind. Here are a few relaxation scripts to help children get rid of stress and relax:



- ♥ Face and Nose. Here comes a pesky old fly. He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose. Make as many wrinkles in your nose as you can. Scrunch your nose up hard. Good. You've chased him away. Repeat.
- ♥ Shoulders and Neck. Now pretend you are a turtle. You're sitting out on a rock by a nice, peaceful pond just relaxing in the warm sun. It feels nice and warm and safe here. Oh-Oh! You sense danger. Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight. It isn't easy to be a turtle in a shell. The danger is past now. You can come out into the warm sunshine and once again you can relax and feel the warm sunshine. Watch out now. More danger. Hurry pull your head back into your house and hold it tight. Repeat.
- ♥ Stomach. Hey! Here comes a cute baby elephant, but he's not watching where he's going. He doesn't see you lying there in the grass, and he's about to step on your stomach. Don't move. You don't have to get out of the way. Just get ready for him. Make your stomach very hard. Tighten up your stomach muscles real tight. Hold it. It looks like he is going the other way. You can relax now. Let your stomach go soft. Let it be as relaxed as you can. That feels so much better. Oops, he's coming this way again. Get ready. Repeat

(Carkhuff, R.R. *Helping and Human Relations, Vol.1*, New York: Holt, Rinehart & Winston, 1969).

If you need more relaxation scripts for your summer program just give me a call. Roma Lester, Behavior Consultant.

Early Care Share West Virginia: Are You a Member Yet?

The Early Care Share West Virginia website already has 400 members since its launch in February. Are you one of the 400?

If so, you have access to all of the quality information, cost savings, and useful forms and templates that you will need as a professional or student of early care and education. You have been able to access the featured articles about engaging and interacting with families during National Family Month, an additional 20% discount from Lakeshore, and a new toolkit to help conduct orientation with new employees.

If you aren't yet an Early Care Share West Virginia Member, what are you waiting for? We all need to save time, reduce costs, and improve quality; Early Care Share West Virginia can help you do this.

The site can be accessed by visiting www.EarlyCareShareWV.org. You 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.

*Natalie Snider
Distance Learning Statewide Coordinator
West Virginia Early Childhood Training Connections & Resources*



**West Virginia
Family Child Care Association**
Announces
WVCCA TOUR
Delivering the training you
deserve with the
respect you've
EARNED
for 2015/2016
SAVE THE DATE!!
September 19, 2015

Second Helping is unique,
specialized training for
family child care providers
It's taught by
family child care providers.
304-634-5545
www.westvirginiafamilychildcare.com

May
Membership
Drive!

For every new paid
membership you'll
be entered in a
drawing for a \$20.00
Walmart card!!

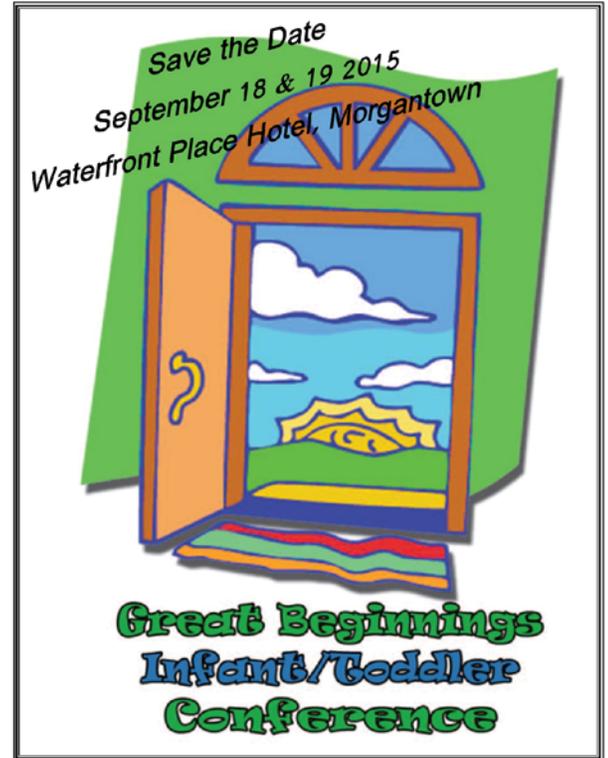
Do you need help

with any issues you are experiencing in your
fcc home? Need help getting your Tier II?
Contact us today!
wvfamilychildcare@yahoo.com

Letter to MountainHeart

The Concord University Child Development Center has been open for over 25 years and has recently been blessed to receive funding from a USDA grant. "New Shelves, New Lockers, New Tables, Oh My," what a wonderful blessing to see the excitement of the children as they explore their new environment, from cooking in the new dramatic play area, reading in the quiet nook, and checking out the creepy crawly creatures in the science area. We look forward to continue making improvements, as we seek a vision to create a safe and secure place for children to grow and explore. To see the amazement and wonder in a child's face as they explore their new environment is priceless!!!

Florence Sargent
Director CUCDC

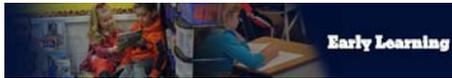


An Overview of WV Universal Pre-K

The 2014-2015 WV Universal Pre-K report, An Overview of WV Universal Pre-K, is now available. The overview can be accessed by clicking on the link, "An Overview of WV Universal Pre-K" at <http://wvde.state.wv.us/oel/universal-prek.php>. Information includes current pre-k information on classroom count, collaboration, participation, and program design. It also includes 2014 State of Preschool Yearbook information from The National Institute for Early Education Research (NIEER) and historical information. This year's overview also includes trend data from SY 2013 to 2015. Please download a copy today.

Please contact me at jbockhager@k12.wv.us with any questions about the overview.

Thanks!



Janet Bock-Hager
Pre-K Coordinator, Office of Early Learning

Congratulations Heather!!!!!!

Heather Farley, case manager for MountainHeart South Princeton Office, has received her Master of Social Work Degree from Concord University recently. She has been with MountainHeart South since December of last year. Due to her undergraduate grades, she qualified for the advanced standing Program which enabled her to complete this in one year. Well done, Heather.



May Super Saturday a Success

We need to give a big THANK YOU to everyone that donated items and time at the May Super Saturday in Raleigh Co.

- ♥ Lori Johnson, for obtaining the room and helping to set it up
- ♥ Sherrie Hunter, Education Director for the Raleigh County Solid Waste Authority, speaker
- ♥ Ranger Mark Bollinger from the New River Gorge Park Service, speaker
- ♥ Glenna Bailey for donating bags and Choosy kits
- ♥ Beckley Fire Department for bag stuffers
- ♥ Birth to Three for bag stuffers
- ♥ Tammie O'Dell, for contributing recyclables
- ♥ ECHO-LIT for donating Positive Parenting Posters
- ♥ Dean Capehart, WV Governors Highway Safety Program
- ♥ Sergeant Paul A. Blume, Southern Regional Highway Safety Program Coordinator



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

**Infant Toddler Profession Development Opportunities
July, August & September**

<p align="center">WVIT I Administrator Module</p> <p align="center">Tuesday, September 29, 2015 at the MountainHeart Conference Room in Beckley from 9 am to 5 pm 6 STARS hours (1 hour lunch)</p> <p>*Attendance of Center and Facility Directors to Administrator Module is required before sending participants*</p>	<p align="center">WVIT II Administrator's Module</p> <p align="center">Wednesday, August 12, 2015 at the MountainHeart Conference Room in Princeton from 10 am to 5 pm (1 hour lunch) 6 hrs. STARS credit</p> <p>*Attendance of Center and Facility Directors to Administrator Module is required before sending participants*</p>
---	--

<p align="center">West Virginia Infant/Toddler (WVIT I) Professional Development Program For Caregivers</p> <p>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.</p> <p>WVIT PDP offers:</p> <ul style="list-style-type: none"> • Hands-on activities • Interaction with other caregivers in this profession • FREE resources available to eligible participants <p>The program is open to centers, facilities, and home providers who are registered on the WV STARS Career Pathway.</p> <p>*Please note that you MUST be registered on the WV STARS Career Pathway to attend this training</p> <p>WVIT I will be starting in October. For more information call Infant/Toddler Specialist Tricia Haynes at 1-866-598-4452 or 304-872-9200</p>	<p align="center">West Virginia Infant/Toddler (WVIT II) Professional Development Program For Caregivers II</p> <p>The success of the first level of the 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.</p> <p>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).</p> <p>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.</p> <p>*Please note that you MUST be registered on the WV STARS Career Pathway to attend this training and have attended WVIT I*</p> <p align="center">All Sessions to be held at Princeton MountainHeart Conference Room</p> <p>Sessions as follows:</p>
---	--

<p align="center">Special PD Session for Providers with Infants and/or Toddlers</p> <p>Tricia Haynes, the Infant/Toddler Specialist will be holding training for providers caring for infants and toddlers birth to 35 months on the WV ELSF (West Virginia Early Learning Standards Framework). The purpose and usefulness of this information will be explained in this session. If you have children in that age group check out Topic 4 on the training calendar for dates and locations.</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Session 1</td> <td style="width: 45%;">Wednesday September 2</td> <td style="width: 40%;">9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 2</td> <td>Wednesday September 9</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 3</td> <td>Wednesday September 23</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 4</td> <td>Wednesday September 30</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 5</td> <td>Wednesday October 14</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 6</td> <td>Wednesday October 21</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 7</td> <td>Wednesday October 28</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 8</td> <td>Wednesday November 4</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 9</td> <td>Tuesday November 10</td> <td>9:30 am - 1:00 pm</td> </tr> <tr> <td>Session 10</td> <td>Thursday December 3</td> <td>9:30 am - 1:00 pm</td> </tr> </table>	Session 1	Wednesday September 2	9:30 am - 1:00 pm	Session 2	Wednesday September 9	9:30 am - 1:00 pm	Session 3	Wednesday September 23	9:30 am - 1:00 pm	Session 4	Wednesday September 30	9:30 am - 1:00 pm	Session 5	Wednesday October 14	9:30 am - 1:00 pm	Session 6	Wednesday October 21	9:30 am - 1:00 pm	Session 7	Wednesday October 28	9:30 am - 1:00 pm	Session 8	Wednesday November 4	9:30 am - 1:00 pm	Session 9	Tuesday November 10	9:30 am - 1:00 pm	Session 10	Thursday December 3	9:30 am - 1:00 pm
Session 1	Wednesday September 2	9:30 am - 1:00 pm																													
Session 2	Wednesday September 9	9:30 am - 1:00 pm																													
Session 3	Wednesday September 23	9:30 am - 1:00 pm																													
Session 4	Wednesday September 30	9:30 am - 1:00 pm																													
Session 5	Wednesday October 14	9:30 am - 1:00 pm																													
Session 6	Wednesday October 21	9:30 am - 1:00 pm																													
Session 7	Wednesday October 28	9:30 am - 1:00 pm																													
Session 8	Wednesday November 4	9:30 am - 1:00 pm																													
Session 9	Tuesday November 10	9:30 am - 1:00 pm																													
Session 10	Thursday December 3	9:30 am - 1:00 pm																													

**Please Contact Tricia Haynes, 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 & Maxann Lunsford

Professional Development for July, August and September

Topic 1- Strengthening Families

Core Competency – 4 hrs. Family and Community (Tier III) WVLSF – Domain: Social/Emotional Standard 3: Knowledge of Family and Community

Target Audience – Adults

Summary – Understanding and respecting the family as the child's first teacher and learning how to support these individual families is crucial in directing and sustaining families in normal family functions as well as in crisis situations. This professional development session will encourage understanding and encouragement for families with diverse backgrounds and circumstances. Strategies to address issues that affect families will be promoted and developed. Follow up Technical Assistance available on request for additional STARS credit.

Topic 2 – Teacher Talk

Core Competency – 1 hr. Positive Interactions and Relationships and 1 hr. Child Growth and Development (Tier II) WVLSF – All Domains

Target Audience – All Ages

Summary – Communication with children can have a positive encouraging effect or just the opposite. Children will respond to positive communication which can assist them in developing and thriving in today's society. This session will encourage adults use appropriate language when interacting with children.

Topic 3 – Introduction to WVLSF Pre-Kindergarten – West Virginia Early Learning Standards Framework

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

Target Audience – Adults keeping children in the pre-kindergarten age group 36 weeks old to age 5

Summary – Participants of this professional development session will learn about the West Virginia Early Learning Standards Framework. Discussion will include the purpose, areas of development covered and how to incorporate the standards into curriculum planning. Follow up Technical Assistance will be offered for additional STARS credit to help with incorporation into curriculum.

Topic 4 – Introduction to WVLSF for Infants and Toddlers – West Virginia Early Learning Standards Framework

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

Target Audience – Adults keeping infants and/or toddlers up to 35weeks

Summary – Participants of this professional development session will learn about the West Virginia Early Learning Standards Framework. Discussion will include the purpose, areas of development covered and how to incorporate the standards into curriculum planning. Follow up TA will be offered for additional STARS credit to help with incorporation into curriculum.

Topic 5 – The Effects of Music and Art on Children

Core Competency – 3 hrs. Curriculum and 1 hr. Child Growth and Development (Tier II)

Target Audience – All Ages

Summary – Music and art have a way of changing the atmosphere for children and especially for those with limitations. These activities provide unique sensory input and stimulation to both the mind and body. This session will provide the reasons for using art and music in early childhood environments as well as ideas to do so.

Topic 6 - 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 July, August or September by Nurse Health Consultant Glenna Bailey RN, MSN. Classes are also available upon special request.

Coming Soon

October, 2014 –WVIT I

For more information call Tricia Haynes, I/T Specialist
Summersville MountainHeart Office

Fall 2015 Super Saturday
Location will be Mercer County

WVEFCC Modules will be offered Fall 2015 (West Virginia Elements of Family Child Care)

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 & Maxann Lunsford

Braxton – Braxton County DHHR, Sutton

September 15, 2015 10:00am-3:00pm (1 hour lunch) Topic 5

Fayette – Fayette County DHHR, Oak Hill

August 13, 2015 10:00am-12:00pm Topic 2
1:00pm-3:00pm Topic 3

Greenbrier – Greenbrier County Workforce, Lewisburg

August 11, 2015 10:00am-12:00pm Topic 2
1:00pm-3:00pm Topic 3
September 4, 2015 2:00pm-4:00pm Topic 4

McDowell – McDowell County Workforce, Welch

July 9, 2015 10:00am-3:00pm (1 hour lunch) Topic 1
September 10, 2015 12:00pm-4:00pm Topic 5

Mercer – MountainHeart Office 1411 North Walker Street, Princeton

July 21, 2015 12:00pm-4:00pm Topic 1
August 26, 2015 1:00pm-3:00pm Topic 4
September 23, 2015 1:00pm-5:00pm Topic 5
September 24, 2015 5:00pm-7:00pm Topic 6

Mercer – Hosted Training Concord CDC, 1000 Vermillion St, Athens

August 6, 2015 10:00am-12:00pm Topic 2
1:00pm-3:00pm Topic 3

Monroe – Monroe Day Care, Union

September 8, 2015 6:00pm-8:00pm Topic 2

Nicholas – MountainHeart Office, Summersville

July 15, 2015 10:00am-3:00pm (1 hour lunch) Topic 1
July 21, 2015 5:00pm-7:00pm Topic 6
September 17, 2015 1:00pm-5:00pm Topic 5

Pocahontas – McClintic Public Library-Marlinton

July 28, 2015 10:30am-3:00pm (1/2 hour for lunch) Topic 1

Raleigh – MountainHeart Office, Beckley

July 9, 2015 12:00pm-4:00pm Topic 1
August 12, 2015 10:00am-12:00pm Topic 2
1:00pm-3:00pm Topic 3
September 10, 2015 6:00pm-8:00pm Topic 4
September 15, 2015 5:00pm-7:00pm Topic 6
September 17, 2015 1:00pm-5:00pm Topic 5

Summers

See sessions for other counties

Webster

See sessions for other counties

Wyoming – MountainHeart Conference Room, Matheny

August 21, 2015 10:00am-12:00pm Topic 4

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 & Maxann Lunsford

Mind in the Making Modules

This 11-part evidence based, facilitated learning process uses research to reveal how children develop and learn, and how teachers can intentionally promote engaged learning that leads to school and life successes. The Modules are designed to complement rather than replace existing teaching curricula for children birth through the early elementary years.

Here are a few of the advantages:

- Receive 45 hours of WV STARS Core Competency (6 hrs. in Child Growth and Development, 12 hrs. in Positive Interactions and Relationships, 15 hrs. in Curriculum, 3 hrs. Child Observation and Assessment, and 9 hrs. Professionalism)
- Receive a scholarship to cover the \$50 registration fee.
- Come join this adventure to better understand how child learn

Please contact Joanne McCallister at 1-888-799-9217 (toll free) or 304-253-7654 scholarship applications

- Applications must be received by July 6, 2015 to allow processing time
- Participants must be STARS registered by the end of the modules
- Preregistration is required

Location: MountainHeart Office 1411 North Walker Street, Princeton

August 10, 2015	5:30 pm - 8:00 pm	September 21, 2015	5:30 pm - 8:00 pm
August 17, 2015	5:30 pm - 8:00 pm	September 28, 2015	5:30 pm - 8:00 pm
August 24, 2015	5:30 pm - 8:00 pm	October 5, 2015	5:30 pm - 8:00 pm
August 31, 2015	5:30 pm - 8:00 pm	October 12, 2015	5:30 pm - 8:00 pm
September 14, 2015	5:30 pm - 8:00 pm		

Special Director's Professional Development

“Not One More Hat”

Directors can become so overwhelmed and frustrated that they can lose sight of the vision and mission of the center and/or program for which they are responsible. The purpose of this training is to help stir up the passion and vision of Child Care Center Directors and to encourage them to pass that motivation on to their staff. This training will promote thoughts on how to have and continue improving the quality of the care provided to children. Come, be rejuvenated in this three hour STARS training made for center directors only.

Mercer – MountainHeart Office 1411 North Walker Street, Princeton

July 14, 2015 5:00pm-8:00pm

Raleigh – MountainHeart Office, Beckley

August 4, 2015 5:00pm-8:00pm

Greenbrier – Greenbrier County Workforce, Lewisburg

September 22, 2015 5:00pm-8:00pm

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

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.

ACDS Local Councils

A The Apprenticeship for Child Development Specialist (ACDS) is a training opportunity for those working in the field of early care and education. It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks.

C ACDS is supported through local councils in each county where classes are taught. These councils are the strength of the program at the local level and are responsible for the administration of the ACDS classes in their area. Local councils typically meet one time each semester to make arrangements for upcoming classes. Councils need the help and input from those in the early care and education field. If you are a graduate of the ACDS program or director of a childcare program and you are interested in becoming an ACDS local council member in your area, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org

D

S The Apprenticeship for Child Development Specialist (ACDS) will soon begin fall classes. If you currently work in the field of early care and education at least 20 hours per week with children birth through eight, you may want to consider this educational opportunity. ACDS is a rewarding program at a minimal cost to the participant. It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks. You can also earn training hours toward licensing requirements as well as college credit. If you are interested in ACDS or have questions about the program, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org.

Fall Classes

Sun Safety for Kids

The warm weather and long days of summer beckon children to enjoy the outdoors. While there are many pleasures in being in the sun, there are also precautions that need to be taken to keep children safe. Exposure to heat and sun can cause sunburns and heat-related illnesses in the short term and skin cancer and eye damage in future years.

To protect children from the damaging effects of sun exposure, follow these simple tips from the American Academy of Pediatrics:

- ♥ Keep babies younger than six months out of direct sunlight. Find shade under a tree, umbrella or stroller canopy.
- ♥ Use a sunscreen with an SPF of at least 15.
- ♥ Sunscreens should be applied 30 minutes before going outside and reapplied often.
- ♥ Kids should be dressed in cool, light-colored clothing that covers the body.
- ♥ Hats with a brim should be worn so that it faces forward to protect the face.
- ♥ Eyes need protection from the sun too. Children should wear sunglasses with at least 99% UV protection.
- ♥ Provide areas of shade in outdoor play areas.

Outdoor play can also bring on heat-related illnesses such as heat cramps, heat exhaustion or the life-threatening heat stroke. These illnesses are brought on by prolonged activity in the heat without proper rest and hydration. Take these measures to prevent heat-related illnesses in children.

- ♥ Limit outdoor activity during the peak hours of 10 am -4 pm.
- ♥ Make sure kids stay well hydrated. Have them take regular breaks to rest and drink water.
- ♥ Heat stroke is a medical emergency which warrants calling 911. Observe children for changes in consciousness, irritability and confusion. Cool the body through cool compresses and fanning. If the child is unconscious or vomiting do not offer water.

Summer time is fun time. Use these safety tips to ensure summer is also a safe time.

*Submitted by Glenna Bailey RN, MSN
Nurse Health Consultant*

WV Early Childhood Training Connections and Resources



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

TRAILS MIX

The Best Ideas

I get the best ideas from child care providers. Summer is here and many school age children are in child care. How do we keep them happy and busy? Jennifer Buzzard from School Days child care center in Pocahontas County suggests you try "Minute to Win It!" (You know the TV show!) games for kids. The older children in her center love these. School age children like to challenge themselves and the internet is full of "Minute to Win It" ideas just for children. Here are a few to get you started:

- ♥ Fish race: Cut out tissue paper fish. Race them across the floor to the "fish trap" (under a table) by fanning them with a paper plate. Can you do it in a minute?
- ♥ Nose Diving: Place cotton balls on a paper plate on a table. Move the cotton balls to another plate across the room with your nose, no hands! How? Smear some Vaseline on the nose and 'carry' them. Whoever has the most transferred cotton balls at the end of a minute wins.
- ♥ Face the Cookie/Cracker: Place a round cookie/cracker on your forehead. The goal is to get it to your mouth by scrunching your facial muscles! No hands but you can tilt your head up! Can you do it in a minute?
- ♥ Ping Pong Bounce: Line up 5 large plastic cups across a table top. Player is given 5 ping pong balls. She must bounce each ball once and have it land in a cup. To win, the player must land 3 balls in 3 cups.

School age children like to help make the rules. Be sure to include them in deciding what the rules will be for each challenge. Let them take turns being a time keeper and find ways they can play as a team to promote working together and cooperation. Be sure to participate yourself!

Contact your local TRAILS team for more ideas for the summer.

Janet Thompson, TRAILS EC Specialist, Lewisburg



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



"Thank You"

Judy Tucker and Terri Harrah
for your kind donations
to Lewisburg TRAILS.

Foil River and Bottle Cap Boats

Water play activity

Materials:

- ♥ Roll of foil
- ♥ Various lids from water bottles, jars, and containers
- ♥ Small sticks or craft sticks
- ♥ Scraps of paper

Boats:

- ♥ Glue sticks into the lids and tape sail shaped paper to the sticks.

Foil river:

- ♥ After determining the length of how long it needs to be, roll out foil and scrunch up sides to keep the water from getting out. Position the water hose on one end and add the boats.

Tips:

Do not use water with full pressure and make sure sails on boats are not too big.

"Family Fun magazine"

Submitted by Sandra Cox - TRAILS Associate



Gone Fishing

Provide carrot sticks, a bowl of veggie cheese dip and a plate of rainbow goldfish. Let the kids dip the carrot (fishing pole) into the cheese (bait) and then "catch" the fish.

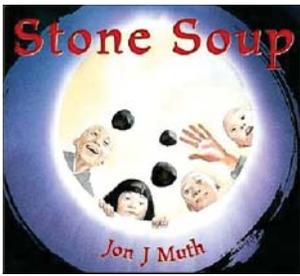


<http://www.parenting.com/gallery/healthy-kids-snacks?page=31>

Submitted by Mary Jones - Trails Associate

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

Let's Head to the Garden



As gardening season peaks and harvest time is just around the corner we have to ask ourselves, “What are we going to do with all those wonderful vegetables from the garden?” What better way than making a pot of vegetable soup? Read *Stone Soup* by Jon J. Muth. This book is an uplifting story about what happens when neighbors learn to come together.

“With *Stone Soup*, a provider can promote sharing, teach cultural diversity, incorporate a cooking lesson and get kids to eat their veggies. Children learn how to follow directions to develop cutting hand-eye coordination when cutting vegetables, how to prepare a healthy meal and how to cooperate.” (tools used for cutting should be used with great care and instruction with older children only)
<http://www.aplaceofourown.org/activity.php?id=146>

Other books about gardening are *Planting a Rainbow* by Lois Ehlert, *Eating the Alphabet* by Lois Ehlert, and *Growing Vegetable Soup* by Lois Ehlert. Reading books about vegetables opens a whole new world for children to experience their five senses.

Submitted by Sara Mathes, Early Childhood Specialist

FYI

Did you know that the TRAILS van has two portable sinks available for loan? This can be especially helpful if you move your diaper changing area. It makes the required water source available until something permanent can be accomplished. They can be picked up if available from the Lewisburg MountainHeart Office and the Beckley MountainHeart Office.



Fun at May 2nd Super Saturday

One Saturday not so long ago a group of childcare providers met to discuss trash! Boy did we have a good time. There were over 50 participants, four trainers and two guest speakers. We had things made from tires, pallets, large spools, plastic bottles, pool noodles, and so much more. We talked about how we could use recyclables to enhance our play spaces.

Our first guest speaker, Mark Bollinger from the New River Gorge Park Service, told us about all the parks we could visit, the trails we could explore with or without a guide and other things we could do this summer. He then had us creating treasures from trash. We made beautiful art!

We learned from Joanne McCallister what plants were safe for us to have around the children and which ones we needed to steer away from. She also gave us lots of great information on having a safe play area outside for our tots.

Sherrie Hunter, Education Director for the Raleigh County Solid Waste Authority, was our second guest speaker. She was so much fun! She spoke to us about recycling and about how important it is to keep useful things out of the landfill and not to litter, not even cigarette butts. And, yes, Sherrie we remember cells (areas where the land is prepared for trash disposal) and leachate (liquid that has gone through to the bottom of the landfill).

We had amazing giveaways. No one went away empty handed.

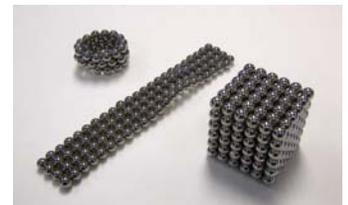
Submitted by Evelyn Davis, TRAILS Early Childhood Specialist



CPSC - Magnet Sets

Under the new CPSC performance standard, an individual magnet from a magnet set either must be large enough that the magnet does not fit into a CPSC small parts cylinder or the power of the magnetic force must be lower than a specified measure. Certain hazardous magnet sets that were previously in the marketplace had a magnetic force that was 37 times greater than what the new performance standard permits.

The rule applies to high-powered magnet sets and to individual magnets that are marketed or intended for use as part of a magnet set. Magnets manufactured or imported on or after the April 1, 2015 effective date must meet the new performance standard. Once the safety standard becomes effective, the manufacture, importation, distribution or sale of high-powered magnet sets that are subject to the federal standard and do not comply will be illegal.



<http://cpsc.gov/Newsroom/News-Releases/2014/CPSC-Approves-Strong-Federal-Safety-Standard-for-High-Powered-Magnet-Sets-to-Protect-Children-and-Teenagers/>

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

! SAVE THE DATE!
“COFFEE AND CONVERSATION”
for Center Directors



2 Hrs STARS - Program Management

WHO: Child Care Center Directors

WHEN: Tuesday, June 23rd 6:00 pm - 8:00 pm

WHERE: MountainHeart office, Lewisburg Conference Room

WHAT: Michelle McFall, director of Monroe Child Care Center wants to share information from the state directors meeting held in April.

WHY: To share challenges common to your programs

Take this opportunity to network with your colleagues during this sharing time. Please call and let me know you plan to attend!

Janet Thompson, TRAILS EC Specialist 304.647.3800



The Language
of Joy

“A Day of Reggio Experiences”
West Virginia Reggio Educators’ Alliance

4th Annual Conference

Save the Date!
Saturday October 24th, 2015
7:30-4:00

at the WVU Child Learning Center in Morgantown, WV
More details to come

“Like” us on Facebook! Facebook.com/LanguageofJoy
*Sponsored by: WVU Child Learning Center, Hildebrandt Learning Centers, LLC,
College of Education & Human Services, Pierpont Community & Technical College, & PNC*

MOUNTAINHEART
Community Services, Inc.
PO BOX 966 · BECKLEY, WV 25801

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



www.facebook.com/mountainheartwv

Important Information
Professional Development
Schedule Inside!