



# Child Care Chronicles



Vol. VI Issue 1

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

Winter 2009

A Newsletter of MountainHeart Child Care Resource & Referral Region VI



Margie

The staff of  
**MountainHeart  
Child Care  
Resource & Referral**  
would like to  
wish everyone a  
"Happy and  
Prosperous New Year!"

"If you want to succeed,  
you should strike out  
on new paths, rather than  
travel the worn paths of  
accepted success."

John D. Rockefeller

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Snowmen fall from heaven...  
unassembled.



Author Unknown

## Upcoming Conferences

SECA - [www.southernearlychildhood.org](http://www.southernearlychildhood.org)  
January 29-31, 2009

Celebrating Connections - [www.wvearlychildhood.org](http://www.wvearlychildhood.org)  
February 24, 2009 - Pre-Conference  
February 25, 2009 - One Day Institutes  
February 26 & 27, 2009 - General Conference

NACCRRRA - [www.naccrra.org](http://www.naccrra.org)  
March 10 - 14, 2009 - 2009 National Policy Symposium



A Publication of



**MountainHeart**  
Child Care Resource & Referral

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MountainHeart Professional Development Team  
MountainHeart Staff

## Children at Risk

Would you expose a child to something you knew would cause them great harm or expose them to damaging chemicals? Of course, most people would never knowingly do something that would cause injury or impairment to a baby or child. Yet, if you expose an infant or child to secondhand smoke, you are doing just that. There are child care regulations that prohibit a child care provider from smoking around the children in their care and providers must inform parents if they are smokers.

**Secondhand smoke, also known as environmental tobacco smoke (ETS), is a mixture of the smoke given off by the burning end of a cigarette, pipe or cigar and the smoke exhaled from the lungs of smokers. It is involuntarily inhaled by nonsmokers, lingers in the air hours after cigarettes have been extinguished and can cause or exacerbate a wide range of adverse health effects, including cancer, respiratory infections, and asthma.**

*Source: American Lung Association*

Secondhand smoke can cause a multitude of detrimental effects to the bodies of the very children we are trying so hard to protect. It can cause stunted lung growth when a young child's lungs are maturing and developing. Ear and lung infections are responsible for thousands of dollars of doctor's visits every year with the root cause being secondhand smoke. Carbon monoxide, a deadly gas, is also emitted in secondhand smoke.

An expectant mother who smokes decreases the amount of oxygen reaching the developing baby with every puff on a cigarette. If a mother were hooked up to a fetal monitor and smoked a cigarette, the monitor would show an increase in the baby's heart rate due to that decrease.

What is the solution to this problem? The best and healthiest solution is to quit smoking if you are a smoker. If you don't smoke, do not allow others to smoke in your home or car. Smoke lingers in a room for a long time and can permeate clothing, carpets, furniture, and even walls so that hours later its odor is still apparent.

If you weigh the cost of smoking both in the expense of a pack of cigarettes and the increased doctor's bills for both the smoker and their families, quitting can save you hundreds and even thousands of dollars. Many insurance companies are offering programs to help people quit.

It's a new year. Make a commitment to your health and the health of your loved ones. Quit smoking and add years to your health and the health of your families, as well as add money to your pocket.



Submitted by Joanne McCallister  
TRAILS Early Childhood Specialist

## The Snow Flake Song

If all the snowflakes (wiggle fingers in the air)  
Were candy bars and milk shakes (tap index finger in palm)  
Oh, what a snow that would be. (wiggle fingers in the air)  
I'd stand outside with my mouth open wide. (open mouth as if catching snowflakes)  
Ah-ah-ah-ah-ah-ah-ah-ah

If all the snowflakes (wiggle fingers in the air)  
Were candy bars and milk shakes (tap index finger in palm)  
Oh, what a snow that would be. (wiggle fingers in the air)

Sung to the tune of "If All The Raindrops Were Lemon Drops and Gum Drops"



## Make Winter Observation Bottles

Place winter nature items such as berries, moss, and twigs inside a clean, clear, half-liter soda bottle. Hot glue the lid on securely. Make a second bottle filled with white glitter and water. Hot glue the lid on securely. Encourage the children to look closely at the items inside both bottles and help them name the things they see inside the bottles.

Source: "The Complete Resource Book for Toddlers and Two's" Pam Schiler pg. 380-381  
Articles Submitted by Patricia Smith, Infant/Toddler Specialist

## Mountain CAP Child Development Center

Mountain CAP Child Development Center is celebrating great things for Webster County! October 21 was a milestone day for our agency! We cut the ribbon on our new addition, which will allow us to expand our nursery, provide a room for our two-year-olds, and offer more age-appropriate space for our after-school program. This was made possible by a low interest loan and grant we received from USDA.

In conjunction with this ribbon-cutting event, we also celebrated “Bring a Flower to Childcare Day”, dedicated to recognizing the efforts of all childcare staff and teachers. This was the kick-off event in the state-wide campaign for a quality rating system for childcare. Such a system will give parents the information they need to make good childcare decisions, it will give childcare providers the support they need to improve the quality of care they offer, and it will give communities the highest possible return on their investments in young children. At our ribbon-cutting ceremony the children in the preschool class launched balloons to represent the desire for all childcare centers to reach for the sky and provide the best for all children in our early childhood programs.

Over 60 people attended, reflecting the community's commitment to the stability and care of our children. Some of the distinguished guests who shared in our special occasion included Congressman Nick Jo Rahall, Senator Randy White, Delegate Joe Talbot, Edwin Harper from the Governor's Office on Economic Opportunity, Julia Stevenson from the Attorney General's Office, Melanie Clark from the WV DHHR Division of Early Care and Education, Bill Adamy from the Webster County DHHR, Superintendent of Webster County Schools, AJ Rogers, Timothy C. Woody, President of the Mountain CAP Board of Directors and Casey Chapman from our Board, Brandon Moll who represented the parents of the children we serve, and numerous community members. The Webster County Echo newspaper was on hand, and WBOY Channel 12 television aired a story on the evening news to highlight the event. It was so very exciting to witness all those who came to share in the celebration on behalf of the families and children we serve!

Our job is more important than many people realize, and it takes all of us to achieve our goals. The benefits that the children gain from a high quality early childhood program will set the stage for their future success. We are not just preparing them for Kindergarten we are, indeed, preparing them for life.

Submitted by Maxann Taylor, Director  
Cowen Child Development Center



Ribbon Cutting Ceremony at the  
Mountain CAP Child Development Center



## Roma's Real World

### Teaching Children Affected By Prenatal Drug Exposure: How Crack, Meth, And Cocaine Impact Development And Learning

These strong stimulants cause damage to fetal brains and bodies in the first and early second trimesters of pregnancy. Prenatal drug exposure affects children's behavior, learning, emotional and moral development, social abilities, and self-control. Many times children are misdiagnosed with ADD/ADHD and Autism when the parent may have used drugs. Child care providers and teachers must understand and recognize that there may be an organic cause for many of the learning problems and the violent and disruptive behaviors of some children in the classroom. Early intervention can provide children with specific strategies to help them function in early childhood environments.

Characteristics of prenatal drug exposed infants include, but are not limited to the following: do not cuddle, do not bond, avoid touch, do not have an established sleep pattern, over-sensitive to stimulus, hyper-startle, cannot calm themselves, stiff, rigid, hyper-extended bodies, shaky, jumpy, often have convulsions, prolonged crying, and unable to focus.

If you have children in your infant room that display some of the above characteristics you may want to change or modify the classroom to meet the child's needs. Observe the environment for over-stimulating patterns, colors, and too many toys. Use low-lights, reduce the noise level, and provide a low-stimulus room. Learn baby massage to stimulate the brain, calm the child, and help the child focus and develop a longer attention span. Try swaddling the child and face away to feed the child if the child avoids eye contact.

Characteristics of prenatal drug exposed toddlers and preschoolers include but are not limited to the following: random temper tantrums, abrupt mood swings, no conscience, no remorse, inappropriate social behavior, inappropriate emotions, don't understand facial expressions and body language of others, inability to control impulses, violence, no sense of cause and effect, learning problems, attention problems, poor language ability, hyperactivity, unfocused, no play skills, flat affect, lack of body awareness, lack of friends, socially isolated, sleep problems, eating problems, delayed toilet training, and very easily over-stimulated.

If you have children in your toddler or preschool rooms that exhibit the above characteristics you may want to change or modify the classroom and provide activities that meet the child's needs. Observe the environment and the child for triggers, patterns when the behavior occurs, time of day, and peers involved in the situation.

Teaching strategies may include changing the environment, limiting the stimulus, low-lights, noise reduction, limit toys, grouping, teach the child how to play, being firm, consistent, and fair in your discipline approach, use words when modeling, model and teach all parts of games and activities, plan and develop signals for transition, use same words and write scripts and practice, practice, practice. You will also want to teach cause and effect, facial expressions, body language, social interactions, and empathy.

Research information is from NAEYC conference workshop presented by: Mary Bellis Waller, Ph.D., Program Development and Evaluation, Inc., Milwaukee, Wisconsin.

## KidZui - The Internet for Kids 3.1

Expand your child's online experience with KidZui, the Internet for kids. KidZui is a graphical Web browser designed just for kids with access to over a 800,000 kid-friendly Web sites, pictures, and videos. Real parents and teachers review content for KidZui so your kids can surf independently. Kids build avatars to express themselves online while earning points for exploration and discovery.

Version 3.1 adds social features, increases approved content to 1.5 million items. Go to <http://www.download.com> and search for KidZui to download. The program is free to use and works on computer with Windows XP and Vista.

Submitted by Mike Stafford

**Professional Development Session On Behavior Management**

**Title:** Teaching Children Affected by Prenatal Drug Exposure  
**Description:** This Professional Development Session will provide participants with an overview of how exposure to drugs during pregnancy might affect the development of young children. This session will provide information on the effects of prenatal drug exposure, traits of drug-affected children, and behavior/classroom management strategies for early childhood educators.  
**Registration:** Space is limited to 20 participants.  
 Please call Reba or Missie at 1-866-872-9204 to Pre-Register.



**March 30, 2009 From 1:00 pm - 3:00 pm**  
**First Brethren Church Fellowship Hall in Oak Hill, West Virginia**

**Core Competency**  
**Positive Interaction & Relationships**  
**(Tier III)**

**West Virginia Infant/Toddler (WVIT) Professional Development Program For Caregiver Administrators**

Child Care Center Directors and Facility operators must attend a one time Administrator Training before their staff can attend the WVIT PDP

**Upcoming Director Professional Development Sessions**  
**March 11, 2009**

**10:00 am - 5:00 pm**

**WorkForce Conference Room in Summersville, WV**

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

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

**West Virginia Infant/Toddler (WVIT) Professional Development Program For Caregivers**

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

WVIT PDP offers:

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

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

For more information, please contact your Infant/Toddler Specialist, Tricia Smith, at (304) 253-7654 or 1-888-799-9217.

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

**Upcoming West Virginia Infant/Toddler (WVIT) Professional Development Program Locations**

April & May	Nicholas County
July & August	Greenbrier County
November & December	Raleigh County
March & April 2010	Mercer County

**SLEEPING SAFE**

**Core Competency - 2 Hrs. of Health, Safety and Nutrition (Tier II)**

**Summary -** Participants will discuss the latest SIDS research and best practices for keeping your children healthy and safe while sleeping.



**January 13, 2009**  
**3 pm to 5 pm**  
**MountainHeart**  
**Kopperston, WV**

**February 9, 2009**  
**7 am to 9 am**  
**Imagination Station CDC**  
**Princeton, WV**

**Choke Saving, Rescue Breathing, and First Aid**  
**Mercer County Red Cross Office**

**March 10, 2009**  
**10:00 am to 3:00 pm**  
**Bluefield, WV**

Contact Teresa Drake at 1-800-834-7082 for Registration

**Reimbursement available through Mini-Grant Funds for Family Child Care Providers and Family Child Care Facilities ONLY!**

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

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

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

# MountainHeart South Professional Development Schedule

## WV STARS Certified Trainers: Shonda Zastawniak and Dianna Thompson

### January/February Topics

**Topic 1 - But I SAW it on TV** (\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

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

**Target Audience** - All

**Summary** - Participants of this professional development session will learn the importance of monitoring children's time with the television and strategies to use when children use aggressive pretend play.

**Topic 2 What's Wrong with this Picture?** (\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

**Core Competency** - 2 Hrs. of *Children and Families (Tier II)*

**Target Audience** - All

**Summary** - Participants will learn necessary skills needed for dealing with peer pressure & diverse situations. Information will also be included on sensitive issues relating to all families in your program.

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### March Topics

**Topic 1 - Assessment: Who, What, Where, When, How and WHY?** (\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

**Core Competency** - 2 Hrs of *Child Observation and Assessment (Tier I)*

**Target Audience** - All

**Summary** - Participants of this professional development session will begin the process of understanding the importance of assessment in the early childhood environment. Attention will be given also to the use of portfolio development.

**Topic 2 - Born To Be Wild**

**Core Competency** - 2 Hrs of *Child Growth & Development (Tier II)*

**Target Audience** - School Age

**Summary** - Participants will learn the importance of outdoor activities and safety as well as how to transform an outdoor space into a learning environment.

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### **Ouch! Biting Hurts!**

**Core Competency** - 1.5 Hrs. of *Positive Interactions and Relationships* and ½ Hr. of *Child Observation and Assessment (Tier II)*

**Summary** - Participants will discuss the problem of biting, how to control it, and create sound policies dealing with biting.

**January 16, 2009**

**7:00 am to 9:00 am**

**Imagination Station CDC  
Princeton, WV**

**January 20, 2009**

**4:00 pm to 6:00 pm**

**Lewisburg WorkForce  
Lewisburg, WV**

**February 19, 2009**

**3:00 pm to 5:00 pm**

**MountainHeart Community Services  
Kopperston, WV**

**February 21, 2009**

**9:00 am to 11:00 am**

**CASE Community Child Development Center  
Princeton, WV**

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### **Super Saturday**

**"I owe, I owe"**

**Tax Issues and the Early Childhood Profession**

**Core Competency** - 3 Hrs. of *Professionalism (Tier 1)*

**Description:** Participants of this professional development session will learn important tax tips and organizational strategies to become more prepared for the big day, April 15th. Please bring a bag lunch.

**January 24, 2009**

**10:00 am - 1:00 pm**

**MountainHeart Conference Room  
Beckley, WV**

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The MountainHeart Professional Development Team is offering Saturday Training in an area near you!  
Call Missie or Reba @ 1-866-872-9204 to reserve your seat TODAY!!

# Professional Development Opportunities for January - March 2009

## Braxton County - Sutton City Hall

	February 5, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	But I Saw it on TV What's wrong with this Picture?
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## Fayette County - Fayette County DHHR

	January 22, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	But I Saw it on TV What's wrong with this Picture?
	<b>February 23, 2009</b>	<b>11:00 am - 1:00 pm</b> <b>2:00 pm - 4:00 pm</b>	<b>But I Saw it on TV</b> <b>What's wrong with this Picture?</b>
	March 9, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Who, What Where, When, How and Why? Born To Be Wild

## Greenbrier County - Lewisburg WorkForce

	January 6, 2009	4:00 pm - 6:00 pm	Understanding Shaken Baby Syndrome
	<b>January 20, 2009</b>	<b>4:00 pm - 6:00 pm</b>	<b>Ouch! Biting Hurts!</b>
	February 7, 2009	10:00 am - 2:00 pm	From The Inside Out; The Power Of Reflection & Self-Awareness
	<b>February 10, 2009</b>	<b>11:00 am - 1:00 pm</b> <b>2:00 pm - 4:00 pm</b>	<b>What's wrong with this Picture?</b> <b>But I Saw it on TV</b>
	March 11, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Who, What Where, When, How and Why? Born To Be Wild

## McDowell County - McDowell County DHHR

	February 5, 2009	10:00 am - 12:00 pm	Understanding Shaken Baby Syndrome
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## McDowell County - Welch Library

	March 30, 2009	11:00 am - 1:00 pm 2:00 pm - 4:00 pm	Who, What Where, When, How and Why? Born To Be Wild
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## McDowell County - Welch Workforce Center

	February 19, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	But I Saw it on TV What's wrong with this Picture?
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## Mercer County - \*Hosted Training\* - CASE Community Child Development Center - Princeton

	January 17, 2009	9:00 am - 11:00 am	Helping The Children: Preventing Child Abuse and Neglect
	<b>February 21, 2009</b>	<b>9:00 am - 11:00 am</b>	<b>Ouch! Biting Hurts!</b>

## Mercer County - \*Hosted Training\* - Imagination Station CDC - Princeton

	January 16, 2009	7:00 am - 9:00 am	Ouch! Biting Hurts!
	<b>February 9, 2009</b>	<b>7:00 am - 9:00 pm</b>	<b>Sleeping Safe</b>

## Mercer County - Princeton Library

	February 4, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	What's wrong with this Picture? But I Saw it on TV
	<b>February 18, 2009</b>	<b>10:00 am - 12:00 pm</b> <b>1:00 pm - 3:00 pm</b>	<b>What's wrong with this Picture?</b> <b>But I Saw it on TV</b>
	March 4, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Born To Be Wild Who, What Where, When, How and Why?

## Mercer County - WORKFORCE

	February 11, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	But I Saw it on TV What's wrong with this Picture?
	<b>March 16, 2009</b>	<b>12:00 pm - 2:00 pm</b> <b>3:00 pm - 5:00 pm</b>	<b>Who, What Where, When, How and Why?</b> <b>Born To Be Wild</b>

## Monroe County - Monroe County DHHR

	March 30, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Who, What Where, When, How and Why? Born To Be Wild
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## Nicholas County - Summersville WORKFORCE

	January 28, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	What's wrong with this Picture? But I Saw it on TV
	<b>March 5, 2009</b>	<b>6:00 pm - 8:00 pm</b>	<b>Understanding Shaken Baby Syndrome</b>
	March 11, 2009	10:00 am - 12:00 pm 1:00 pm - 3:00 pm	Who, What Where, When, How and Why? Born To Be Wild

## UNDERSTANDING SHAKEN BABY SYNDROME

**Core Competency - 2 Hrs. of Health, Safety, and Nutrition (Tier I)** (\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

**Summary** - This professional development session will present the clinical symptoms of a severe shaking, the situations that can lead to a caregiver's loss of control, and ways to anticipate and ease the frustration, anger, and stress that can occur when caring for a baby or young child.

<b>January 6, 2009</b>	<b>4:00 pm - 6:00 pm</b>	<b>Lewisburg WorkForce</b>
<b>February 5, 2009</b>	<b>10:00 am - 12:00 pm</b>	<b>McDowell County DHHR</b>
<b>March 5, 2009</b>	<b>6:00 pm - 8:00 pm</b>	<b>Summersville WorkForce</b>

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

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

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

# Professional Development Opportunities for January - March 2009

## Pocahontas County - Marlinton Career Center

March 10, 2009	11:00 am - 1:00 pm	Who, What Where, When, How and Why?
	2:00 pm - 4:00 pm	Born To Be Wild

## Raleigh County - Beckley Workforce \*\*Note the change in Location\*\*

 February 16, 2009	10:00 am - 12:00 pm	But I Saw it on TV
	1:00 pm - 3:00 pm	What's wrong with this Picture?
<b>February 26, 2009</b>	<b>11:00 am - 1:00 pm</b>	<b>What's wrong with this Picture?</b>
	<b>2:00 pm - 4:00 pm</b>	<b>But I Saw it on TV</b>
March 4, 2009	10:00 am - 12:00 pm	Who, What Where, When, How and Why?
	1:00 pm - 3:00 pm	Born To Be Wild
 <b>March 16, 2009</b>	<b>10:00 am - 12:00 pm</b>	<b>Who, What Where, When, How and Why?</b>
	<b>1:00 pm - 3:00 pm</b>	<b>Born To Be Wild</b>

## Raleigh County - MountainHeart Child Care Resource & Referral

January 24, 2009	10:00 am - 1:00 pm	"I Owe, I Owe"
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## Summers County - Summers County DHHR

 March 31, 2009	11:00 am - 1:00 pm	Who, What Where, When, How and Why?
	2:00 pm - 4:00 pm	Born To Be Wild

## Webster County - \*Hosted Training\* - Cowen Starting Points Center

 January 15, 2009	2:30 pm - 4:30 pm	But I Saw it on TV
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## Wyoming County - Wyoming County DHHR

March 9, 2009	10:00 am - 12:00 pm	But I Saw it on TV
	1:00 pm - 3:00 pm	What's wrong with this Picture?

## Wyoming County - MountainHeart Community Services - Kopperston

January 13, 2009	3:00 pm - 5:00 pm	Sleeping Safe
<b>February 19, 2009</b>	<b>3:00 pm - 5:00 pm</b>	<b>Ouch! Biting Hurts!</b>

## Components of Quality Care and Education (CQCE) Professional Development

MountainHeart will be offering specialized CQCE sessions for Developmentally Appropriate Practices. These Modules have been developed to meet the requirements of the West Virginia Early Learning Standards framework (WV ELSF) and are recommended for all people who work with 2½-5 year old children in all early childhood settings. Remember, all CQCE modules must be completed to receive a certificate.

The modules will be divided into eight sessions and will begin in January for Nicholas County and surrounding counties.

Please call Missie or Reba at 1-866-872-9204 to pre-register.

Sessions are open to family providers, facilities, & child care centers and will be held at Nicholas County WorkForce in Summersville on the following dates:

**Module 1 - January 6, 2009 from 2:30 pm - 6:30 pm**  
**Module 2 - January 13, 2009 from 2:30 pm - 6:30 pm**  
**Module 3 - January 20, 2009 from 2:30 pm - 6:30 pm**  
**Module 4 - January 27, 2009 from 2:30 pm - 6:30 pm**  
**Module 5 - February 10, 2009 from 2:30 pm - 6:30 pm**  
**Module 6 - February 17, 2009 from 2:30 pm - 6:30 pm**  
**Module 7 - March 3, 2009 from 2:30 pm - 6:30 pm**  
**Module 8 - March 10, 2009 from 2:30 pm - 6:30 pm**

**Registration Limited to 18 Participants**

**Target Audience: Toddlers/Preschool (Tier II)**

(\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

### HELPING THE CHILDREN: PREVENTING CHILD ABUSE AND NEGLECT

**Core Competency - 2 Hrs. of Health, Safety, and Nutrition (Tier II)** (\$ - Indicates Training Necessary when working toward Tier II Reimbursement)

**Summary** - Participants will discuss legal definitions and signs/symptoms of child abuse and neglect. Along with understanding requirements of being a mandated reporter.

**January 17, 2009**

**CASE Princeton Community Child Dev. Center**

**9:00 am to 11:00 am**

## Saturday Professional Development Opportunity for Child Care Facility and Center Directors

### FROM THE INSIDE OUT: THE POWER OF REFLECTION AND SELF-AWARENESS

**Core Competency - 3 Hrs. of Professionalism (Tier II)**

**Summary** - The quest for excellence begins with an inner quest to discover who we are-our passions, values, talents, personal resources, and even those annoying habits we might prefer not to acknowledge. Having a better understanding of ourselves is the first step to achieving a better relationship with others. This professional development session will begin this journey.

**Feb. 7, 2009**

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

**Lunch Break during Session  
Lewisburg WorkForce**

**Feb. 21, 2009**

**10:00 am-1:00 pm**

**Please Bring Your Lunch.  
Summersville WorkForce**



## Dear Roma

Dear Roma,

What should I do when I have explained to a parent that their child is aggressive toward his peers and adults who care for him at the child care center? This three year old boy has broken my glasses, spit in my face, and hit several of his peers for no apparent reason. When I discussed this behavior with the mom, she stated that the child doesn't do this at home. The mom feels that it is the child care environment that is causing her son's aggressive behavior. What do I do next?



Ms. Building Bridges

Dear Ms. Building Bridges,

First, you must observe the environment for triggers that may be causing the child to act out. Study your daily schedule, curriculum, transitions, and center activities to make sure they are age appropriate and there are enough learning tools in each area. Next, start a daily journal that you can send home for the parent to read and document the child's evening activities. After three weeks, meet with the parent and review the daily journal. This may be an enlightening experience for both teacher and parent. This strategy helps build rapport with the parent and teacher and provides a way to discover the problem together.

Roma

Please send questions to:  
 MountainHeart Child Care Resource & Referral  
 Roma Lester, Behavior Consultant  
 P.O. Box 1509 • Oceana, WV 24870  
[romalester@wvdhhr.org](mailto:romalester@wvdhhr.org)

### Pre-Registration for Trainings

MountainHeart CC R&R wants to remind ALL providers, whether centers, facilities, or homes, the importance of pre-registration for all trainings because:

- ♥ Pre-registration is mandatory.
- ♥ Some trainings are limited in number due to the available seating space where the trainings are being held.
- ♥ Some are limited due to the nature of the trainings. For example, if they are hands on, such as cooking or art, it may not be possible to accommodate a large group.
- ♥ Trainers need to be able to prepare ahead of time so they can be ready with the supplies necessary to hand out to the group.
- ♥ If trainings do not have an ample amount of people registered, they may be cancelled to save on the cost of travel and time.

To encourage everyone to pre-register, providers who pre-register will be entered in a drawing for a prize to be drawn at the training. Only pre-registered providers will be eligible for the drawing. So, remember to pre-register by calling Missy or Reba at 1-866-872-9204, our toll free number. We appreciate your assistance in pre-registering and your attendance at the trainings!

### Thanks from TRAILS

The MountainHeart TRAILS Program would like to thank the following people for their contributions:

- ♥ Carol Smith
- ♥ Kristina Day
- ♥ Kidz At Hart
- ♥ Linda Karnes
- ♥ Angela Perkins
- ♥ Tracy Sawyers
- ♥ Regina Adkins
- ♥ Jessie Copney
- ♥ Linda Medlin
- ♥ Amy Burnette
- ♥ A special thank you to BJW Printing



# Thank You

# TRAILS MIX

## Creative Curriculum



The TRAILS staff have been busy over the past several months making visits and providing trainings. Most popular with providers is the Creative Curriculum training offered through the mini grant program. Once a provider has obtained all the health and safety equipment necessary for the safety of children in their care, they may be eligible for the training and a tool kit. Mini grants can be applied for once a year for home providers and facilities.

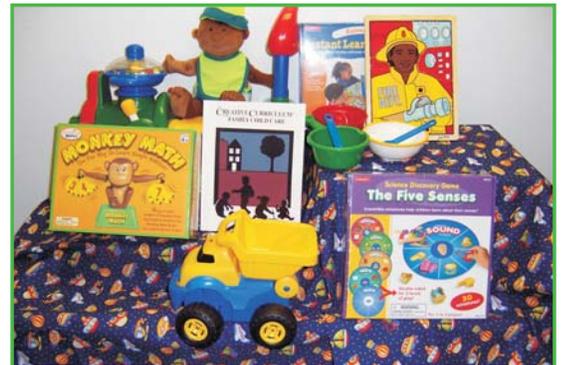
As soon as a provider is approved for the curriculum and tool kit, a date and time will be set up for the training in the provider's home. The first part of the training lasts about an hour and a half. The provider is given an assignment to complete and various catalogs to order items to enhance an area of their curriculum. The areas include dramatic play, blocks, music and movement, books, toys, art, and cooking,

Once the assignment is finished and the provider has selected appropriate items, the second van visit is scheduled. This visit, shorter than the first, consists of going over the assignment and checking the list of preferred items. A STARS approved certificate will be issued for 2 hours of curriculum.

The third visit will be the delivery of the items selected and to follow-up on any questions on the Creative Curriculum book and training.

The TRAILS van and staff are always looking for ways to encourage quality care for children. If you need assistance in selecting age appropriate toys, resource books, art ideas, help in filling out payment forms and attendance sheets, or just want to give the children in your care a new toy or book to enjoy, call a MountainHeart office and they will direct your need to a TRAILS staff. Our job is to help childcare providers in what ever capacity needed.

Submitted by Joanne McCallister, Early Childhood Specialist



Sample Tool Kit for Creative Curriculum

## “Live Large. Think Big” NAEYC 2008 Annual Conference Dallas, Texas

Roma Lester and Shonda Zastawniak joined thousands of colleagues in the Lone Star State for the world's largest early childhood conference. Dallas is the number one visitor destination in the state with over \$12 billion in new development that is underway in the downtown area. Dallas exhibits a rich diversity, colorful history, world-class art exhibitions, and exciting entertainment. The city's slogan is “Live Large. Think Big”.

The conference offered over 900 sessions with diverse topics and themes reflecting both cutting-edge practices, research and time-tested early childhood educational strategies. The exhibition hall offered a smorgasbord of learning tools, playground equipment, curriculum, and hands-on activities.

The two “WV Cowgirls” spent four days learning, sharing, networking, and experiencing new research information, products, and services in the field of early childhood education. Roma and Shonda will be sharing what they learned in new research information and teaching strategies throughout the upcoming training year.

Submitted by Roma Lester, Behavior Consultant



Shonda Zastawniak & Roma Lester with “Choosy” at the NAEYC Conference

## Director's Corner

"Ms. Susie won't be in today, she's sick!" states one of the child care workers just as you arrive to work to start the day. For a Child Care Center Director, this is not an unfamiliar dilemma.

As child care professionals, we teach children daily on ways to help them stay healthy but we often forget or lack the time and energy to take the necessary important steps for ourselves to stay healthy and reduce the incidence of communicable diseases such as flu, colds and viruses.

According to the Center for Disease Control, we can take steps every day to remain healthy and safe.

Eat healthy:

- ♥ Remember to eat a variety of fruits, vegetables and whole grains everyday
- ♥ Limit foods high in calories, fats, sugar and alcohol

Stay active:

- ♥ Exercise or walk 2 ½ hours per week

Manage stress:

- ♥ Keep stress levels down
- ♥ Learn methods to manage stress



You, as the Director, can take steps to help staff manage stress. Have an open door policy so staff can voice concerns and issues. Give them support when they are overwhelmed. Teach them about the importance of getting 7-9 hours of sleep at night. Stay positive & remember to have a sense of humor. Make sure staff have opportunities throughout the day for breaks and lunch. Stress and a poor diet can have lasting negative effects on the body.

Lastly, educate your staff on ways to stay healthy and be supportive by modeling a healthy and minimal stress lifestyle

Submitted by Dianna Thompson

Source: <http://www.cdc.gov>.

## MountainHeart Welcomes Janet Thompson to TRAILS

Janet is a new addition to the TRAILS program but certainly not new to MountainHeart and early childhood. She brings with her over 20 years of experience in home-based programs including experience in WV's early intervention system as well as a background in working with special needs children and early education.

According to Janet, "Working through the TRAILS program with child care providers is certainly a privilege. Each day, providers ensure that the future of our children will be a positive one. I learn something new from providers every time I visit and believe that the TRAILS program provides the support and encouragement they need."

Join with MountainHeart in welcoming Janet into the TRAILS mix.



Janet Thompson  
Early Childhood Specialist

# FREE Tax Preparation Available!

Volunteer Income Tax Assistance (VITA) sites are located throughout West Virginia during tax season. Returns can be filed electronically and can be deposited into your bank account within 7 to 10 days at no charge.

### You May Be Eligible for the 2008 Earned Income Tax Credit (EITC)!

- Did you make less than \$42,000 last year?
- Are you between the ages of 25 and 65?
- Do you know you could receive up to \$4,824 from the IRS?
- Do you know you can claim EITC for three years back?
- Do you know **FREE** tax help is available?

! Be sure to ask your tax preparer if you are eligible for EITC!

For the location of a free tax preparation site near you, visit [www.wveitc.com](http://www.wveitc.com) or...

## Dial 2-1-1

Your toll-free connection to community services in West Virginia



## Medication Administration Training

MountainHeart Child Care is pleased to announce they will be sponsoring more Medication Administration Trainings. Training will be from 4:30 pm to 9:00 pm on the following dates:

- ♥ January 14, 2009 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ January 27, 2009 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ February 9, 2009 at the Mercer County Workforce Building (Princeton/MountainHeart Office).
- ♥ February 16, 2009 at the Nicholas County Workforce Building (Summersville/MountainHeart Office).
- ♥ March 13, 2009 at the MountainHeart Child Care Office at 228 Ragland Road in Beckley.
- ♥ March 17, 2009 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office).

You must call Missie or Reba at 1-866-872-9204 to register. Class size is limited to 15 and there will be a waiting 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 the waiting list in your place.

Additional Requirements:

- ♥ Be registered on the STARS Career Pathway. The class is STARS approved.
- ♥ You need to bring a small baby doll with you.
- ♥ You need to bring a pair of latex or non latex gloves.
- ♥ You need to bring your 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**  
 Child Care Resource & Referral  
 P.O. Box 966 • Beckley, WV 25801

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

**Important Information**  
**Professional Development**  
**Schedule Inside**

MHCCR&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.