

# Child Care Chronicles

A Newsletter of MountainHeart South  
for all providers of child care

Vol. XII Issue 1

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

WINTER 2015

For it is in  
giving  
that we  
receive.

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*On behalf of MountainHeart Community Services, our wish is, during this season of giving and caring, you will receive much because you have given much to all our children and families!  
Enjoy and Celebrate the Season!*

*Margie*

## IN THIS ISSUE

Seasons Greeting .....	1
"Dream Tree for Kids" .....	1
Primary Caregiving .....	2
No More Blue Skies.....	2
Time To Try New Things .....	3
Let's Celebrate Black History Month .....	3
Family Child Care Providers Wanted .....	3
Great "Snow" Books For Children .....	3
Roma's Real World Developing Emotional Intelligence Through Observation & Planning .....	4
CCA for Social Good .....	4
Dear Roma.....	5
What You Need To Know About Enterovirus D68.....	5
TRAILS Mix: Let's Talk Math.....	6
Puzzle Pieces .....	6
Sock Toss .....	6
Chicken Tortilla Soup for the Slow Cooker .....	6
Upcoming Conferences .....	7
Attention Child Care Centers: Infant/Toddler Competitive Makeover Grant Announcement .....	7
"Hug A Hero Project" .....	7
Medication Administration Training.....	8
Professional Development Schedule.....	Inside



## "Dream Tree for Kids"

MountainHeart staff, Vickie, Alexia, and Sandra are kicking off the Christmas season wrapping gifts for the Greenbrier's annual "Dream Tree for Kids" project!

All MountainHeart programs are participating with the Dream Tree project for the fourth year in a row and will be receiving more than 2,190 gifts to distribute to our children and families during the holiday season.

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Phone: 1-800-834-7082



## Primary Caregiving

Are you using primary caregiving assignments in your infant and toddler rooms? To help you answer, please think about your responses to the following questions:

1. When a child gets hurt or upset, does the child go to anyone, or no one?
2. For diaper changes, is there one staff member who routinely changes all of the children at 10:00 for example, kind of like in an assembly line fashion?
3. When a child arrives in the morning, does the caregiver closest in proximity to the child (the one nearest the door) assist with his or her arrival?
4. When it is time to give the infant a bottle or settle down for a nap, do different caregivers do this routine on different days?
5. Do different members of the staff document observations and implement individualize planning for the child?



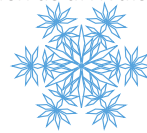
If you answered yes to any of these questions, then you are **NOT** implementing a primary caregiving system and you should seriously consider how you might do so!

Quality of care ultimately boils down to the quality of the relationship between the caregiver and the child. The Primary Caregiving System is an excellent path to create in our centers that will ensure that relationships happen naturally and effortlessly.

A primary caregiving system ensures that each child enrolled at a child care center will be assigned to a caregiver who is primarily, but not exclusively, responsible for the child's care while present in the program. The primary caregiver builds a deep relationship with each child and family they are assigned to by carrying out most of the daily routines (such as arrivals, feeding, diapering, napping, and departures), observations, and planning for their primary care assignments.

Help is available! Contact our training team and request Technical Assistance (TA).

*Submitted by Tricia Haynes Infant/Toddler Specialist*



## No More Blue Skies



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

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

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

<http://www.inccrra.org/childhood-obesity-project/159-outdoor-winter-activities>,

<http://www.kidactivities.net/post/Outside-Winter-Time-Fun-for-Kids!.aspx> and

<http://www.parents.com/fun/activities/outdoor/snow-activities-kids/>

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

Resources:

West Virginia Department of Health and Human Resources Legislative Rules, Family Child Care Facility Licensing Requirements, 2012.

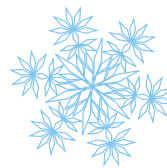
*Submitted by: Sara Mathes, Early Childhood Specialist*

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## Time To Try New Things

If you are like me, the holiday season is a time of great memories and fun, but can be absolutely exhausting! As another New Year begins, it can be a perfect opportunity to take a break and plan for the coming year. Each year, many of us make New Year's resolutions, whether it is to lose weight or save more money. My challenge to our early childhood providers is to make this year the year of trying new things with the children. Bring out the play dough and finger paint to try some messy art projects, discover some new books and visit old favorites. Make each day a day filled with wonderful memories. Here are a few suggestions to try:

- ♥ Try one new science experiment each week.
- ♥ Add something to the finger paint, such as salt or sand, to change the texture and feel.
- ♥ Go OUTSIDE! Play in the snow and enjoy winter and the change in temperature.
- ♥ Make an art collage from left over Christmas cards and wrapping paper.
- ♥ Set up a beach scene, crank up the heat and pretend you are on a tropical vacation!



Most importantly, don't let this winter weather turn you and your children into couch potatoes!

Submitted by: *Dianna Thompson, Early Childhood Specialist*

## Let's Celebrate Black History Month

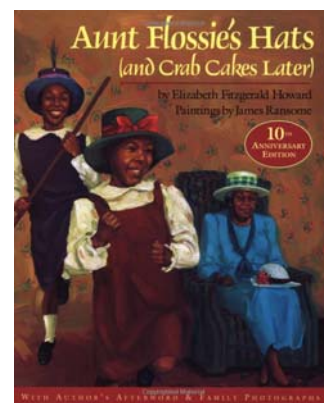
History is a very important part of our children's education. It can be a challenge, though, to teach to young children.

February is Black History Month. Carter G. Woodson established Negro History week in 1926. It was celebrated the second week of February in honor of Abraham Lincoln's and Frederick Douglass's birthdays. In 1976, Black History Week became Black History Month. President Gerald Ford spoke in regards to this, urging Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

A good way to introduce Black History to your children would be through picture books. The TRAILS Van has several fiction, historical fiction and nonfiction books.

Here are two books:

- ♥ "Aunt Flossie's Hats", by Elizabeth Fitzgerald Howard is about two young girls who visit their aunt and through stories about her hats they learn some history. An activity to go with this story would be to make newspaper hats and decorate them. <http://hellonatural.co/how-to-newspaper-derby-hat-for-kids/>
- ♥ "A Picture Book of Martin Luther King, Jr" by David A. Adler is a short story of Martin Luther King, Jr.'s life. An activity to go with this book would be to teach the children about diversity. Look at the colors of our skin. No two peoples' colors are exactly the same. Take a brown egg and a white egg. Have the children discuss the likenesses and differences of the eggs. Crack the eggs open. They should be the same on the inside. If you want to take it a little further have the children whisk the eggs. Scramble them (adults only) and let the children taste them.

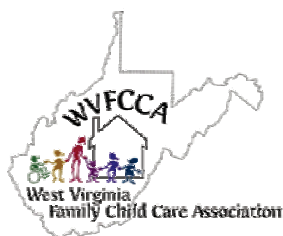


However you decide to teach about Black History Month, remember it is an important part of all of our histories.

Resource: [http://en.wikipedia.org/wiki/Black\\_History\\_Month](http://en.wikipedia.org/wiki/Black_History_Month)

Submitted by *Evelyn Davis, TRAILS Early Childhood Specialist*

## Family Child Care Providers Wanted



The West Virginia Family Child Care Association now has local associations in 19 counties. Visit the website below to find out about the exciting events that are taking place. There is also an application to join this up and coming new association.

<http://www.westvirginiafamilychildcare.com>

## Great "Snow" Books for Children

- ♥ Avalanche by Michael J. Rosen
- ♥ Caps, Hats, Socks, and Mittens by Louise Borden
- ♥ Max and Ruby's Snowy Day by Rosemary Wells
- ♥ Winter Days in the Big Woods by Laura Ingalls Wilder
- ♥ Snow Rabbit, Spring Rabbit by Il Sung Na

Get these and more from your TRAILS van!

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empathy • caring • love • anger • frustration • tolerance • sensitive • emotions

## Roma's Real World

### Developing Emotional Intelligence through Observation and Planning

Emotional Intelligence is the intelligent use of your emotions. You intentionally make your emotions work for you in certain situations by using them to guide your behavior for positive results. Your emotions give you valuable information about yourself, about other people, and about situations. Being aware of your feelings and behavior as well as others' perspective of you can influence your actions in a way that is a benefit to you and the young children that are in your care.

Many years ago schools, caregivers and parents taught children simple human competencies such as self-awareness, self-control, and empathy as well as the art of listening, conflict resolution, and cooperation. Take a moment and think about all the conflict in the world and how our communities have changed. Kreidler (1984) defines the peaceable classroom as a classroom that is a warm and caring community, with five qualities present where children learn:

1. Cooperation - to work together and trust, help, and share with each other.
2. Communication - to observe carefully, communicate accurately, and listen sensitively.
3. Tolerance - to respect and appreciate people's differences and to understand prejudice and how it works.
4. Positive emotional expression - to express feelings, particularly anger and frustration, in ways that are not aggressive or destructive, and children learn self-control.
5. Conflict resolution - to respond creatively to conflict in the context of a supportive, caring community.

Planning your lessons around teaching strategies that address those five competencies would certainly be an environment that supports development of emotional intelligence.

If you need more information call Roma Lester, Behavior Consultant at 304-682-8271

Resource: Richard J. Bodie and Donna K. Crawford. Developing Emotional Intelligence: A Guide to Behavior Management and Conflict Resolution in Schools.

Submitted by Roma Lester, MA, Behavior Consultant



empathy • caring • love • anger • frustration • tolerance • sensitive • emotions



## CCA For Social Good and River Valley Child Development Services Launch an Early Childhood Education Online Resource Platform in West Virginia

*Innovative web-based knowledge hub for ECE professionals provides thousands of practical resources helping ECE providers save time, money and advance quality.*

CCA For Social Good, an operating division of CCA Global Partners, and River Valley Child Development Services announce the launch of [EarlyCareShareWV.org](http://EarlyCareShareWV.org), an online platform that delivers a wealth of practical resources for early childhood education directors, family care providers, and teachers. Its goal is clear: to help save time, reduce costs, and improve quality. Most simply, the platform helps its users manage their programs more efficiently.

Sponsored by River Valley Child Development Services and funded by the West Virginia Department of Health and Human Resources, [EarlyCareShareWV.org](http://EarlyCareShareWV.org) will be available to early childhood education professionals in West Virginia, especially child care professionals and those that may be providing support, training and assistance to those professionals.

The site can be accessed by visiting [www.EarlyCareShareWV.org](http://www.EarlyCareShareWV.org). Interested parties in West Virginia can fill out a New Member Request form by clicking on "Request a Log in Account" upon visiting the site. Eligibility will be determined by River Valley Child Development Services.

Early Care Share West Virginia will be demonstrated at the Celebrating Connections Conference in Charleston on February 18-20, 2015.

For more information about CCA For Social Good and ECE Shared Resources, please contact Denise Sayer at 603-626-2121. For additional information about Early Care Share West Virginia, please contact Natalie Snider at [nsnider@rvcds.org](mailto:nsnider@rvcds.org).

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## Infant Toddler Profession Development Opportunities January, February & March

### WVIT I Administrator Module

#### *Only Offered Twice Yearly*

Tuesday, May 5, 2015 at the  
Beckley office from 10 am to 5 pm  
Tuesday, September 29, 2015 at the  
Beckley office from 10 am to 5 pm

6 STARS hours (1 hour lunch)

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

### WVIT II Administrator's Module

Wednesday, February 4, 2015 at the  
Summersville Office from 10 am to 5 pm  
6 hrs. STARS credit (1hour lunch)

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

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

#### Professional Development Program For Caregivers

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

WVIT PDP offers:

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

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

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

#### All Sessions to be held at Princeton MountainHeart Conference Room

Sessions as follows:

Session 1	Tuesday, March 10	3:00 pm - 8:00 pm
Session 2	Tuesday, March 17	3:00 pm - 7:00 pm
Session 3	Tuesday, March 24	3:00 pm - 8:00 pm
Session 4	Tuesday, March 31	3:00 pm - 7:00 pm
Session 5	Tuesday, April 14	3:00 pm - 7:00 pm
Session 6	Tuesday, April 21	3:00 pm - 8:00 pm
Session 7	Tuesday, April 28	3:00 pm - 7:00 pm
Session 8	Tuesday, May 19	3:00 pm - 8:30 pm
Session 9	Tuesday, May 26	3:00 pm - 8:00 pm
Session 10	Thursday, May 28	2:00 pm - 4:30 pm

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

#### Professional Development Program For Caregivers II

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

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

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

***\*Please note that you MUST be registered on the WV STARS Career Pathway to attend this training and have attended WVIT I\****

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

Sessions as follows:

Session 1	Wednesday, February 25	2 pm - 5:30 pm
Session 2	Wednesday, March 4	2 pm - 5:30 pm
Session 3	Wednesday, March 11	2 pm - 5:30 pm
Session 4	Wednesday, March 18	2 pm - 5:30 pm
Session 5	Wednesday, March 25	2 pm - 5:30 pm
Session 6	Wednesday, April 1	2 pm - 5:30 pm
Session 7	Wednesday, April 8	2 pm - 5:30 pm
Session 8	Wednesday, April 15	2 pm - 5:30 pm
Session 9	Wednesday, April 22	2 pm - 5:30 pm
Session 10	Wednesday, April 29	2 pm - 5:30 pm

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

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

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

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

MountainHeart Child Care Resource & Referral is funded through a grant from DHHR, Bureau for Children and Families,  
Division of Early Care and Education. MHCCR&R was established in 1992.

**MountainHeart South Professional Development Schedule**  
**WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

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**January, February and March Topics**

**Topic 1 - Sugar and Spice and All Things Nice, Really? (2 hr. topic)**

*Core Competency – 2 hrs. Child Growth and Development (Tier II)*

*WVELSF - all domains*

Target Audience – Mixed Age Group

Summary – This professional development session will explore basic research findings and child development to test the theory of gender differences. How much is heredity and how much is environment?

**Topic 2 – The Book is Always Better! (2 hr. topic)**

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

*WVELSF – all domains*

Target Audience – Mixed Age Group

Summary – Have you ever read a book and couldn't wait for the movie to come out only to be disappointed in the fact that the book was better? Most of us realize that too much media is not good or appropriate for children. The advantages of exposing children to literature are many. Find out how to hook children on books with benefits that will last a life time.

**Topic 3 – Accommodating Children with Special Concerns (5 hr. topic-must attend all 5 hours to receive a certificate)**

*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.

Space is limited to 25 child care participants. One hour lunch on your own.

**Topic 4 – STEM to STEAM (4 hr. topic-must attend all 4 hours to receive a certificate)**

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

*WVELSF – all domains*

Target Audience – School Age

Summary – STEM stands for science, technology, engineering and math while STEAM brings art into the mix. With school age programs spending less time on the arts, why is it important to include it and how can it be used with other subjects? STEAM encourages the integration of Art plus Design in K-20 education to produce STEAM. So full STEAM ahead. Find out ways to implement this in your school age program.

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

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**Special Friday Event**

**Topic - 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 experts in their field.

February 27, 2015

9:00 am - 3:00 pm

Fayette County National Guard Center,  
409 Wood Mountain Road, Glen Jean, WV  
(hour lunch break on your own)

**Space is limited to 25 people. Call Reba at 1-866-598-4452 and reserve your place.**

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

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

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

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**MountainHeart South Professional Development Schedule**  
**WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

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**Braxton**

See sessions for other counties

**Fayette - Fayette County National Guard Center, 409 Wood Mountain Road, Glen Jean, WV**

February 27, 2015	9:00 am - 3:00 pm	Topic 3 (one hour lunch on your own)
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**Fayette – Fayette County DHHR in Oak Hill**

March 25, 2015	10:00 am - 3:00 pm	Topic 4 (one hour lunch on your own)
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**Greenbrier – Greenbrier County Workforce in Lewisburg**

January 21, 2015	1:00 pm - 3:00 pm	Topic 1
	3:00 pm - 5:00 pm	Topic 2
February 26, 2015	6:30 pm - 8:30 pm	Infant/Toddler session (see 4th page of training schedule)
March 23, 2015	10:00 am - 3:00 pm	Topic 4 (one hour lunch break)

**McDowell –McDowell County Workforce in Welch**

February 24, 2015	1:00 pm - 3:00 pm	Topic 1
	3:00 pm - 5:00 pm	Topic 2
March 19, 2015	12:30 pm - 4:30 pm	Topic 4

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

January 13, 2015	1:00 pm - 3:00 pm	Topic 1
	3:00 pm - 5:00 pm	Topic 2
January 29, 2015	6:30 pm - 8:30 pm	Infant/Toddler session (see 4th page of training schedule)
February 11, 2015	10:00 am - 12:00 pm	Topic 1
	1:00 pm - 3:00 pm	Topic 2
March 12, 2015	1:00 pm - 5:00 pm	Topic 4
March 26, 2015	5:00 pm - 7:00 pm	Child Abuse & Neglect, Glenna Bailey RN, MSN

**Monroe**

See sessions for other counties

**Nicholas – MountainHeart Office in Summersville**

January 15, 2015	10:00 am - 12:00 pm	Topic 1
	1:00 pm - 3:00 pm	Topic 2
February 12, 2015	6:30 pm - 8:30 pm	Infant/Toddler session (see 4th page of training schedule)
March 17, 2015	10:00 am - 3:00 pm	Topic 4 (one hour lunch break)

**Pocahontas**

See sessions for other counties

**Raleigh – MountainHeart Office in Beckley**

January 7, 2015	1:00 pm - 3:00 pm	Topic 1
	3:00 pm - 5:00 pm	Topic 2

**Raleigh – Kountry Kids Child Care, 224 Pinewood Drive, Family Worship Center, Beckley**

February 19, 2015	10:00 am - 12:00 pm	Topic 1
	1:00 pm - 3:00 pm	Topic 2
March 11, 2015	1:00 pm - 5:00 pm	Topic 4

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

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

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

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**MountainHeart South Professional Development Schedule**  
**WV STARS Certified Trainers: Dianna Thompson and Sara Mathes**

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**Raleigh – The Place for Kids, United Methodist Temple, 201 Temple View Drive, Beckley**

February 24, 2015	5:00 pm - 7:00 pm	Child Abuse & Neglect, Glenna Bailey RN, MSN
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**Summers**

See sessions for other counties

**Webster**

See sessions for other counties

**Wyoming**

March 20, 2015	1:00 pm - 3:00 pm	Infant/Toddler session (see 4th page of training schedule)
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**Things to Remember about Professional Development Sessions**

- ♥ Please remember to pre-register for all professional development sessions by calling Reba at 1-866-598-4452.
- ♥ If you register for a class and are unable to attend, please contact MountainHeart and let them know. There may be a waiting list for that class.
- ♥ Infants and children are not to attend professional development sessions. Alternate child care arrangements need to be made prior to the class.
- ♥ All sessions will begin at the scheduled time. If you miss 15 or more minutes during the course of the session, you will not receive credit or a certificate for the session.
- ♥ Upon arriving for the professional development session, all cell phones and electronic devices need to be set to vibrate or meeting. Please no texting during the session; and as a courtesy to others refrain from personal conversations during sessions.
- ♥ Remember if public schools are canceled in your county due to inclement weather, there will be no professional development sessions that day.
- ♥ TRAILS van will be available at most daytime professional development sessions.

Thank you

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**IMPORTANT NOTICE**

**Caregivers needing Child Abuse and Neglect class should register for one of the classes offered February and March by the Nurse Health Consultant, Glenna Bailey, RN, MSN. Preregister with Reba at 1-866-598-4452. Classes are as follows:**

February 24, 2015	5:00 pm - 7:00 pm	Raleigh County - The Place for Kids, United Methodist Temple 201 Temple View Drive, Beckley
March 26, 2015	5:00 pm - 7:00 pm	Mercer County - New MountainHeart Office 1411 North Walker Street, Princeton

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**Keeping Them Healthy, Safe, and Smiling**

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

*Target Audience - Infant/Toddler*

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

Thursday, January 29th	Princeton MountainHeart Office	6:30 pm - 8:30 pm
Thursday, February 12th	Summersville MountainHeart Office	6:30 pm - 8:30 pm
Thursday, February 26th	Lewisburg Workforce	6:30 pm - 8:30 pm
Friday, March 20th	Matheny MountainHeart office	1:00 pm - 3:00 pm

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

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

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

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## Dear Roma

Dear Roma,

I care for a 3 year old that I feel is becoming a bully. Aren't three years old too young for children to bully other children? It just seems very young for children to be so aggressive and mean toward their peers. He appears to enjoy hurting others. He smiles and laughs after or during any incident when he is aggressive towards other children. When I correct him he loses control and turns his aggressive behavior toward me or my staff. Please give me advice on what to do!

Feeling Helpless

Dear Feeling Helpless,

First, it sounds like this child hasn't learned the concept of empathy. So teach and model specific emotions that he has exhibited. Help him understand what these emotions look like and how you feel when you have these emotions. Teach him what to do with these emotions rather than hitting or biting. Post pictures of these emotions, read books, add lessons at circle time, one-on-one activities (the child may need emotional support as well as attention). Do some investigation and find out what type of environment that the child was exposed to. This may give insight into his behavior. He may have experienced some type of traumatic stress.

Roma



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

## What You Need to Know About Enterovirus D68

Parts of the United States, particularly in the Midwest, are seeing an outbreak of respiratory illness that is caused by a virus known as Enterovirus D68 or EV-D68.

Enteroviruses are very common causes of respiratory illnesses that usually peak at the beginning of the fall. According to the Centers for Disease Control enteroviruses cause about 10 to 15 million infections in the US every year. This particular virus -EV-D68- is less common but not new. Most people who become infected with enteroviruses are only mildly ill with symptoms similar to a common cold. However children who have never been exposed to the virus are more likely to have serious illness. Infants and people with weakened immune systems are more likely to have complications.

There is no vaccine for enterovirus and treatment consists of supportive care of symptoms. Children with asthma and other respiratory illness are at particular risk of serious illness.

Enteroviruses are spread by close contact with someone who is infected. Since this is a respiratory disease, the most common mode of transmission is through respiratory secretions. It likely spreads when an infected person coughs or sneezes near others. It can also be spread by contact with surfaces contaminated with respiratory secretions.

As with all contagious diseases the best action is prevention. Protect yourself by using these common but effective preventive measures:

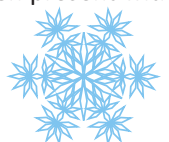
- ♥ Wash your hands frequently with soap and water.
- ♥ Avoid touching your eyes, nose and mouth with unwashed hands.
- ♥ Avoid hugging, kissing or sharing eating utensils with someone who is sick.
- ♥ Disinfect frequently touched surfaces such as tabletops and doorknobs.

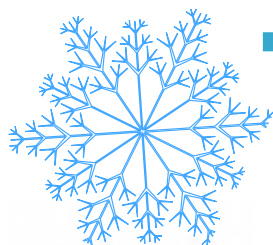
Be alert for any children that have signs of serious respiratory illness including high fever, wheezing, difficulty breathing, blue tinge around the mouth, or severe fatigue. Alert parents immediately if there are children present with any of these symptoms.

Submitted by: Glenna Bailey RN, MSN

Nurse Health Consultant

WV Early Childhood Training Connections and Resources





# TRAILS MIX

## Let's Talk Math

Have you ever heard of the NCTM? This is the National Council of Teachers of Mathematics. The organization has set up 5 content standards for math learning. Sound scary? Fear not! You are already a math teacher!

Every day the children in your care are completing math activities. They are counting, working puzzles, making patterns, talking about shapes, measuring, sorting toys, playing games, and problem solving. These correspond to the 5 areas: Number/Number Operations, Algebra, Geometry, Measurement, and Data Analysis and Probability.

Sometimes we need to remind ourselves we are teaching math when we help a child make sure there are enough cups for each child at snack time, use positional words such as up, down, over, under, or sort items by color or purpose.

We use math each day as we go about our lives and work with children. TRAILS has terrific resources and ideas that are fun. Give us a call.

*Submitted by Janet Thompson, TRAILS Early Childhood Specialist*

Resources: Math in Minutes by Sharon MacDonald, More Than Counting by Sally Moomaw and B. Hieronymus



**Beckley Office - 888-799-9217**

**Lewisburg Office - 866-223-7127**



## Puzzle Pieces

Do you have a puzzle with missing pieces? Most people do. Puzzle pieces can become pieces of art. Below are some ideas using them:

- ♥ Puzzle people - paint each puzzle piece then decorate with wiggly eyes and collage items.
- ♥ Homemade frames - Use Popsicle sticks to make a frame then decorate by gluing puzzle pieces on it.
- ♥ Decorate an empty container or can by gluing pieces to the outside of it.



**Warning: Puzzle piece size and materials will determine age appropriateness. Small pieces can be chock hazards to infants and toddlers.**

*Submitted by Sandra Cox, TRAILS Associate*

## Sock Toss

Simple is not boring!

Arrange baskets, buckets, or pots in the middle of your living room floor, stuff socks into balls. Whoever gets the most socks in the baskets wins.

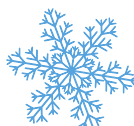
*Submitted by: Mary Jones, TRAILS Associate*



## Chicken Tortilla Soup for the Slow Cooker

### Ingredients

- ♥ ½ lb. boneless skinless chicken breasts cut into ½ inch pieces
- ♥ 1 small onion, finely chopped
- ♥ 1-10.75 can condensed tomato soup
- ♥ 3 cups prepared salsa
- ♥ ½ to 1 cup chicken broth
- ♥ 1 tsp. ground cumin
- ♥ ½ tsp. garlic powder
- ♥ kosher salt and fresh ground pepper, to taste
- ♥ 1 cup frozen corn
- ♥ chipped avocado
- ♥ tortilla strips & fresh cilantro for garnish



### Preparation

1. Combine chicken, onion, tomato soup, salsa, ½ cup chicken broth, cumin and garlic powder in slow cooker. Cover and cook on high for 3 hours.
2. Remove chicken. Shred and return to soup in slow cooker. Add more chicken broth if necessary. Season with salt and pepper. Taste and adjust seasonings.
3. Serve chicken tortilla soup topped with chopped avocado, tortilla strips and fresh cilantro.

<http://kidscooking.about.com/od/chickensouprecipes/r/chicken-tortilla-soup-slow-cooker-recipe.htm>

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

## Upcoming Conferences

66th Annual SECA Conference/  
From Our Front Porch: Community and Culture  
January 15-17, 2015  
Astor Crown Plaza in the French Quarter,  
New Orleans, Louisiana

[http://www.southernearlychildhood.org/seca\\_conference.php](http://www.southernearlychildhood.org/seca_conference.php)

2015 Celebrating Connections/Setting the Stage for Success  
February 17-20, 2015

Charleston Civic Center, Charleston, West Virginia  
[www.wvearlychildhood.org/Celebrating\\_Connections.html](http://www.wvearlychildhood.org/Celebrating_Connections.html)

12th Annual National Training Institute  
Addressing Young Children's Challenging Behavior  
April 22-24, 2015  
St. Petersburg, FL  
<http://nti.cbcs.usf.edu/>

12th Annual Young Child Expo and Conference  
April 22-24, 2015  
Wyndham New Yorker Hotel, New York City  
<http://www.youngchildexpo.com/>

NAEYC's 2015 National Institute  
for Early Childhood Professional Development  
June 7-10, 2015  
New Orleans, Louisiana  
<http://www.naeyc.org/institute/>

2015 NAFCC Annual Conference  
July 15-18, 2015  
Bloomington-Minneapolis, Minnesota  
<https://www.facebook.com/nafcc>

## Attention Child Care Centers: Infant/Toddler Competitive Makeover Grant Announcement

Licensed child care centers who currently keep subsidized children under the age of 36 months may be eligible to apply for a competitive grant to update the physical environment, acquire developmentally appropriate equipment and resources, and gain an understanding of the role a clean, welcoming setting plays in providing quality care for families and children.

General guidelines are:

- ♥ Items considered being unacceptable for a quality setting such as bucket tables (group feeding tables), playpens or other restrictive equipment must be removed as part of the makeover process.
- ♥ Funds cannot be spent on non-permanent surfacing for playgrounds such as wood chips or pea gravel even though they are acceptable for licensing.
- ♥ Changes in the environment must be in the direction of providing a homey atmosphere.
- ♥ Award amounts can be up to \$5000. Suggested amount is between \$3000 and \$5000.
- ♥ You may submit pictures of intended areas to receive makeover.
- ♥ Centers must show that the program is implementing primary care with this age group.
- ♥ Only one grant will be awarded in MountainHeart South CCR&R Region.
- ♥ Deadline to submit is January 15, 2015. Grant will be awarded on or before March 1, 2015.
- ♥ Centers must be currently accepting subsidized children 36 months of age and under.
- ♥ One Infant/Toddler teacher must have attended WVIT I, WVIT II or ACDS

Download an application from the MountainHeart website at <http://goo.gl/e60fMI>.

## “Hug A Hero Project”

MountainHeart CCR&R staff are partnering during November with the Early Childhood Community by coordinating the “Hug A Hero Project” to show our gratitude and say “Thank you to our Service Members”! Coordinator of the project in Mercer County, Mary Lively, has engaged children in Child Care Centers, Facilities and Family Child Care Homes and Pre-K classrooms to create their own Christmas cards, letters or artwork to mail out to our Wounded Warriors. The goal is to brighten up our hero's day during the holiday season and to allow the children to share their talents and offer encouragement to the Wounded Warrior service men and women. More than 800 cards have been submitted and will be mailed to the Wounded Warrior offices in Florida for distribution.

In Raleigh County, children's artwork and more than 200 handmade holiday cards will also be distributed to local nursing homes along with a pair of warm socks for each recipient. Socks were donated by staff. Joanne McCallister coordinated the “Socks for Seniors” project with area Child Care Centers.

Submitted by Mary Lively, Quality Control Audit Specialist



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



## 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:

- ♥ February 24, 2015 at The Place for Kids, United Methodist Temple, 201 Temple View Drive, Beckley from 3 pm to 5 pm.  
**(Recertification Training)**
- ♥ March 23, 2015 at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 10 am to 2 pm.
- ♥ March 24, 2015 at the MountainHeart Child Care Office at 33 MountainHeart Lane in Matheny from 10 am to 2 pm.
- ♥ April 21, 2015 at the Greenbrier County Workforce Building (Lewisburg/MountainHeart Office) from 10 am to 2 pm.
- ♥ April 28, 2015 at the MountainHeart Child Care Office Conference Room at 228 Ragland Road in Beckley from 5 pm to 9 pm.
- ♥ May 20, 2015 at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 5 pm to 9 pm.
- ♥ June 2, 2015 at the MountainHeart Child Care Office at 1020 Broad Street in Summersville from 3 pm to 5 pm.  
**(Recertification Training)**
- ♥ June 10, 2015 at the MountainHeart Child Care Office at 1411 North Walker Street in Princeton from 3:00 to 5:00 pm.  
**(Recertification Training)**

To be able to attend you must call Reba at 1-866-598-4452 to register. Class size is limited to 15 and there will be a wait list. If, for some reason after you register, an emergency arises and you are unable to attend, please call and let us know so we can put someone from wait list in your place.

Additional Requirements:

- ♥ Be registered on the WV STARS Career Pathway. The class is WV STARS approved.
- ♥ You need to bring a small baby doll with you.
- ♥ You need to bring a pair of non latex gloves.
- ♥ You need to bring your WV STARS Bar Code Id's.

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



Training Materials Needed

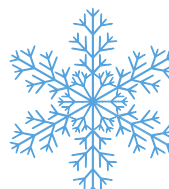
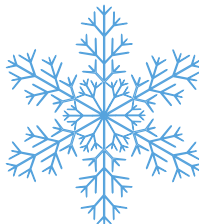
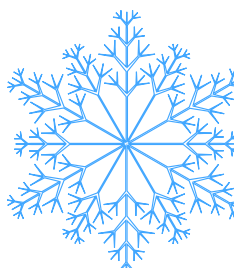
**MountainHeart**  
Community Services, Inc.

PO BOX 966 · BECKLEY, WV 25801

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



[www.facebook.com/mountainheartwv](http://www.facebook.com/mountainheartwv)



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