







January – March 2023 Training Dates



We are excited to announce that we will be offering both in-person and on-line training options for January - March! Spaces will be limited in order to maintain social distancing.

IN-PERSON Trainings offered by MountainHeart Community Services Professional Development Team				
Training Title	Location	Date	Time	Audience
BARBOUR COUNTY				
What Is A Sensory Diet?	Barbour County DHHR	January 10	1 – 3 pm	All Providers
Circle Time Is My Favorite Time	Barbour County DHHR	January 10	3 – 5 pm	All Providers
GRANT COUNTY				
Circle Time Is My Favorite Time	Grant County Public Library	January 12	2:30 – 4:30 pm	All Providers
HAMPSHIRE COUNTY				
What Is A Sensory Diet?	Hampshire County Public Library	January 19	4:30 – 6:30 pm	All Providers
JEFFERSON COUNTY				
Circle Time Is My Favorite Time	Bright Start Learning Center	January 17	6 – 8 pm	All Providers
What Is A Sensory Diet?	Bright Start Learning Center	January 24	6 – 8 pm	All Providers



Online MountainHeart trainings will be offered through Microsoft TEAMS. Once you register for the training on the STARS Training Calendar, your trainer will contact you with detailed instructions for accessing the training session.



ONLINE Trainings offered by MountainHeart Community Services Professional Development Team				
Training Title	Location	Date	Time	Audience
How Long Is A Hug?	Microsoft TEAMS	January 11	1 – 3 pm	All Providers
Planning Your Professional Growth	Microsoft TEAMS	January 30	6 – 8 pm	All Providers
How Long Is A Hug?	Microsoft TEAMS	SATURDAY February 4	9 – 11 am	All Providers
Circle Time Is My Favorite Time	Microsoft TEAMS	February 8	1 – 3 pm	All Providers
What Is A Sensory Diet?	Microsoft TEAMS	February 9	1 – 3 pm	All Providers
How Long Is A Hug?	Microsoft TEAMS	February 14	1 – 3 pm	All Providers
Circle Time Is My Favorite Time	Microsoft TEAMS	February 15	6 – 8 pm	All Providers
Circle Time Is My Favorite Time	Microsoft TEAMS	February 21	1 – 3 pm	All Providers
How Long Is A Hug?	Microsoft TEAMS	February 22	6 – 8 pm	All Providers
ELSF Overview	Microsoft TEAMS	February 23	6 – 8 pm	All Providers
Quality Counts	Microsoft TEAMS	February 27	6 – 7 pm	All Providers
ACEs 101 	Microsoft TEAMS	March 3	1 – 2 pm	All Providers
What Is A Sensory Diet?	Microsoft TEAMS	SATURDAY March 4	9 – 11 am	All Providers
ELSF Overview	Microsoft TEAMS	SATURDAY March 4	11 am – 1 pm	All Providers

How Long Is A Hug?	Microsoft TEAMS	March 7	6 – 8 pm	All Providers
Understanding ECERS-3	Microsoft TEAMS	March 8	10 am – 12 pm	Preschool Providers
ACEs 101 	Microsoft TEAMS	March 9	6 – 7 pm	All Providers
ACEs 101 	Microsoft TEAMS	SATURDAY March 11	9 – 10 am	All Providers
ACEs 101 	Microsoft TEAMS	March 15	6 – 7 pm	All Providers
How Long Is A Hug?	Microsoft TEAMS	March 16	1 – 3 pm	All Providers
What Is A Sensory Diet?	Microsoft TEAMS	March 22	1 – 3 pm	All Providers
ACEs 101 	Microsoft TEAMS	March 23	1 – 3 pm	All Providers
Understanding ECERS-3	Microsoft TEAMS	SATURDAY March 25	9 – 11 am	Preschool Providers
ACEs 101 	Microsoft TEAMS	March 28	1 – 3 pm	All Providers
Understanding ECERS-3	Microsoft TEAMS	March 29	6 – 8 pm	Preschool Providers

ONLINE Module Trainings offered by MountainHeart Community Services Professional Development Team				
Training Title	Location	Date	Time	Audience
MIND IN THE MAKING				
Mind in the Making-R Introduction 	Microsoft TEAMS	January 18	12 – 2 pm	All Providers
Mind in the Making-R Series  (Must attend all 7 sessions) For more detailed information or to register, contact Vanessa Hedrick at 1-877-862-3103 or Sami Cochran at 1-877-811-5437.	Microsoft TEAMS	February 7 February 14 February 21 February 28 March 7 March 14 March 21	12 – 2 pm	All Providers
WVIT 1				
WVIT 1 Administrator	Microsoft TEAMS	February 7 February 14	12 – 3 pm 12 – 2 pm	Infant/Toddler Directors Only
WVIT 1 For more detailed information or to register, contact Traci Busch at 1-877-862-3103.	Microsoft TEAMS	February 21 February 23 February 28 March 2 March 7 March 28 March 30 April 4 April 11 May 2 May 4 May 9	12 – 3:30 pm	Infant/Toddler Providers Only

WVIT 2: RELATIONSHIP BASED CARE				
WVIT 2 – Administrator	Microsoft TEAMS	January 30	1 – 4:30 pm	Infant/Toddler Directors Only
WVIT 2: Relationship Based Care For more detailed information or to register, contact Ashley Cleaver at 1-877-211-5437.	Microsoft TEAMS	February 6	1 – 4:30 pm	Infant/Toddler Providers Only
		February 13		
		February 20		
		February 27		
		March 6		
		March 13		
		March 20		
		March 27		
ELSF: I/T WITH LESSON PLANNING				
ELSF: I/T with Lesson Planning	Microsoft TEAMS	February 8	4 – 6 pm	Infant/Toddler Providers Only
		February 15		
		February 22		
ELSF: PREK MODULES				
ELSF: PreK Modules	Microsoft TEAMS	March 8	4:30 – 6:30 pm	Preschool Providers
		March 15		
		March 22		
DIRECTOR'S TOOLBOX				
Director's Toolbox Module Series (Must attend all 7 sessions) For more detailed information or to register, contact Jaime Price at 1-877-862-3103.	Microsoft TEAMS	February 13	12 – 2 pm	Directors Only
		February 20		
		February 27		
		March 6		
		March 13		
		March 20		
		March 27		

<p align="center">Trainings offered by the Childcare Nurse Health Consultants or Health Educators</p> <p align="center">On-line courses are done by GoToTraining. More information is available when you register for the course on the STARS website.</p>				
Training Title	Location	Date	Time	Audience
Communicable Diseases	Access on STARS website	January 10	6 – 8 pm	All Providers
Childhood Obesity	Access on STARS website	January 16	1 – 2 pm	All Providers
Medication Administration 	Access on STARS website	January 17	5 – 8 pm	All Providers
New Recipe Ideas	Access on STARS website	January 18	6:30 – 8:30 pm	All Providers
Infection Control	Access on STARS website	January 19	6:30 – 7:30 pm	All Providers
Respiratory Infections in Children	Access on STARS website	January 23	1 – 2 pm	All Providers
Safe Sleep Practices	Access on STARS website	January 24	6:30 – 8:30 pm	All Providers
Medical Action Plans	Access on STARS website	January 26	6 – 7:30 pm	All Providers
Medication Administration 	Access on STARS website	SATURDAY February 4	8 – 11 am	All Providers
Communicable Diseases	Access on STARS website	February 7	6:30 – 8:30 pm	All Providers
Oral Health	Access on STARS website	February 8	6:30 – 8:30 pm	All Providers
Ear Infections	Access on STARS website	February 9	6 – 7 pm	All Providers

Stress Management	Access on STARS website	February 13	6:30 – 8:30 pm	All Providers
Picky Eaters	Martinsburg MountainHeart Office	February 15	6 – 8 pm	All Providers
Morning Health Checks	Access on STARS website	February 16	6:30 – 7:30 pm	All Providers
Breastfeeding Basics	Access on STARS website	February 21	6:30 – 8:30 pm	All Providers
Oral Health	Access on STARS website	February 22	1 – 2 pm	All Providers
All About Allergies	Access on STARS website	March 1	6 – 8 pm	All Providers
Medication Administration 	Access on STARS website	March 2	5 – 8 pm	All Providers
Neonatal Abstinence Syndrome	Access on STARS website	March 7	6:30 – 8:30 pm	All Providers
Creepy Crawley Creatures	Access on STARS website	March 13	6 – 8 pm	All Providers
New Recipe Ideas 2	Access on STARS website	March 15	6:30 – 8:30 pm	All Providers
Indoor and Outdoor Safety	Access on STARS website	March 20	6:30 – 8:30 pm	All Providers
Infection Control	Access on STARS website	March 21	6:30 – 7:30 pm	All Providers
Medication Administration 	Access on STARS website	March 22	5 – 8 pm	All Providers
What Can Child Care Nurse Health Consultants and Child Care Health Educators Do For You?	Access on STARS website	March 29	1 – 2 pm	All Providers

January – March 2023 Training Topics and Descriptions



Courses marked with this symbol are courses required to meet the new, voluntary, Child Care Credential criteria.

Adverse Childhood Experiences (ACEs) 101: Child Growth and Development; Family and Community Relationships (Beginner)



ACEs 101 introduces the concept of Adverse Childhood Experiences (ACEs) through awareness and education. In this training by Carrie Frasch, participants will understand what ACEs are and the impact it has on children and adults, become familiar with the 10 types of ACEs, and gain an understanding of ways to overcome ACEs.

Circle Time Is My Favorite Time: Environment and Curriculum (Beginner)

Do You find circle time to be a struggle with behavior problems each day? Would you like to have circle time success for you and every child? In this training by Carrie Frasch, you will learn how to improve student participation and engagement, as well as learn ideas and strategies so that you can help your children be successful.

Director's Toolbox Module Series (Virtual): Professionalism and Leadership; Administration and Management (Intermediate)

The Director's Toolbox is a 7-session/14-hour module series conducted by Jaime Price that is intended solely for the Administrators and Directors of childcare centers. The Director's Toolbox series includes information about important and timely topics related to early childhood program administration. This series is designed to improve the quality of early care and education for children in West Virginia. Participants must be a Director in a childcare center in one of MountainHeart North Region V's counties; Barbour, Berkeley, Grant, Hampshire, Hardy, Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston, Randolph, Taylor, Tucker, and Upshur. All sessions must be attended in order to get 7 hours credit in Professionalism and Leadership and 7 hours credit in Administration and Management from WV STARS.

Overview of Early Learning Standards Framework: Child Growth and Development; Child Observation and Assessment (Beginner)



This training by Sami Cochran will provide a basic overview of standards and how the Early Learning Standards were created and are used in West Virginia.

Early Learning Standards Framework: I/T with Lesson Planning Modules: Child Growth and Development (Intermediate)

This six-hour module series with Ashley Cleaver and Traci Busch is broken into 3, 2-hour sessions. These courses will provide an opportunity to explore the WV Early Learning Standards Framework for Infants and Toddlers by focusing on two developmental domains each session. Each session will discuss the purpose, content, application, and benefits of the learning standards, as well as how to incorporate each domain into a lesson plan. By the end of the module series, participants will have a detailed understanding of how the Early Learning Standards work and how to incorporate them into a complete lesson plan for infants and toddlers. Upon completion of the module series, participants will be eligible for up to \$250 in resources directly related to the WV ELSF: I/T.

Early Learning Standards Framework PreK with Lesson Planning (ELSF: PreK): Child Growth and Development; Child Observation and Assessment; Environment and Curriculum (Beginner)

In this 3-part module series geared towards Pre-K teachers, you will receive an in-depth look at the WV Early Learning Standard Framework. You will learn about each of the content areas, domains, clusters, and standards and then how to

connect them to a lesson plan. As a group, we will brainstorm ways teachers can meet the goals in the standards. At the end of the series, teachers will have a completed lesson plan to take with them to reference when planning future lessons and activities.

Early Childhood Environment Rating Scale -3 (ECERS-3) Overview: Environment and Curriculum; Professionalism and Leadership (Beginner)

This online training by Sami Cochran will provide an overview of the Early Childhood Environmental Rating Scale including its purpose and how to use the scale to improve the quality of Early Childhood Care environments.

How Long Is A Hug?: Child Growth and Development; Environment and Curriculum (Beginner)

In this training by Meredith Lester, you will learn the basics of using empathy to impact behavior. Participants will learn how to adjust their behavior to create calm in the chaos of childcare. At the end of the session participants will be able to understand the power of empathy to change the mood in their childcare setting.

Mind in the Making-R Introduction (Virtual): Child Growth and Development; Professionalism and Leadership (Intermediate)



This session by Sami Cochran and Vanessa Hedrick will provide participants with a brief overview of the Mind in the Making Module Series, expanding on why the information is important, what they will learn, and how they will learn it. This introduction session is required for all center/facility Directors who plan to have staff attend the full Mind in the Making Series and is also required for any participants wanting to attend the full series. For more detailed information or to register, contact Vanessa Hedrick at 1-877-862-3103 or Sami Cochran at 1-877-811-5437.

Mind in the Making-R Series (Virtual): Child Growth and Development; Family and Community Relationships; Child Observation and Assessment; Environment and Curriculum; Professionalism and Leadership (Intermediate)



Mind in the Making is a 7-part learning process that focuses on the “Seven Essential Life Skills Every Child Needs” as described in Ellen Galinsky’s book, Mind in the Making. Sessions include research on children’s development on how children learn, and how teaching practices can encourage engaged learning. Sessions are designed to be incorporated in the current curriculum and assist with child’s learning and development. Participants must attend all sessions including the Mind in the Making Introduction session in order to receive credit. For more detailed information or to register, contact Vanessa Hedrick at 1-877-862-3103 or Sami Cochran at 1-877-811-5437.

Planning Your Professional Growth: Professionalism and Leadership (Beginner)

This training by Jaime Price focuses on professional growth of early education providers and how to identify goals for the future.

Quality Counts: Professionalism and Leadership (Beginner)

Why does high-quality childcare matter? Because the need for quality childcare has never been greater! But what does it look like in our state? And how can we help? Through group discussion with Quality Improvement Specialist, Jaime Price, and the use of media, early childhood educators will examine program supports that are necessary to achieve and maintain quality childcare and the important role they play within the process.

What Is A Sensory Diet?: Child Growth and Development; Environment and Curriculum (Beginner)

In this training by Meredith Lester, you will gain understanding of what a sensory diet is. Participants will learn about using a sensory diet to get positive behavior. Participants will understand how incorporating a sensory diet effects the entire childcare environment.

WVIT 1 Administrator - Revised: Administration and Management; Child Growth and Development; Family and Community Relationships; Health, Safety and Nutrition; Professionalism and Leadership (Advanced)

This 2-day, 5-hour, course is intended to provide participants with an overview of the purpose and goals of the WVIT Professional Development Program. Administrators will receive an overview of the West Virginia Infant/Toddler Professional Development Program and how the WVIT Professional Development Program for Caregivers fits into that system. They will address competency-based training and will learn about policies and procedures associated with WVIT program and the incentive system. This is a free 5-hour course that can be added to your STARS training hours. You can register by contacting Traci Busch at (304) 637-2840.

WVIT 1 for Caregivers – Revised: All Core Knowledge Areas (Beginner)

The West Virginia Infant/Toddler Professional Development Program for Caregivers - Revised (WVIT 1-R) is a 52+ hour training program that is broken into four Modules focusing on the Infant/Toddler Caregiver as a professional, the family, the child and quality programs. Participation in this professional development program will provide participants with a stipend, potential free resources and ongoing training and technical assistance that will help your program implement high-quality infant/toddler services and increase parent/community partnerships. The WVIT program is rooted in early childhood best practices with the emphasis on partnerships and teamwork between trainers, administrators, parents, and caregivers of infants/toddlers in all program settings. Because professional development is an ongoing process, trainers and administrators work together to monitor the personal and professional growth of infant/toddler caregivers and help to develop a plan that responds directly to the needs of the children in their care. You must attend all sessions, complete a portfolio, and participate in two TACIT visits at your program (Technical Assistance for Caregivers of Infants and Toddlers). All participants must meet the following qualifications: work more than 20 hours a week with children 0-35 months, be a WVSTARS participant and your program must receive subsidy through MountainHeart. All infant/toddler childcare providers are encouraged to attend. You can register by contacting Traci Busch at (304) 637-2840.

WVIT II Administrator (RBC): Administration and Management; Professionalism and Leadership (Advanced)

This is a 6-hour course intended to provide administrators with an overview of the WVIT Professional Development Program for Infants and Toddlers (Relationship Based Care) WVIT II. This course will provide an overview of the content covered in the caregiver classroom session and practicum assignments, as well as strategies to support caregivers as they implement new practices. They will address competency-based training and will learn about policies and procedures associated with WVIT program and the incentive system. All child care administrators are encouraged to attend. You can register by contacting Ashley Cleaver at (304) 257-9375.

WVIT II for Caregivers (RBC): All Core Knowledge Areas (Advanced)

The WVIT Professional Development Program for Caregivers Relationship Based Care consists of a 45-hour course for caregivers (10 sessions and a practicum) that is broken into three Modules that focus on relationship-based care. Participation in this professional development program focuses on the heart of quality care – the relationship of the caregiver with the child, the child’s family and with colleagues. Through this course caregivers have the opportunity to examine the relationships in their infant/toddler programs and learn strategies for strengthening and assessing the quality of their programs with respect to those relationships. This course provides the knowledge and skills needed to implement relationship-based care and to mentor and coach other infant/toddler professionals in their centers. You must have completed WVIT 1 in order to attend. You can register by contacting Ashley Cleaver at (304) 257-9375.