



# News From The Heart



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Fall 2014

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## Children and Animals

Willetta Bolinger, Program Director

My grandchildren love animals. It doesn't matter if it is their pets, the pets of others, farm animals or wildlife. They are very interested in learning about all animals and have many questions. They want to know what the animals eat, where they sleep, where they go when winter comes, etc. They have all kinds of questions, many of which I cannot immediately answer and we have to research.

Most children have a keen interest in animals. Children like to share stories about their pets or animals they may have seen at the park or zoo. They enjoy feeding, petting, observing and learning about animals.

My eight year old granddaughter asked for a birdbath for her birthday this year. (She said that it was the only thing that she REALLY wanted!) My oldest grandson enjoys teaching his dog tricks. My youngest grandson and granddaughter enjoy nature walks and helping me feed the animals.

Children's natural interest in animals gives the adults in their lives wonderful opportunities to engage them in learning opportunities. I recently came across the wonderful book "Connecting Animals and Children in Early Childhood" by Patty Born Selly. It has some excellent information with chapters on: "Why Are Children So Interested in Animals, Anyway?"; "How Animal Interactions Support Children's Development"; "Creating Authentic Experiences with Animals."

Websites that you may want to visit for ideas include:

National Wildlife Kids – [www.nwf.org/Kids](http://www.nwf.org/Kids)

WV Division of Natural Resources – [www.wvdnr.gov](http://www.wvdnr.gov)

Project WILD – [www.projectwild.org](http://www.projectwild.org)

Growing up WILD – [www.pwGrowingUpWild.org](http://www.pwGrowingUpWild.org)

Flying WILD – [www.flyingwild.org](http://www.flyingwild.org)

National Geographic Kids – [www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

You can make learning fun by exploring the interests of children. You never know...you may learn something new too. I know that I did!



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## IMPORTANT REMINDERS FOR PROVIDERS

MountainHeart staff members **are not permitted** to give providers a copy of the child care subsidy certificates that are issued to parents/guardians. Providers must obtain the Child Care Certificate from the parent/guardian. The child's parent/guardian must give the certificate to you.

You will receive a **PROVIDER NOTIFICATION LETTER - PARENT'S ELIGIBILITY FOR CHILD CARE**. This document will inform you whether a parent is eligible or non-eligible for the subsidy program. It will also inform you if the case is currently pending. MountainHeart staff cannot disclose any information regarding the child care case, including reasons for pending or closure status.

If you have questions about this process, please contact the local MountainHeart office supervisor.



## TRAILS TIPS

Carrie Maybush, TRAILS Early Childhood Specialist

Fall, my favorite time of year, is just around the corner. I love the vibrant colors, crisp air, and chilly nights. There are so many learning opportunities for children to enjoy during the fall season and best of all, these activities keep the children active!



Go on a fall nature walk and ask questions along the way. Ask how many different color leaves they see? How many different shapes can you find? Compare and contrast the leaves. Find big and little leaves. Make sure to collect acorns, pinecones and seeds and make a collage later.

Visit a pumpkin patch and have children choose a pumpkin. Ask them questions about their pumpkin. Is the pumpkin bumpy or smooth, tall or short, soft or hard? Later, carve the pumpkin and roast the seeds.

Look for the roasted pumpkin seed recipe in the Halloween handout from the TRAILS van!

Finally, after all that energy is spent, relax with a good book. Leaves!, Leaves!, Leaves! by Nancy Elizabeth and The Pumpkin Book by Gail Gibbons are a few good choices.



## “Am I Eligible for Child Care?”

Diana Gillispie, Supervisor

Some of your parents, who pay you privately, may be eligible for Child Care Subsidy. Now there is an easy way to find out! The Division of Early Care and Education announced that the Child Care portion of *inROADS* is available for use by those who wish to apply for child care online. All they have to do is create a free *inROADS* account. It's fast and easy by going to:

<https://www.wvinroads.org/selfservice/>

After an account is created, the parent can select to submit an application for Child Care. Parents are informed during the application process that they must visit their local MountainHeart office to complete the application process. The eligibility date is set when they make that face to face visit to the office.

Based on the information the parent enters into *inROADS*, they will be provided one of the following messages:

1. *“Based on the information you provided, it looks like you **may not qualify** for Child Care. You still have the right to apply for child care by contacting your local MountainHeart Office.”*
2. *“Based on the information you provided, it looks like you **may qualify** for Child Care. Please click “Next” to continue with your application.*

Please feel free to refer your parents to MountainHeart to determine eligibility for Child Care subsidy.



“Children make your life more important” ~ Erma Bombeck

## Is Tier II for You?

Are you wondering what is Tier II? Are you interested in applying for Tier II but do not know where to begin? Does the application process confuse or overwhelm you? The MountainHeart Early Childhood Specialists are available to assist you!

The Early Childhood Specialists can provide:

- Information on Tier II and the benefits of becoming a Tier II child care provider
- Assistance with the application process
- Professional development training in required areas
- On-site technical assistance to help you meet the requirements
- Resources your program may need

If you are interested in learning more about Tier II or in scheduling assistance, please contact the Elkins office at 304-637-2840 or 1-877-862-3103. Ask for Melodee or Jaime.



## Using Melodies with Your Children

Melodee Price, Early Childhood Specialist



The definition of a melody reads “a rhythmical succession of single tones producing a distinct musical phrase or idea.” My father was a musician and named me Melodee because he thought it would make a good stage name. His dreams were of me being a country music singer. Needless to say, I don’t sing on stage for a living but I have sung many tunes for children. Children don’t care what you sound like when you sing, they just enjoy the rhythm and tones.

Child care providers can use music to enhance the environment, to make things more predictable, aid in learning and to make the mood lighter. Think of how music affects you and apply that theory to children. You could listen to something that was slower and more relaxing and you may become romantic or calm. On the flip side, you could listen to something faster paced that would energize you and you may move more and have a sunnier disposition.

You can use songs or chants to help children remember certain ideas that you are focusing on. Humans are more likely to remember information if it is set to a tune. Remember “Schoolhouse Rock?”

During my childhood on Saturday morning we would hear lyrics for “Conjunction Junction,” “I’m Just a Bill,” or “Lolly, Lolly, Lolly Get Your Adverbs Here.” To this day I can still sing those songs.

If you regularly play or sing music, you can use this as transition times for the children. It will make them moving from one activity to the next smoother. For instance, if you start playing soothing lullaby type music for nap time, just upon hearing the music the children will know what is going to happen next. Use this information for other parts of your day. During free play, you could have classical music playing to stimulate the child’s mind. During clean up time, sing or play a certain song that lets them know what is expected of them.

I encourage you to use melodies in your classroom to increase the quality of care that you provide for the children. This will benefit the children and make your life easier too. So sing a song, strum an instrument or pop in a music CD. Brighten someone’s day by singing a melody.



“Children are educated by what the grown-up is and not by his talk.” —Carl G. Jung

## School Age Snow Days

Jaime Price, Early Childhood Specialist



It’s almost here...those mornings of listening to the radio or watching the news for winter weather school cancellations. When your county is announced, it’s going to be a busy day with extra children; school agers.

Planning for mixed age groups can be difficult with some programs having 5 to 12 year olds in a classroom. So how do you plan activities? With creativity, thought, and flexibility. School age children need the same opportunities as younger children to participate in development enhancing activities. The key is making sure the activities appeal to all skill levels.

For example, older children like to dress up too, so include dress up clothes for everyone. Art areas should include materials which allow older children to experiment with making more complex creations. The library should contain books that meet the reading level of the youngest child in the group and that of the more advanced, older reading child. The block area should contain materials for the less skilled builders in the group as well as supplies for older children to build more elaborate structures.

If your activities are primarily geared towards the younger children, the older children are going to become bored and start tuning out. Be prepared to have variations of the same activity going on. Everyone’s needs will be met and your day will go much smoother.





# Welcome New Staff



## Seneca Bland, New Supervisor in Martinsburg office

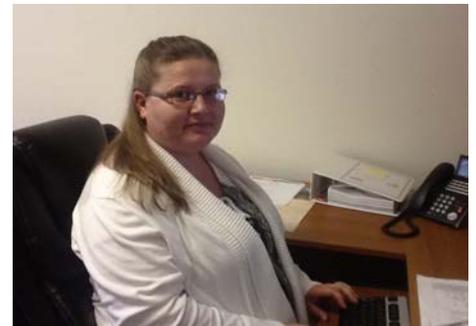
Congratulations to Seneca Bland who was recently promoted to Supervisor in the Martinsburg office. She previously was the Case Manager in the Petersburg office.

Front Row: Carrie, Seneca, Jennifer  
Back Row: Jen, Trae and Shasta

## New Early Childhood Specialist in Elkins

My name is Jaime Price and I reside in Elkins, WV. I graduated from Fairmont State University in December 2012 with a Bachelor of Science in Family and Consumer Science with Child Development Specialization. Currently, I am working on my Master's degree in Early Childhood Studies from Walden University. I have been married to my husband, Ryan, for 15 years and we have two daughters, Katelyn who is 14 and Samantha who is 12. I am still trying to adjust to the fact that I have a child who is old enough to be in high school now. We also have two dogs, Eeyore and Sugar, and three cats, Ferb, Shadow, and Molly Mae. There is never a dull moment with my crew!

I am thrilled to be working at MountainHeart as their new Early Childhood Specialist. Prior to coming to MountainHeart, I worked at Choices Child Care Resource and Referral as an Early Childhood Specialist. I have also held various other positions within the early childhood field ranging from child care center teacher and administrator to Head Start Teacher to interning with WV Birth to Three. I am looking forward to meeting the providers in our 15 county region and to providing support in the form of trainings, Technical Assistance, and the Preschool Quality Improvement Project (PreQuIP) to name but a few. I can't wait to meet everyone!



## New TRAILS Early Childhood Specialist in Martinsburg



My name is Carrie Maybush. I was born and raised in Delaware and currently reside in Hagerstown, Maryland.

I attended Wilmington University and graduated in 1995 with a Bachelors of Science in Early Childhood and Elementary Education. Lucky for me, my first teaching position was teaching Kindergarten in Livorno, Italy. It was amazing! I then taught at a private school in Frederick, Maryland for 11 years and went back and received my Masters in Administration and Supervision.

I have two children. My son is 22 and about to enter the Marines. My daughter is nine and is an avid swimmer. She actually is on a swim team which keeps us traveling all over on the weekends. I am engaged to Mark Frasch, and we are planning a wedding for 2015. In July of 2014, I began my career as a TRAILS Early Childhood Specialist in the Martinsburg office. I have truly enjoyed meeting everyone so far. All of you have been so inviting and helpful. I am so excited to begin this new endeavor.

## New Clerical in Martinsburg

My name is Shasta Corum. I currently reside in Inwood, WV with my four year old daughter, who is my world and takes up most of my spare time. I previously was a Child Care Provider and am very excited to now work as the new clerical in the Martinsburg office. I love working with Seneca and look forward to getting to know everyone.





## Exploring Nature with Infants and Toddlers

Shannon Nichols, Infant/Toddler Specialist



If asked to recall your favorite childhood memory or to describe your favorite place to relax, would one or both of the answers include being outdoors? For most, the answer would be YES. Experiences with nature tend to engage all of our senses, making it memorable and enjoyable.

Young children are interested in everything around them, including natural occurrences and living things. As adults, we sometimes overlook these things because they are no longer new experiences for us. But for young children, these experiences are new and exciting and full of intrigue. Think about a child who sees an ant crawling on the ground. That ant stops them in their tracks and they are fascinated for minutes at a time, following it as it makes its way across the yard or sidewalk.

Of course opportunities for children to experience nature occur by taking them outside, but they can also happen indoors by adding living plants, animals and other natural objects like pinecones, large shells and leaves. Books, pictures and toys that realistically represent nature are also important for children.

Hands-on experiences allow the most meaningful learning to take place as infants and toddlers use all of their senses to explore their surroundings. It is important for infants and toddlers to feel the cool breeze on their faces, smell the flowers, feel the grass on their toes, and hear the chirping and singing of the birds. When indoors, take them to the window and talk to them about the rain, bring a bucket of snow inside for them to explore, grow a window garden and maybe have an aquarium.

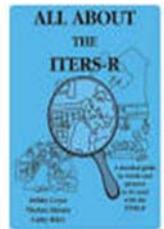
Don't let yourself get trapped inside just because you are caring for infants or toddlers. Make opportunities every day to engage with nature, both indoors and outside. Look at nature through the eyes of the children and you will find yourself full of intrigue and curiosity again.

For more information on nature/science for infants and toddlers, check out pages 279-289 in All About the ITERS-R.



"Teaching children about the natural world should be treated as one of the most important events in their lives."  
— Thomas Berry

[ponderthinking.com/quotes](http://ponderthinking.com/quotes)



“Anyone who does anything to help a child in his life is a hero to me.” — [Fred Rogers](#)

### New TRAILS Resource Available

Each of our TRAILS vans now have a portable sink that is available for loan. If you are in need of an additional handwashing sink, contact your local TRAILS team for more information.

Carrie in Martinsburg at 1-888-915-7653

Cheryl in Grafton at 1-877-811-5437



*While we try to teach Children all about life...Our Children teach us what Life is about!*



The WV Family Child Care Association would like to help you build your business. Join today and we can show you valuable ways to increase your profits, be more professional, and be that positive influence the children in your area needs. Call 304-634-5545, email: [wvfamilychildcare@yahoo.com](mailto:wvfamilychildcare@yahoo.com) or visit us at [www.westvirginiafamilychildcare.com](http://www.westvirginiafamilychildcare.com). You can always find us on Facebook! Let us help your child care business today!



## Fire Prevention Week 2014

The [National Fire Protection Association](http://www.nfpa.org) (NFPA) announced “Working Smoke Alarms Save Lives: Test Yours Every Month!” as the theme for [Fire Prevention Week 2014](http://www.nfpa.org), October 5-11. As the official sponsor of Fire Prevention Week for more than 90 years, NFPA announced the theme at its [2014 Conference and Expo](http://www.nfpa.org) in Las Vegas.

“Smoke alarms can make a life-saving difference in a fire, but they need to be working,” said Lorraine Carli, NFPA’s Vice President of Outreach and Advocacy. “Unfortunately, many home fire deaths result from fires where a smoke alarm is present but does not operate. This year’s Fire Prevention Week theme focuses on motivating people to test their smoke alarms each month to make sure they’re working properly.”



According to NFPA statistics:

- Having a working smoke alarm in the home cuts the risk of dying in a fire in half.
- On average each year, three out of five home fire deaths result in fires where there are either no smoke alarms or no working smoke alarms.
- In one-quarter (23 percent) of the home fire deaths, smoke alarms were present but did not sound.

“Nearly 3,000 people continue to die in fires each year, with most of those deaths occurring in homes,” said Carli. “The vast majority of home fire deaths are preventable, and working smoke alarms play a big role in helping reduce those numbers.”

NFPA recommends:

- Installing smoke alarms inside every bedroom, outside each sleeping area and on every level of the home, including the basement.
- Testing all smoke alarms every month by using the test button.
- Replacing all smoke alarms every 10 years or sooner if they don’t respond properly when tested.

Fire Prevention Week occurs annually in October during the week in which October 9 falls, commemorating the Great Chicago Fire of 1871. Each year, NFPA works in coordination with partnering companies, organizations and fire departments to promote Fire Prevention Week and its fire safety messages throughout North America.

For more information on Fire Prevention Week and this year’s campaign theme, “Working Smoke Alarms Save Lives: Test Yours Every Month!” visit [www.fpw.org](http://www.fpw.org).

For more fire safety information, visit:

[www.smokeybear.com](http://www.smokeybear.com)

<http://www.firemarshal.wv.gov/PublicEducation/Pages/KidFireSafetySection.aspx>





## Math at the Grocery Store

Cheryl Wolfe, TRAILS Early Childhood Specialist

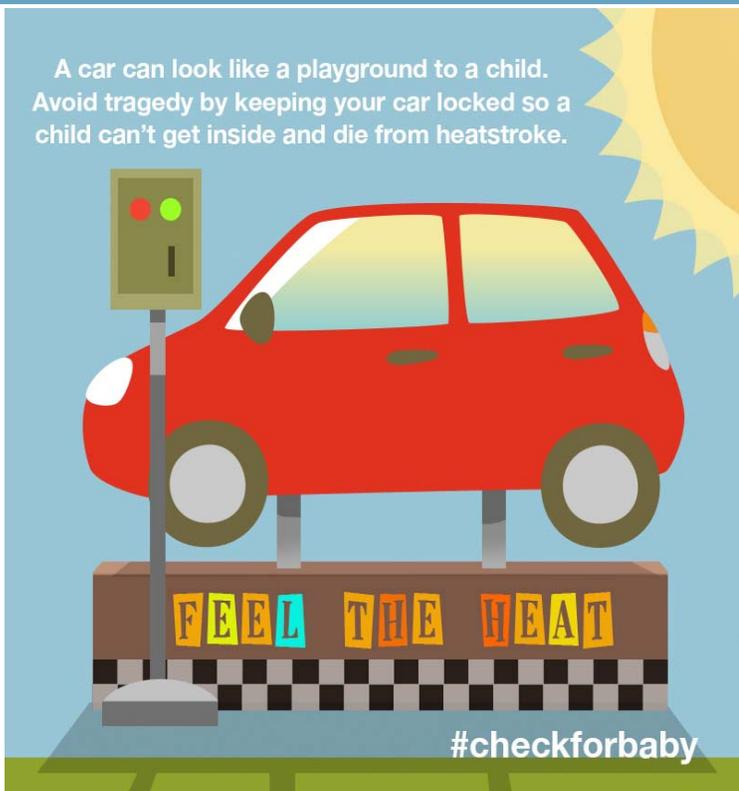
The grocery store is not one of my favorite places to go. But this summer after being with my grandchildren for four weeks, I seem to be spending a lot of time there. Joshua, who is six and Amelia, who is almost eight, seem to love to go there. I did not think about all the math activities that you can do at the grocery store until this summer. Amelia and Joshua love to weigh everything in the produce area. So I started thinking of all the other math activities that you could do with your children before and during your next family trip to the grocery store.



- ♥ A child that can write will make a list and number each item
- ♥ Other children can look in newspapers and magazines for coupons to match your list
- ♥ Mark each item with a check mark to show how many of each item you will purchase
- ♥ Talk about shapes before going to the store, (cone, cylinder, square and rectangular boxes), have the children try to identify each of these shapes on the shelves
- ♥ Examine the scale and talk about ounces and pounds
- ♥ Gather the items you want to purchase and have the children guess how much they will weigh, compare size, shape and color of each item
- ♥ Let your children hold the items in their hands and see if they can tell you which weighs the most
- ♥ Compare different items, such as potatoes, tomatoes, and apples
- ♥ For older children you may want to talk to them about which item costs the most
- ♥ After getting home, you want to compare how many items were in each bag and which bags weigh the most

Now the grocery store is not just a place to spend all of your money, but a fun learning experience in math for your children and they will never know it.

**“We must teach our children to dream with their eyes open.” ~ Harry Edwards**



According to the U.S. Department of Transportation, heatstroke is the number one vehicle-related killer of children, outside of car crashes. That's why the Administration for Children and Families has joined with the National Highway Traffic Safety Administration in an attempt to reduce these deaths by reminding parents and caregivers about the dangers of heatstroke and leaving children in hot cars.

Join the national movement to *look before you lock.*





## West Virginia Ranks 37th in the Nation in Overall Child Well-Being for the Second Year in a Row

West Virginia KIDS COUNT

State Has Improved in 13 of 16 Child Well-Being Indicators Since 1990, Including Significant Gains in the Number of Children Who Have Health Insurance

West Virginia KIDS COUNT

**CHARLESTON, W.Va. - July 22, 2014** - For the second year running, **West Virginia ranks 37th in the nation in child well-being**, according to the 2014 national *KIDS COUNT Data Book* released today. The *Data Book's* 16 indicators of child well-being are divided into four domains: economic well-being, education, health and family and community. **West Virginia's best domain ranking was in economic well-being (28th)**, followed by family and community (33rd), health (35th) and education (46th).

**The state's best individual indicator rankings included teens ages 12 to 17 who abused alcohol or drugs in the past year (2nd)**; children in households that spend more than 30 percent of their income on housing (4th); and children without health insurance (5th). **Our worst individual rankings were children ages 3 to 4 not attending pre-school (47th)**; 8th graders who scored below proficient math level (46th) and the teen birth rate (45th).

"Since 2005, West Virginia has made significant investments in improving the health of our children, and those investments are starting to reap big dividends," said Margie Hale, Executive Director of West Virginia KIDS COUNT. "We have reduced the number of uninsured children to only 4 percent thanks to the expansion of our Children's Health Insurance Program. And, with the recent Medicaid expansion and the launch of the Affordable Care Act, we can expect even further improvements in this area." Hale added, "Unfortunately, we still have a long way to go in terms of improving our education system. **If we want to improve our national education rank of 46 and give our kids a fair shot at success, we need to make significant new investments in our youngest children where we know the returns are enormous. In particular, we need to focus on increasing the number of three-year-olds who have access to a high-quality pre-school experience.**"

Nationally, Massachusetts, Vermont, Iowa, New Hampshire and Minnesota rank highest for overall child well-being, while Arizona, Louisiana, Nevada, New Mexico and Mississippi rank lowest. Three southwestern states - Arizona, Nevada and New Mexico - are once again in the bottom five for the overall rankings. **West Virginia has been 37th in the nation for two years running.**

**Forty-nine states, including West Virginia and the District of Columbia, saw improvements in math proficiency**, but a considerable gap lies between Massachusetts with only 45 percent of its eighth-graders not proficient in the subject, and Alabama with 80 percent. **Despite improvements in this indicator since 2005, West Virginia is 46th in the nation in 8th grade math proficiency. In 2013, 76 percent of the state's 8th graders scored below proficient in math, compared to 82 percent in 2005.**

Demographic, social and economic changes combined with major policy developments have affected the lives of lower-income children in both positive and negative ways since 1990, according to the Annie E. Casey Foundation's 25th edition of its annual *KIDS COUNT Data Book*. Nationally, there has been steady improvement in the numbers of children attending preschool and a decline in the number of schoolchildren not proficient in reading and math. There also is a positive trend in parental education that benefits kids: A smaller percentage of children live in families in which no parent has a high school diploma. In addition, the national teen birth rate is at a historic low, and the death rates for children and teens has fallen. Worrisome national trends include a rise in the official child poverty rate as defined by the federal government and in the percentage of children living in single-parent families.

**On the state level, since 1990, West Virginia has improved in 13 of 16 indicators of child well-being and gotten worse in three.** The two biggest areas of improvement have been the number of children without health insurance and children in families where the household head lacks a high school diploma. On the downside, there has been a 75 percent increase in the number of West Virginia children in single parent families since 1990. **More than 1 in 3 of the state's children now lives in a single parent household.**

"With advances in neuroscience, as well as solid research on what works, we now know more than ever before about how to give children a good start and help them meet major developmental milestones throughout childhood," said Patrick McCarthy, the Foundation's president and CEO. "On several fronts, we've seen the difference that smart policies, effective programs and high quality practice can make in improving child well-being and long term outcomes. We should all be encouraged by the improvements in many well-being indicators in the health, education and safety areas."

The *KIDS COUNT Data Book* features the latest data on child well-being for every state, the District of Columbia and the nation, and is available on the Casey Foundation [website](#). Information is also available in the [KIDS COUNT Data Center](#), which contains the most recent national, state and local data on hundreds of measures of child well-being. Data Center users can create rankings, maps and graphs for use in publications and on websites, and view real-time information on mobile devices.

*West Virginia KIDS COUNT's vision is to make West Virginia a great place to be a kid. Founded in 1990, KIDS COUNT provides the most trusted information about the well-being of children and builds alliances to advocate for what kids need. The non-profit organization's signature program is the KIDS COUNT Data Book, an annual, county-by-county report of child well-being in West Virginia. To learn more about the organization's mission, history and programs, go to [www.wvkidscount.org](http://www.wvkidscount.org).*

*The Annie E. Casey Foundation creates a brighter future for the nation's children by developing solutions to strengthen families, build paths to economic opportunity and transform struggling communities into safer and healthier places to live, work and grow. For more information, visit [www.aecf.org](http://www.aecf.org). KIDS COUNT® is a registered trademark of the Annie E. Casey Foundation.*



## MountainHeart News & Notes

### Getting your degree in Early Childhood Education just got easier!

T.E.A.C.H. WV has funding available for eligible early childhood educators and directors who would like to earn their degrees in early childhood. We offer scholarships ranging from 3-12 credit hours per year.

T.E.A.C.H. will provide:

- Partial Tuition
- Partial Book Reimbursement
- Travel Stipend
- A Bonus Upon Completion of Contract

Find us on Facebook at:

<https://www.facebook.com/#!/TEACHEarlyChildhoodWV>

Check out our Blog at:

<http://teachwv.blogspot.com>

Visit our website at:

[www.wvearlychildhood.org](http://www.wvearlychildhood.org)

**Contact T.E.A.C.H. for More Information !!!**

T.E.A.C.H. WV  
611 7th Ave, Suite 322  
Huntington, WV 25701  
[TEACHWV@rvcds.org](mailto:TEACHWV@rvcds.org)  
Phone: 304-529-7603 Ext 118



*Visit our site or contact T.E.A.C.H. WV for information on our scholarships for Family Home Providers!*

T.E.A.C.H. Early Childhood® WEST VIRGINIA is a licensed program of Child Care Services Association



## Health and Safety Grant

Leann Andrew, Assistant Program Director

The 2014-2015 provider health and safety grant application is available on the MountainHeart website. This grant is available to family child care facilities and family child care providers who accept subsidy payments for children in their care. Child care centers are not eligible for this grant.

A child care facility may request up to \$500 to meet health and safety needs and for resources. A family child care provider may request up to \$250 to meet health and safety needs and for resources. We highly suggest that you fulfill your licensing requirements for health and safety before requesting educational resource items. Please watch our website at [www.mountainheartwv.org/cnorth](http://www.mountainheartwv.org/cnorth) for more information. Grants are based on available funding.



**APPLICATION MUST BE RECEIVED PRIOR TO  
March 31, 2015  
MountainHeart Child Care Resource & Referral  
Health & Safety Grant Application  
for Subsidized Family Child Care Home Providers and Facilities  
Region V**

**Eligibility Requirements:**

- ⇒ Family Child Care Homes that are currently registered with WV DHHR and accepting child care subsidy certificates may apply for grant funds up to \$250.00 once per fiscal year. (Grants up to \$500.00 *may* be approved if both the WV DHHR Child Care Regulatory Specialist Supervisor *and* the CCR&R Agency agree that the grant is necessary to assist the provider in meeting registration requirements.)
- ⇒ Family Child Care Facilities that are currently registered with WV DHHR and accepting child care subsidy certificates may apply for grant funds up to \$500.00 once per fiscal year.

**To Apply:**

- ⇒ Complete the attached application. Be sure to read the directions carefully.
- ⇒ Attach a copy of your Corrective Action Plan, if necessary.
- ⇒ Make a copy for yourself.
- ⇒ Mail the application to your local Child Care Resource & Referral Agency:

MountainHeart Community Services  
Attention: Leann Andrew  
1200 Harrison Ave., Suite 220  
Elkins, WV 26241

**What happens next:**

- An award letter will be mailed to you after your application has been approved by your local CCR&R Agency. A check for the grant funds will follow.
- Purchase approved items
- Return copies of your receipts within 30 days of receiving your grant check to the Elkins MountainHeart office.
- A letter of explanation will be sent if a grant application is denied
- **Any provider failing to return receipts for purchase shall not be eligible for subsequent grants as per Division of Early Care and Education. DO NOT PURCHASE ITEMS UNTIL YOU RECEIVE AN AWARD LETTER FROM MOUNTAINHEART**

*MountainHeart reserves the right to award or deny grant applications on a case by case basis or based upon the availability of funds. If provider is closed within one year or less of receiving a grant, items must be returned or reimbursed to MountainHeart.*

**MountainHeart Child Care Resource & Referral  
Health & Safety Grant Application  
for Subsidized Family Child Care Home Providers and Facilities  
in Region V**

**Section I:**

Name: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone # \_\_\_\_\_

Please check one:

Registered Family Child Care Home Registered Family Child Care Facility

## Section II:

Please list the items that you wish to purchase, their cost, and the name of the store where they will be purchased. If the requested items are required as part of a Corrective Action Plan (CAP) established by a WV DHHR Child Care Regulatory Specialist, a copy of the CAP must be attached and submitted with this application as verification. Please note: You need to fulfill your Health and Safety requirements before requesting any additional resources.

Items and/or materials needed:	Cost:	Purchase Location:	CAP Requirement? Y or N

Total Amount Requested: \$ \_\_\_\_\_

## Section III: Acknowledgement

Please read and initial next to the following statements:

\_\_\_\_\_ Everything in this statement is correct to the best of my knowledge.

\_\_\_\_\_ I understand that grants are awarded based on the availability of funds.

\_\_\_\_\_ I understand that the money awarded from this grant may only be used to purchase the approved items listed in Section II.

\_\_\_\_\_ I understand that all items purchased must be used to meet WV DHHR health, safety, and program requirements including curriculum materials used to promote the healthy growth and development of children in my care.

\_\_\_\_\_ I understand that I may not purchase items until I receive an award letter from MountainHeart Community Services.

\_\_\_\_\_ I understand that if I do not submit my receipts within 30 days after I receive the grant check, I will not be eligible for a grant in the 2015-2016 grant year.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

.....  
For agency use only:

Approval: \_\_\_\_\_ Amount of Grant: \$ \_\_\_\_\_

Date: \_\_\_\_\_



## Fun Activities that Promote Social-Emotional Skills

Lori Stutts, Behavior Consultant

I recently attended a workshop with “Dr. Jean” in Morgantown where we had so much fun singing, dancing, and constructing hand-made activities to use with young children in the classroom. Dr. Jean Feldman, an author, consultant, and experienced classroom teacher, shared so many creative ideas with us that not only address learning standards, but help children learn social-emotional skills. Below are a few of her ideas, which I encourage you to try out with the little ones in your care. If you like these ideas, you can find so much more at [www.drjean.org!!](http://www.drjean.org!!)

### Greetings

Greet each child when they arrive in a fun way that gets the day off to a positive start, allows you to look in each child’s eyes, and make an emotional connection! Each week you can choose from handshakes such as, “A Fisherman Handshake”, “Thumb Kiss”, and “3-H Hello”.

**FISHERMAN HANDSHAKE** – Partners place right palms on each other’s forearms and tap gently. (It will feel like a wiggling fish!)

**THUMB KISS** – Hold up your thumb and touch it to your partner’s thumb as you make a smacking sound with your lips.

**3 “H” HELLO** – Go up to each child and ask them which “H” they would like to have – a “high five,” “hug,” or “handshake.” They can also ask for a “triple play” which means they want all three!

### Music

Singing causes your brain to emit endorphins, which makes us happy! Also, the brain is oxygenated and stress is relieved through singing and dancing. When given opportunities to sing and dance, children can develop self-regulation skills and learn to follow directions.

*Head, Shoulders, Knees, and Lap* (Tune: “Head, Shoulders, Knees, and Toes”)

Head, shoulders, knees, and lap, knees and lap.  
Head, shoulders, knees, and lap, knees and lap.  
Legs are criss cross applesauce,  
And hands are in your lap, lap, lap.

*Sit Down Song* (Tune: “Hey, Hey, Hey, Goodbye”)

Na, Na, Na, Na  
Na, Na, Na, Na  
Hey, Hey, Hey  
Good Job!  
Na, Na, Na, Na  
Na, Na, Na, Na  
Hey, Hey, Hey  
Sit down.



### Brain Hug

Help children gain self-control and center themselves by

giving themselves a “brain hug”.

Directions:

*Thumbs up.* (Extend arms in front of you with thumbs up)

*Thumbs down.* (Cross your wrists. Clasp fingers.)

*Give yourself a Brain Hug!*

(Bring your clasped fingers down and in towards your chest and hug yourself.)

### Attention Grabbers

Use these to help children focus their attention:

“1, 2, 3 – Eyes on Me”

“Hocus Pocus, Everybody Focus”

Teacher says: “Hocus Pocus!” (Stick out index finger and circle around like a magic wand)

Children respond: “Everybody focus” (Children make circles with fingers and thumbs and place around eyes like spectacles)

Tootsie Roll

Tootsie roll (Roll hands around each other)

Lollipop (Pretend to lick a lollipop)

We’ve been talking (Open and shut fingers)

Now let’s stop! (Make sign language sign for “stop”.)





Every child



deserves



a good start....

## WV Birth to Three Services

### What is WV Birth to Three?

WV Birth to Three is a statewide system of services and supports for children under age three who have a delay in their development, or may be at risk of having a delay, and their family. The Department of Health and Human Resources, through the Bureau for Public Health and the Office of Maternal, Child and Family Health, WV Birth to Three, as the lead agency for Part C of the Individuals with Disabilities Education Act (IDEA), assures that family centered, community based services are available to all eligible children and families.

### Who is eligible?

To be eligible for WV Birth to Three services, an infant or toddler under the age of three can either have a delay in one or more areas of their development, or be at risk of possibly having delays in the future. A child may have delays in one or more of the following areas:

- \***Cognitive** - thinking and learning
- \***Physical** - moving, seeing and hearing
- \***Social/emotional** - feeling, coping, getting along with others
- \***Adaptive** - doing things for him/herself
- \***Communication** - understanding and communicating with others

A child may have risk factors such as:

- \*A condition which is typically associated with a developmental delay such as Down Syndrome; or
- \*A combination of biological and other risk factors. Some of these factors may include family stressors.

### How do I make a referral?

For Berkeley, Hampshire, Hardy, Grant, Jefferson, Mineral, Morgan or Pendleton counties, you may call Regional Administrative Unit (RAU) VIII at 304-267-3595 or 1-866-681-4957.

For Barbour, Lewis, Preston, Randolph, Taylor, Tucker and Upshur counties, you may call RAU V at 304-637-2844 or 1-800-449-7790.

To refer a child to the WV Birth to Three system anywhere in the state, you may call **1-866-321-4728**.





## SAVE THE DATE

**Saturday, November 1, 2014**

**4th Annual Early Childhood Conference**

**8 hours of WV STARS registered training**

**Please call Nichol Earp at 304-279-7305 or e-mail her at [munchway@cs.com](mailto:munchway@cs.com)**

**Conference will fulfill the requirements for Tier II status. More information to follow thru MountainHeart E-mails.**

**November 5—8, 2014** <http://www.naeyc.org/conference>



**Zero to Three 29th Annual NTI Training Institute**

<https://www.regonline.com/builder/site/Default.aspx?EventID=1554362>

**66th Annual SECA Conference  
The World from Our Front Porch:  
Community and Culture**

**January 15-17, 2015**

**Astor Crowne Plaza in the French Quarter  
New Orleans, LA**

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



### Family Child Care Listserv

Melanie Clark, Program Manager

The Division of Early Care and Education has created a listserv for family child care providers. This listserv will allow the Division of Early Care and Education to send information more quickly that will help you to better serve the children in your care. This listserv will be a closed listserv and your email address will not be shared with other agencies. Only information that has been approved by the Division of Early Care and Education will be sent out on the listserv. Some examples of what might be sent on the listserv include grant opportunities (when available), professional development opportunities, or information regarding child care from the federal or state level.

In order to have your email address added to the new Family Child Care Listserv, simply send an email to me at [Melanie.A.Clark@wv.gov](mailto:Melanie.A.Clark@wv.gov) with the subject line **ADD LISTSERV**.

We look forward to working with you!

### Tentative Schedule for Future WVIT I & II Classes

If you are interested in attending the West Virginia Infant/Toddler program, please contact Shannon Nichols in the **Weston office at 1-866-232-9227** for more information. Space is limited and filled on a first come-first serve basis. The county with the most providers interested will likely be the county/counties in which class will be held.

November 2014-February 2015– Barbour, Lewis, Upshur, or Randolph County (5 Person Minimum)

March-June 2015- Berkeley or Jefferson County (5 Person Minimum)

July-October 2015- Grant, Hardy, or Mineral County (5 Person Minimum)





## FREE Assistance & WV STARS Credit Available to Child Care Providers

The Professional Development team can provide **FREE** assistance to child care providers. We can assist you with room arrangement, lesson planning, daily schedules, developmentally appropriate activities, developing child portfolios, adapting activities to meet each child's needs and many other requests that are too numerous to mention. You can **earn WV STARS credit** while you learn new skills, enhance skills that you already have, as well as learn and utilize the most up to date strategies in the early childhood arena.

It is easy to request technical assistance from the MountainHeart Professional Development team. All you need to do is call our Elkins office and state that you are interested in learning about or receiving technical assistance. You will be asked a few questions (name, telephone number, what you would like help with, etc.). The information will be submitted to the Program Director or Assistant Program Director who will assign the referral to a Professional Development team member. The team member will contact you to discuss your needs and schedule an initial visit to get you started.

To obtain more information about or to schedule **FREE on-site** technical assistance, please call the Elkins office at 304-637-2840 or 1-877-862-3103 ( toll free).

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*"The soul is healed by being with children" ~ English Proverb*

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## Tier II and Tier III Child Care Programs in our Region as of August 1, 2014

### Tier II:

Tinytots Daycare Center (Brandywine Site) — Pendleton Co.  
Tinytots Daycare Center (Franklin Site) — Pendleton Co.  
Shepherdstown Daycare Inc.—Jefferson Co.  
Hardy County Child Care Center — Hardy Co.  
Dessa McDonald (FCC Home) — Jefferson Co.  
BabyCubs Academy (Facility) — Taylor Co.

### Tier III:

Child Development Center of Central WV — Upshur Co.  
Little Eagle Child Care Center — Jefferson Co.  
Small Scholars Preschool, LLC — Jefferson Co.  
Youth Health Services Inc., Home Ties Child Care — Randolph Co.

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*"Children are likely to live up to what you believe in them." ~ Lady Bird Johnson*

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### Quality Support Services Jessica Dianellos, MS Early Care and Education Specialist

The Center Accreditation Support Services (CASS) program, which historically offered financial assistance and mentoring to child care centers applying for national accreditation, has been renamed to clarify its purpose and so that it can expand without causing confusion. The program started out providing assistance to child care centers only, but has expanded to serve family child care, head start programs, and recently mentoring services for programs working toward Tier II quality status. Therefore, it is now called Quality Support Services. The webpage on the TCR website and all applications and forms have been updated. The process for applying will be the same.

You can visit the webpage at [http://www.wvearlychildhood.org/WV\\_Quality\\_Support\\_Services.html](http://www.wvearlychildhood.org/WV_Quality_Support_Services.html).

For any further information you can contact Jessica Dianellos, MS, Early Care and Education Specialist Division of Early Care and Education WV Dept. of Health and Human Resources 350 Capitol Street, Room B-18 Charleston WV 25301. Phone: (304) 356-4605 Fax: (304)-558-8800 or Email: [Jessica.L.Dianellos@wv.gov](mailto:Jessica.L.Dianellos@wv.gov).



## Medication Administration Class Reminder

Medication Administration training is being offered in our region. As per center licensing requirements, staff members who work in child care centers or Head Start and who administer medication must have medication administration training. These trainings are conducted through the WV DHHR Early Care and Education office and are WV STARS approved.

You **MUST PRE-REGISTER at least five (5) days in advance of the training session** by calling the Elkins MountainHeart office at (304) 637-2840 or 1-877-862-3103 (toll free).

**IMPORTANT NOTICE: Staff members must be registered on the WV STARS Career Pathway before taking the medication administration training.** You will not be permitted to attend the training session if you are not currently on the WV STARS Career Pathway. **All participants will need to bring their WV STARS Pathway certificate with ID number and/or their feedback letter from WV STARS stating that they have been approved and their certificate will be mailed soon. If staff attend the training and are not on the WV STARS Career Pathway, the training will not count towards licensing requirements.**

The training session is 4 ½ hours long (including two 15 minute breaks).

Each participant must bring the following materials to the training: pen, paper, 1 pair of non-latex gloves.

**Reminder: Children may not attend the training session.**

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*“Children show me in their playful smiles the divine in everyone.” ~ Michael Jackson*

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## The WV Elements of Family Child Care Series (WVEFCCS)

The WVEFCCS was developed for trainers and family child care providers to improve the quality of early care and education for our State’s children.

WVEFCCS is a seven part series that provides an overview of *The Creative Curriculum for Family Child Care* and the *Family Child Care Environment Rating Scale-Revised (FCCERS-R)*. The topics range from “Becoming a Professional” and “Organizing Your Day” to “What Children are Learning” and “Working with Parents.” The series is presented in 4-hour sessions with two technical assistance visits to ensure training objectives are met. This totals 30 hours of professional development. The WV Elements of Family Child Care Services is a special opportunity to engage with other family child care providers in a small group classroom experience. In addition, you will receive the Creative Curriculum manual and the FCCERS-R handbook.

***You must be registered with STARS to participate in this training, and you must be caring for subsidized children to receive free resources at the completion of the classes.*** If you have questions or would like to enroll in the class, feel free to call Melodee Price or Jaime Price in the Elkins office (toll free) 877-862-3103 or use our local number, 304-637-2840.

Oct 20, 2014 (Mon) @ James Rumsey	Module 1: Building a Firm Foundation	4:00-8:00pm
Oct 23, 2014 (Thurs) @ New Destiny Ministry	Module 2: Knowing How Children Develop and Learn	4:00-8:00pm
Oct 27, 2014 (Mon) @ James Rumsey	Module 3: Organizing Your Home and Your Day	4:00-8:00pm
Oct 30, 2014 (Thurs) @ New Destiny Ministry	Module 4: What Children are Learning-Part 1	4:00-8:00pm
Nov 3, 2014 (Tues) @ James Rumsey	Module 5: What Children are Learning-Part 2	4:00-8:00pm
Nov 6, 2014 (Thurs) @ New Destiny Ministry	Module 6: Caring and Teaching	4:00-8:00pm
Nov 12, 2014 (Wed) @ James Rumsey	Module 7: Building a Partnership with Families	4:00-8:00pm

**James Rumsey Technical Institute: 3274 Hedgesville Road, Martinsburg 25403**  
**New Destiny Ministry Center: 437 Boarder Road, Kearneysville 25403**



## TRAINING TOPICS OFFERED October— December 2014

**Developmental Documentation.** Tier II. This training will focus on the role documentation plays, methods of documentation, how to apply findings, and how to communicate results. The target audience could be home providers, facility or center staff. *Core Knowledge 2 hours in Child Observation and Assessment.*

**Partnerships with Parents.** Tier II. This training will focus on the importance of building relationships with parents as well as discuss ways caregivers can support family engagement in programs. The target audience could be home providers, facility or center staff. *Core Knowledge 1 hour Positive Interactions and Relationships and 1 hour in Family and Community.*

**Learning Through Play.** Tier II. This training will be information that was gathered from a Dr. Jean Feldman training when she visited WV this summer. Hear and see new ideas to use with the kids to make learning through play fun. The target audience could be home providers, facility or center staff. *Core Knowledge 2 hours in Curriculum.*

**Family Child Care Record Keeping.** Tier III. This class will help you identify which business records to keep to help save time and money. It will help you to know about reporting business income accurately and identifying common business deductions to reduce taxes. The target audience is home providers and facility owners. *Core Knowledge 2 hours in Program Management.*

**Respiratory Illness.** Tier I. Sarah Hicks, RN will provide the most up to date information regarding respiratory illness causes, treatment and prevention in the field of child care. Target audience home, facility and center based staff. *Core Knowledge 2 hours in Health, Safety, and Nutrition.*

**Medication Administration.** Tier II. Sarah Hicks, RN will provide the most up to date medication practices as per center licensing requirements. This training will count towards 4 WV STARS registered training hours. The target audience is home, facility and center based staff. *Core Knowledge 4 hours in Health, Safety, and Nutrition.*

**Building on a Firm Foundation.** Tier I. Learn the role of curriculum in family child care, how research and theory supports curriculum, using the Family Child Care Environmental Rating Scale and developing a professional portfolio. The target audience is home and facility providers. *Core Knowledge 1 hour in Program Management, 3 hours in Professionalism.*

**Knowing How Children Develop and Learn.** Tier I. Learn to identify and understand the basic developmental milestones of children from birth through 12 years. Recognize various temperaments, learning styles and developmental rates of children. Learn how to support a culturally responsive environment. The target audience is home and facility providers. *4 hours in Child Growth & Dev.*

**Organizing Your Home and Your Day.** Tier I. Providers will understand about shared and separate space for family child care, how environment can encourage positive behavior, developing a daily schedule. The target audience is home and facility providers. *1 hour in Health, Safety and Nutrition, .5 hours in Positive Interactions and Relationships, 1 hour in Curriculum, 1.5 hours in Program Management.*

**What Children are Learning-Part 1.** Tier I. Learning how to build language and literacy skills in children, promoting mathematical thinking, and how children learn about science. The target audience is home and facility providers. *4 hours in Curriculum*

**What Children are Learning-Part 2.** Tier I. Family home providers will learn about creative arts and how children can experience social studies. The target audience is home and facility providers. *4 hours in Curriculum.*

**Caring and Teaching.** Tier I. This module will help you to learn how to build trust when working with children, strategies for helping children get along with others, balancing your family child care home and business with your family. The target audience is home and facility providers. *4 hours in Positive Interactions and Relationships.*

**Building Partnerships with Families.** Tier I. Family home providers will learn means of communication to build trust with families, exploring the differences between families and the influence of culture upon child-rearing practices. The target audience is home and facility providers. *4 hours in Family and Community.*





## Training Calendar for October — December 2014



### Barbour County

#### **Kid Care Child Development Center: RR 1 Box 154B, Philippi, 26416**

Respiratory Illness	October 14, 2014 (Tuesday)	6:00-8:00pm
Learning Through Play	December 11, 2014 (Thursday)	6:00-8:00pm

### Berkeley County

#### **James Rumsey Technical Institute: 3274 Hedgesville Road, Martinsburg 25403**

<i>Module 1 Building a Firm Foundation</i>	October 20, 2014 (Monday)	4:00pm-8pm
<i>Module 3 Organizing Your Home</i>	October 27, 2014 (Monday)	4:00pm-8pm
Partnerships with Parents	October 31, 2014 (Friday)	9:00-11:00am
Developmental Documentation	October 31, 2014 (Friday)	11:00-1:00p
Learning Through Play	November 3, 2014 (Monday)	11:00-1:00pm
Family Child Care Record Keeping	November 3, 2014 (Monday)	1:30-3:30pm
<i>Module 5 What Children are Learning</i>	November 3, 2014 (Monday)	4:00-8:00pm
<i>Module 7 Building Partnerships w/ Families</i>	November 12, 2014 (Wed)	4:00-8:00pm
Respiratory Illness	November 14, 2014 (Friday)	9:00-11:00am
Medication Administration	November 14, 2014 (Friday)	11:00-3:00pm

### Grant County

#### **Grant County DHHR: 53 Kiess Drive Petersburg, 26847**

Developmental Documentation	November 14, 2014 (Friday)	10:00-12:00pm
Partnerships with Parents	November 14, 2014 (Friday)	12:30-2:30pm

### Hampshire County

#### **EACHES Head Start: Romney, 26757**

Learning Through Play	October 17, 2014 (Friday)	10:00-12:00pm
Family Child Care Record Keeping	October 17, 2014 (Friday)	12:30-2:30pm

#### **Romney Little Rascals Day Care: 53 W. Main Street, Romney, 26757**

Respiratory Illness	November 10, 2014 (Monday)	6:00-8:00pm
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### Hardy County

#### **Hardy County DHHR: 149 Robert C. Byrd Industrial Park, Moorefield 26836**

Learning Through Play	December 12, 2014 (Friday)	10:00-12:00pm
Family Child Care Record Keeping	December 12, 2014 (Friday)	12:30-2:30pm

### Jefferson County

#### **New Destiny Ministry Center: 437 Border Road, Kearneysville 25430**

<i>Module 2 Knowing How Children Develop &amp; Learn</i>	October 23, 2014 (Thursday)	4:00-8:00pm
Partnerships with Parents	October 24, 2014 (Friday)	9:00-11:00am
Developmental Documentation	October 24, 2014 (Friday)	11:00-1:00pm
Learning Through Play	October 28, 2014 (Tuesday)	9:00-11:00am
Family Child Care Record Keeping	October 28, 2014 (Tuesday)	11:00-1:00pm
<i>Module 4 What Children are Learning</i>	October 30, 2014 (Thursday)	4:00-8:00pm
<i>Module 6 Building a Partnership with Families</i>	November 6, 2014 (Thursday)	4:00-8:00pm



## Training Calendar for October—December 2014 continued

### Lewis County

**Lewis County Board of Ed. Building: 239 Court Ave., Weston 26452**

Developmental Documentation      November 20, 2014 (Thursday)      6:00-8:00pm

### Mineral County

**Keyser Wee Care Day Care Center: 2084 New Creek Way S. Keyser 26726**

Respiratory Illness      October 21, 2014 (Tuesday)      6:00-8:00pm

### Morgan County

**Morgan County DHHR: 62 Regal Court, Berkeley Springs 25411**

Learning Through Play      October 20, 2014 (Monday)      1:00-3:00pm

**Little Learners Day Care Village: 106 Oakland Road Berkeley Springs 25411**

Medication Administration      November 13, 2014 (Thursday)      5:00-9:00pm

### Pendleton County

**Tiny Tots Child Care Center: Franklin, 26808**

Learning Through Play      October 14, 2014 (Tuesday)      11:00-1:00pm

Developmental Documentation      November 18, 2014 (Tuesday)      11:00-1:00pm

### Preston County

**Preston County DHHR: 18351 Veteran's Memorial Highway, Kingwood 26537**

Learning Through Play      December 10, 2014 (Wednesday)      10:00-12:00pm

Developmental Documentation      December 10, 2014 (Wednesday)      12:30-2:30pm

### Randolph County

**Youth Health Service Inc.: 971 Harrison Ave. Elkins, 26241**

Respiratory Illness      December 3, 2014 (Wednesday)      5:30-7:30pm

**MountainHeart office: 1200 Harrison Ave. Suite 220, Elkins 26241**

Learning Through Play      December 5, 2014 (Friday)      10:00-12:00pm

Developmental Documentation      December 5, 2014 (Friday)      12:30-2:30pm

### Taylor County

**Little Feet Day Care and Preschool: 142 Blueville Drive, Grafton 26354**

Developmental Documentation      November 13, 2014 (Thursday)      6:00-8:00pm

Respiratory Illness      November 18, 2014 (Tuesday)      6:00-8:00pm

### Tucker County

**Tucker County Family Resource Network: 501 Chestnut Street, Parsons 26287**

Family Child Care Record Keeping      October 1, 2014 (Wednesday)      6:00-8:00pm

Partnerships with Parents      December 9, 2014 (Tuesday)      6:00-8:00pm

### Upshur County

**MountainCAP: 10 Tennerton Dr. Buckhannon 26201**

Developmental Documentation      December 16, 2014 (Tuesday)      6:00-8:00pm

*To register for trainings, please call the Elkins office at 1-877-862-3103 or 304-637-2840.*

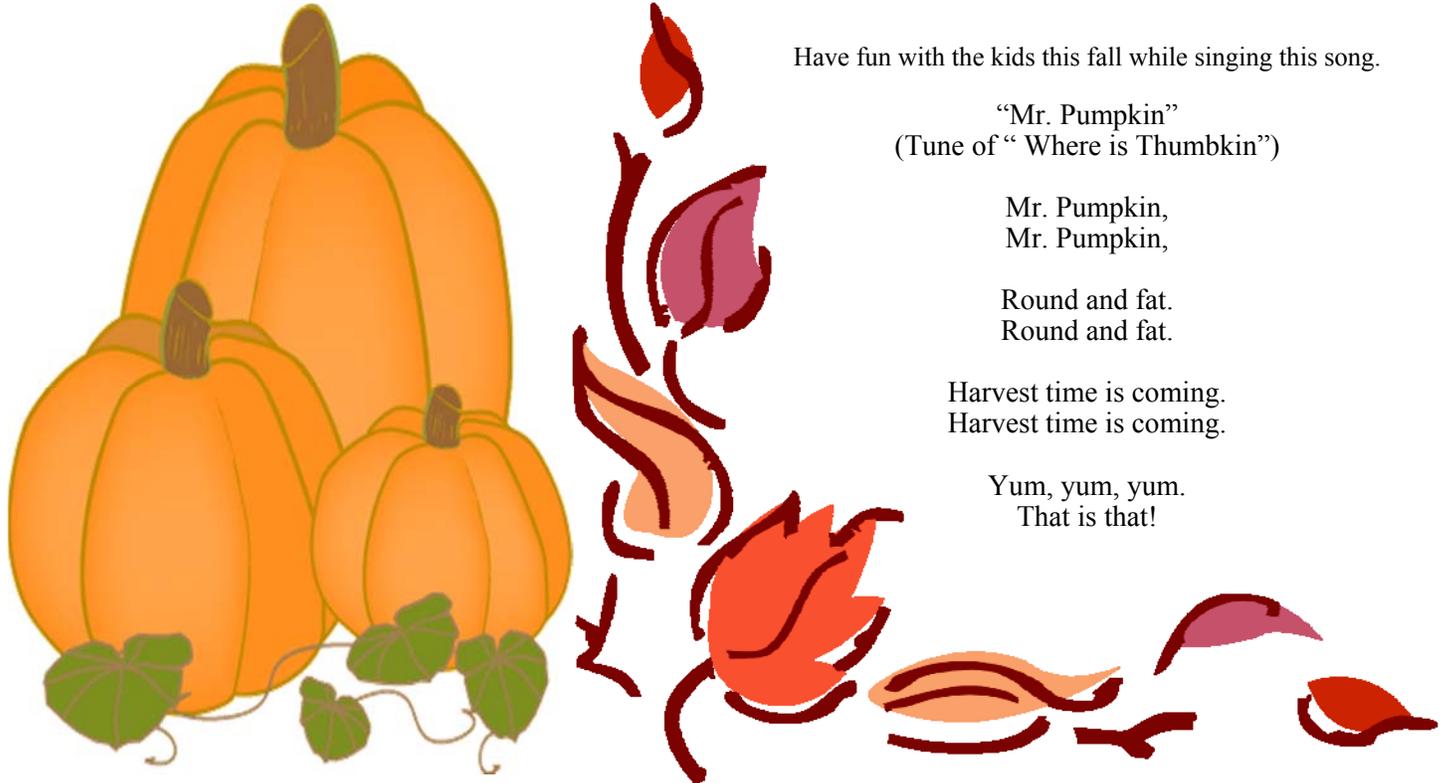
*You must register at least 5 days before the scheduled training.*



# News From The Heart

Visit us at: [www.facebook.com/#!/mountainheartwv](http://www.facebook.com/#!/mountainheartwv)

Come visit us at: [www.mountainheartwv.org/ccnorth](http://www.mountainheartwv.org/ccnorth)



Have fun with the kids this fall while singing this song.

“Mr. Pumpkin”  
(Tune of “Where is Thumbkin”)

Mr. Pumpkin,  
Mr. Pumpkin,

Round and fat.  
Round and fat.

Harvest time is coming.  
Harvest time is coming.

Yum, yum, yum.  
That is that!

**MOUNTAINHEART**  
Community Services, Inc.

Child Care Resource & Referral Division  
1200 Harrison Avenue, Suite 220  
Elkins, WV 26241