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Fall 2015

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Celebrating 50 Years of Service to West Virginians

Willetta Bolinger, Program Director

MountainHeart Community Services, Inc. is celebrating its 50th birthday this year. Our agency was founded in 1965 as the Wyoming County Community Action Program as part of President Lyndon B. Johnson’s “War on Poverty”. The agency initially offered a few programs in Wyoming County. By 1973, the agency was providing more services, such as Head Start and Weatherization, for children and families and was renamed the Wyoming County Opportunity Council, Inc.

In 1992, West Virginia began offering the Child Care Resource and Referral (CCR&R) program in a few counties. MountainHeart was awarded the contract to provide this service in Wyoming, Mercer and McDowell Counties. As the CCR&R program expanded to twelve counties in southern West Virginia, the program name was changed to MountainHeart CCR&R. Soon thereafter, MountainHeart was awarded the contract to provide CCR&R services in Barbour, Berkeley, Grant, Hampshire, Hardy, Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston, Randolph, Taylor, Tucker and Upshur Counties. The program that serves these fifteen counties became MountainHeart CCR&R North (Region 5) and the program that serves the twelve counties in southern West Virginia became MountainHeart CCR&R South (Region 6).

By July 2003, the agency had grown to 27 counties. People were referring to the agency as MountainHeart. As a result, the Executive Director and Board of Directors decided to change the agency name to MountainHeart Community Services, Inc.

MountainHeart now provides services in 30 counties in West Virginia and has a minimum of 14 full time programs for children and families. We have ten office sites in West Virginia with five (Elkins, Grafton, Martinsburg, Petersburg and Weston) being in Region 5.

We are so pleased to be celebrating our 50th birthday and continuing to serve the children, families and communities within West Virginia. As we celebrate this milestone, we wish to take the opportunity to thank you for your support throughout the 50 years!

(Special thanks to Margaret Younce, Program Director for CCR&R Region 6, for providing the historical information for this article.)



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Take Care of Yourself: How to Keep Your Work from Hurting Your Back

Glenna Bailey, RN, MSN



Working as a child care provider means that you spend many hours a day bending, lifting and moving objects. These everyday activities can cause injury to your back if you don't use care in how you perform them. Here are some tips from the American Physical Therapy Association on ways to work safely and prevent injury.

Bending down is one of the most frequent movements during the day. Bending from the waist applies tremendous force to the discs of the lower back. To prevent injury, bend at your hips and knees while keeping your back straight. Keep your feet shoulder-width apart and move your body as a unit.

When holding or carrying a child, always hold them close and centered on your body.



All About the Creative Curriculum

Melodee Price, Early Childhood Specialist

The Creative Curriculum is like a blueprint to plan your day with the children, parents, and environment. It is based on past research and theory. The curriculum focuses on how to organize your space so that it encourages exploration, decreases negative behavior and increases the child's responsibility. Try arranging your furniture placement so that quiet areas like the reading center are not interrupted by the louder centers like block or housekeeping. This placement can decrease a child's distractions and make for a more pleasant atmosphere. We cannot always control the walls, flooring, windows, and light. However, there are ideas to make the most of your learning environment for the children. A strategy for decreasing negative behaviors that the Creative Curriculum encourages is providing duplicate toys, so the children are not forced to share a popular one. Creative Curriculum encourages labeling the shelves that toys are placed on so the children will have an increase of responsibility when cleaning up their toys. To gain more knowledge about this highly respected curriculum, look in the training calendar for a session near you.



"Instruction does much but encouragement does everything." Johann Wolfgang Von Goethe



Is Playing Superhero Good or Bad?

Cheryl Wolfe, TRAILS, Early Childhood Specialist

Inside every little boy or girl there is a super hero just waiting to come out. So why not just let them tie on their blankets and save the world. Superheroes are courageous, powerful, and do great deeds. Young children often feel small, helpless, and fearful, which is the opposite of a superhero. So when children play superhero they are empowered to feel brave, fearless, in control of their world and good about themselves.



Pei-San Brown, one of the founders of the Children's Institute for Learning and Development, states that, "There are many benefits to the whole child during superhero play. Children develop physically, cognitively, socially and emotionally during this type of play." Research has also found that playing superhero does not lead to real violence, but leads to greater skills and experience in handling adversity without aggression.

The Grafton TRAILS team has added some super capers and books: (Do Super Heroes Have Teddy Bears? and Ten Rules of Being a Superhero) to their inventory to help enhance superhero play. For more information about children and superhero, you may want to visit <http://www.earlychildhoodnews.com>.





The Art of Slowing Down

Shannon Nichols, Infant/Toddler Specialist

Today's world seems to be moving faster and faster with little time to simply "be in the moment." Working with infants and toddlers is a job that certainly keeps you busy. From warming bottles, changing diapers, washing hands, rocking for naps and soothing hurt feelings, there may not seem to be many free moments in the day. But, in order to establish a high quality relationship with children, it is important to slow ourselves down and give children our time and attention. Time is the most valuable gift you can give someone, as it says to them, "You are special".

Here are some tips for slowing down:

- *Schedule special quality time in your day with each baby in your care.
- *Decrease the number of tasks in your daily to-do list.
- *Enjoy the present moment with the baby and stay emotionally present (no daydreaming).

When you take time to enjoy your relationship with your children rather than simply getting through the next task, you will appreciate each child for who they are and what they are able to do. When that happens, your job will become much more fulfilling!

Story Time Magic

Jaime Price, Early Childhood Specialist



Literacy and language experiences, like storytelling, help children develop skills such as building vocabulary, using more complex sentences, and improving comprehension. Storytelling differs from reading a book aloud because the narrator focuses on engaging the children in the story. In contrast, reading a book focuses the reader's eyes to the words on the page. The narrator can capture the listener's attention through vocal intonations, gestures, facial expressions, and body movement rather than reading the book word for word allowing for more interaction and active participation.

At a recent visit to Shepherdstown Daycare, I witnessed a wonderful example of storytelling. Kathleen Dawe volunteers by telling stories and singing with the children while visiting classrooms. Melissa Holman, Director, states "Since 2007, we've had the privilege of having Ms. Kathleen read and sing every week to our children. They are so excited to see her because she engages them in songs with her special bag of puppets and toys. In short, Ms. Kathleen is quite magical with all of her stories and we are truly blessed she is a part of our school family." She reinforced the benefits for the children in her program include increased abilities in mathematical skills, development of vocabulary, verbal sequencing and reading comprehension.

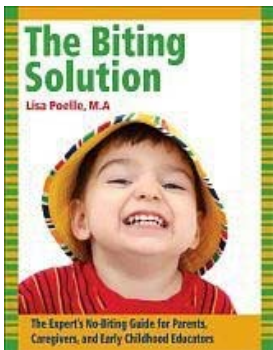


"Every child is gifted. They just unwrap their packages at different times." ~ Unknown

'The Biting Solution'

Lori Stutts, Behavior Consultant

Adapted from 'The Biting Solution' by Lisa Poelle



One of the most challenging behaviors which child care providers struggle with is when toddlers bite. Even the most experienced child care providers feel uncertain of how to remedy these situations. Lisa Poelle wrote 'The Biting Solution: The Expert's No-Biting Guide for Parents, Caregivers, and Early Childhood Educators'. In her book, Poelle discusses ineffective responses to biting and what to do and say instead.

Ineffective Responses

Excessive Reactions – Becoming angry, emotional, ranting, etc.

Reasoning with the Child – ex. "How would you like it if someone bit you? Well, then, you shouldn't bite your friends. It's not nice!"

Putting toddlers in time-out

What to Do and Say Instead

Instructive Intervention – A short, direct technique for dealing with biting the moment it happens

Getting to the Root of the Problem – Figuring out why the child is biting

Action Plan – Make a plan for changes that need to occur to stop the child from biting again.

For more information on biting, please contact Lori Stutts, Behavior Consultant, at 304-257-9375.

Adapted from: Poelle, L. (n.d.). *The Biting Solution: The Expert's No-Biting Guide for Parents, Caregivers, and Early Childhood Educators*





Congratulations and Great Work

MountainHeart would like to congratulate the following Infant/Toddler Room Makeover Grant recipients:

Catamount Children's Center in Mineral County
Hardy County Child Care Center in Hardy County
Little Feet Daycare and Preschool in Taylor County

The infants, toddlers and their families appreciate your hard work and dedication for continuing to strive for quality child care environments!



Coming Soon -- Using Technology to Engage

Natalie Snider, Distance Learning Statewide Coordinator

The next stage of collaboration is coming. A new collaborative project, tentatively titled Engage, is under development with collaborative funding from Home Visitation, DHHR Division of Early Care and Education, OMCFH, and the Office of Head Start. Engage will utilize the Blackboard Platform and Blackboard technology to bring online professional development to each early childhood professional across the state of West Virginia. The goal for the project is for all early childhood professionals, regardless of setting or sector, to have access to comprehensive, high quality, and collaborative professional development opportunities.

Sponsored by West Virginia Early Childhood Training Connections and Resources, Engage will allow early childhood professionals to complete professional development in a variety of online formats from many content experts. No longer will professionals be limited to training offered by location and by individual agencies, but the options will be open to access professional development at any time from their personal or work computer on various topics.

Look for more information about this exciting project in upcoming months. For additional information contact Natalie Snider, Distance Learning Statewide Coordinator, at nsnider@rvcds.org.

"An aware parent loves all children he or she interacts with ~ for you are a caretaker for the moments in time." ~ Doc Childre



EarlyCareShare WV Scavenger Hunt

Join the FUN, and earn a chance to WIN an iPad mini™!

Have you participated in the EarlyCareShareWV.org exciting **SCAVENGER HUNT**? Don't miss your chance to **win an iPad mini™** with case and keyboard!

Remember, you can't win if you don't play! Open your e-mails from TheTeam@EarlyCareShareWV.org to be on the lookout for our next challenge!

Not yet a member of EarlyCareShareWV.org? You are missing out on to up-to-date early childhood information, cost savings, and management resources. Join for free now at http://www.earlycaresharewv.org/new_member_request.aspx.

Have a question? E-mail Help@EarlyCareShareWV.org for help.

Grant Your Wishes!!!

Leann Andrew, Assistant Program Director

It is that time of year again. The 2015-2016 Provider grant applications are ready to be distributed. The application is in this MountainHeart North newsletter. You will need to fill out the application with the items you wish to purchase for your program along with the price and where you are going to purchase the item(s).

Please make sure to remember that your items need to be purchased through a reputable retail store or through a reputable retail store website. You CAN NOT purchase items from yard sales, a neighbor, or online yard sale sites. You will need to make sure that you fill out your grant application completely and sign it with your signature and date.

Once we receive your application, we will make sure all items are appropriate and approved. If you would like more details on what is approved they are on our MountainHeart website www.mountainheartwv.org.

If your application is approved, you will receive an approval notice to let you know you can purchase your items. You will then receive a check for the approved amount and then can purchase your items. Please make sure to send in your receipts so that you will be eligible for the grant next year. If you fail to submit your receipts you, will NOT be eligible for the grant next year.



TRAILS TIPS

Carrie Frasch, TRAILS Early Childhood Specialist

Are We Too Distracted by our Devices?

Recently, there has been some interesting research done about how much time everyone spends on smartphones, tablets, and computers. As adults, we make sure that we limit the time kids are spending using these devices, but it is not just kids who are overdoing screen time. Adults are often just as guilty of spending too much time checking smartphones and e-mail and the consequences for children can be troubling.



Dr. Jenny Radesky is a pediatrician specializing in child development. She and two other researchers spent one summer observing 55 different groups of parents and young children eating at fast food restaurants. Many of the caregivers pulled out a mobile device right away and only put it down intermittently. Forty of the 55 parents used a mobile device during the meal, and many were more absorbed in the device than in the kids. This made the kids act out to get their attention.



It has been found that when parents focus on their digital world first — ahead of their children — there can be deep emotional consequences for the child. We are behaving in ways that certainly tell children they don't matter, they're not interesting to us, they're not as compelling as anybody, anything, any ping that may interrupt our time with them.

We usually make our children carve out time to turn off devices and disconnect from the wired world and engage with the real people around them. Sometimes as adults, we forget to do the same thing.

“A person soon learns how little he knows when a child begins to ask questions.” ~ Richard L Evans



Unlocking the Doors to a Better Tomorrow

Jessica Dianellos, MS

Coordinator, Key 2 a Healthy Start
Keys 4 HealthyKids

Key 2 a Healthy Start is a quality improvement initiative to prevent childhood obesity through policy, systems, and environmental changes in child care centers throughout WV. Participating centers attend 3 workshops focusing on nutrition, physical activity and parent outreach. Each workshop is followed by at least one on-site technical assistance visit. Participating centers also receive MyPlate portion plates, portable physical activity equipment, a garden for the center, parent outreach materials, and much more! The workshops are free and WV STARS registered. This is a project administered by Keys 4 HealthyKids. We do not license centers or evaluate for compliance in any way.

To learn more, visit www.keys4healthykids.com (then click on 'Current Initiatives', 'Childcare', and 'Key 2 a Healthy Start'). Contact Jessica Dianellos at Jessica.Dianellos@camc.org or 304-388-3409 for more information.

News from the West Virginia Family Child Care Association



Have you joined our association yet? Your local Resource and Referral agency may be able to pay for your membership with grant money (pending availability of the funds). All you have to do is complete the grant paperwork (which can be obtained on their website) & abide by the grant rules and you will be eligible for great benefits through our association. We can help you fill the paperwork if needed. We have a new hard working board that wants to help you provide quality child care. Join today by visiting our website at <http://www.westvirginiafamilychildcare.com> or call 304-634-5545.

We look forward to working with you!



Welcome New Case Manager in Weston Office

My name is Angela Hollandsworth. I am the new case manager at the Weston Office. Although, I am not new to MountainHeart. I transferred from the Nicholas County Office.

I graduated from Glenville State College in 1999 with a Bachelor of Science in Behavioral Sciences and a minor in Criminal Justice. I plan on pursuing my masters.

I have two wonderful children, Ryan and Kate. I have been married to my best friend, Jimmie for 22 years. I am active in my church, I enjoy camping, spending time with family and friends and doing crafts.



Provider Appreciation Event

Kim Perrine, Supervisor

The Petersburg Office celebrated its First Annual Provider Appreciation Event on May 8th. All registered subsidized providers in Grant, Hardy, Pendleton and Mineral Counties were invited for training, prizes and celebration.



Guest speakers for the event were Natalie Snider, Distance Learning Statewide Coordinator with WV Early Training Connections and Resources, and Kanette Petry, Consumer Representative & Compliance Specialist with the Office of the Attorney General. Natalie shared a demonstration of the WV Early Care Share Website and Kanette led a training on Internet Safety.



Providers in attendance of the trainings received two hours of STARS credits. In addition to the trainings, the TRAILS Van representatives were present to lend items to providers and to enroll new providers for the TRAILS route. MountainHeart staff provided activities for 19 children present for the event.

Door prizes were awarded in each of the following categories: Newest Provider, Provider with the longest years of service, and Provider who drove the farthest distance to the event. In addition, all 11 attendees were given a goody bag with items to use at their child care center/facility/ or home. The Petersburg staff look forward to next year's event.



Healthy 5-minute tortilla pizzas

Ingredients:

- Tortilla (white flour, wheat flour, whatever you desire)
- Cheese (shredded mozzarella, cheddar, whatever you prefer)
- Sauce
- Optional: additional toppings that the children prefer



Instructions:

Lay a tortilla on a pizza pan, cookie sheet or baking stone. Spread a thin layer of sauce on tortilla. (Add additional toppings if desired. Remember; don't add much or it will weigh down your tortilla too much.) Sprinkle with cheese. (The kids can help out with making these too, though that might add a little extra time to the preparation.)

Put in oven under broiler until cheese melts. This only takes a few minutes so definitely keep an eye on it. Remove from oven, let cool, slice and serve.



Save The Date

What: Super Saturday

When: Saturday, October 24, 2015

Where: Potomac State College

E-mail Margaret Miltenberger for more information at M.Miltenberger@mail.WVU.edu

Phone: 304-788-3621

What: “Social Development for the Learning Mind”
5th Annual Child Care Provider Conference

When: Saturday, November 7, 2015

Where: Connections Community Church
Innwood, WV

To register and for additional information:
Call Nichol Earp at (304)-279-7305

“You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.” ~ Clay Bedford



WW Family Child Care Association Conference

Saturday, September 19, 2015
9:00am - 4:00pm
Westmoreland Women's Club
2962 Bradley Road, Huntington



Our guest speaker is
Brenda Ives

Door Prizes

- This conference is **FREE** to WVFCCA family child care members
- Membership/Renewals can be paid at the door
- Lunch will be available for \$8.00 (Continental breakfast is free)
- 50/50 Raffle
- T-shirts and magnets and Floyd's Produce & Flowers for sale
- Bring your business cards for our networking lunch
- Six hours of STARS approved specialized training for family child care providers
- Attendance will achieve Tier II Requirement
- Hotel Arrangements: Block of rooms are reserved at the rate of \$60.00 per night under WVFCCA. Please call Best Western Hotel 304-736-97727 **BEFORE SEPT. 8th @ 3441 US RT 60 Barboursville, WV 25504** to make your arrangements.

Ways to join our association:
Call 304-634-4806
Go to www.westvirginiafamilychildcare.com
Visit your local Resource & Referral Office and TRAILS Van
Their local association president



NAEYC's 2015 Annual Conference & Expo

November 18-21, 2015 | Orlando The NAEYC Annual Conference & Expo is the largest early childhood education conference in the world, where tens of thousands of educators choose from hundreds of presentations and exhibits. [Learn more about the 2015 Annual Conference and Expo.](#)

Future NAEYC Annual Conference and Expo Locations and Dates:

- Los Angeles, CA — November 2-5, 2016
- Washington, DC — November 14-17, 2018
- Anaheim, CA — November 4-7, 2020
- Orlando, FL — November 17-20, 2021



- Washington, DC — November 16-19, 2022
- Nashville, TN — November 15-18, 2023
- Anaheim, CA — November 6-9, 2024



Save The Date



*The Language
of Joy*



4th Annual Conference

Save the Date!

Saturday October 24th, 2015

7:30-4:00


at the WVU Child Learning Center in Morgantown, WV

More details to come

"Like" us on Facebook! Facebook.com/LanguageofJoy

*Sponsored by: WVU Child Learning Center, Hildebrandt Learning
Centers, LLC,*

*College of Education & Human Ser-
vices, Pierpont Community & Technical*

College, &  PNC



MountainHeart
Fall Conference 2015
Saturday, October 17, 2015
Buckhannon High School:
50 B.U. Drive
Buckhannon, WV 26201

This day is worth **6 hours** of WV STARS credit, and will also qualify as a conference, if participants are in attendance for the entire day.

There is a \$10.00 **non-refundable** registration fee.
Checks made payable to MountainHeart Community Services

Morning snack and lunch will be provided

Registration must be received by October 9, 2015 and spaces are limited.



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



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

Find us on Facebook at:

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

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

Check out our Blog at:

<http://teachwv.blogspot.com>

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



Visit our website at:

www.wvearlychildhood.org

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

Autumn Scramble

Can you unscramble the Autumn words below?

- vhtsear _____
- aveesl _____
- cesowrrac _____
- lowlye _____
- binrefo _____
- prae _____
- aker _____
- racon _____
- isrqeulr _____
- alppe _____
- nagreo _____
- lfal _____
- rde _____
- owbrn _____




www.ActivityVillage.co.uk - Keeping Kids Busy

Fun Activities



© Ron Leishman * www.ClipartOf.com/442841

Hungry Scarecrow!

Can you help the scarecrow find his way to the pumpkin patch?



www.ActivityVillage.co.uk - Keeping Kids Busy



Mind in the Making

Mind in the Making is an 11 module learning process that uses research on children’s development on how children learn and how child care providers can encourage engaged learning. It will compose of 22 hours of class time and 23 hours of homework that will equal 45 WV STARS registered training hours. The Modules are based on research about teaching and learning. During each module there will be lecture, videos, discussion, hands on activities to complete both individually, with a learning partner or in a group. Some of the topics will include understanding temperament, building confidence and competence, encouraging curiosity and problem solving, memory and learning, creating communities of learners and more. Mind in the Making is for child care providers who work with children in their home, facility or center. *You must be registered with STARS before beginning the modules.* Upon completion of all 11 modules with the homework assignments, you will receive a training certificate. This will cover your required amount of training hours for two years. You will also receive children’s books that total close to \$150.00.

Those interested in participating in this professional development opportunity need to call Melodee Price or Jaime Price in the Elkins office at 1-877-862-3103 toll free or 304-637-2840. An application form will then be mailed to you to complete your registration for the class. Deadline will be Monday, September 21, 2015 to register.

Location to be announced in Hampshire County

Friday, October 09, 2015 10:00-2:30pm
Friday, October 16, 2015 10:00-2:30pm
Friday, October 23, 2015 10:00-2:30pm
Friday, October 30, 2015 10:00-2:30pm
Friday, November 06, 2015 10:00-2:30pm
Friday, November 13, 2015 10:00-12:00pm

Module 1 and Module 2
Module 3 and Module 4
Module 5 and Module 6
Module 7 and Module 8
Module 9 and Module 10
Module 11



“Children learn more from what you are, than what you teach.” ~ W.E.B DuBois



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 2015-February 2016– Barbour, Lewis, Upshur, or Randolph County (5 Person Minimum)

March-June 2016- Berkeley or Jefferson County (5 Person Minimum)

July-October 2016 Grant, Hardy, or Mineral County (5 Person Minimum)

If the listed minimum is not met at session 1, the course will not continue.





Calling All Centers!!



What more health education for your center? Let us help! Renee Stonebraker, our new Child Care Health Educator, will be hosting health trainings based on your needs and wants. All you have to do is contact her.

Types of Trainings:

- Being a Good Role Model
- Picky Eaters
- Let's Make a Menu
- Understanding Special Dietary
- Needs
- Oral Health
- Let's Move
- Indoor/Outdoor Safety
- Safe Sleep Practices
- New Recipe Ideas
- Fruits & Vegetables 101
- Growing with Grains
- Vegetarian Diets
- Kitchen Safety & Sanitation
- Keeping Kids Safe

Renee Y. Stonebraker
Child Care Health Educator
Text/Call: 304-710-9695
rstonebraker@rvcds.org



West Virginia Developmental Disabilities Council

WV Developmental Disabilities Council
110 Stockton Street
Charleston, WV 25387

Contact: **Jim Cremeans**
(304) 558-0416
Jim.H.Cremeans@wv.gov

WV DD COUNCIL 2015 PUBLIC FORUMS

SEEKING HELP IN BETTER UNDERSTANDING THE SERVICE AND SUPPORT NEEDS OF PEOPLE WITH I/DD AND THEIR FAMILIES

The Developmental Disabilities Council is an independent, self-governing State agency established by an Executive Order of the Governor in 1972 and is funded by the Federal Administration on Intellectual and Developmental Disabilities (AIDD). The Council is seeking direct input from people with I/DD, their families and others who support them about their most pressing issues in order to prepare its **Five Year State Plan**.

Forum Schedule	
Holiday Inn & Suites 400 2 nd Ave. South Charleston, WV	September 30, 2015 1:00 p.m. – 3:00 p.m. 6:30 p.m. – 8:00 p.m.
Martinsburg Holiday Inn 301 Foxcroft Ave. Martinsburg, WV	October 15, 2015 1:00 p.m. – 3:00 p.m. 6:30 p.m. – 8:00 p.m.
Raleigh Co. Convention Ctr. 200 Armory Drive Beckley, WV	October 28, 2015 1:00 p.m. – 3:00 p.m. 6:30 p.m. – 8:00 p.m.
Ramada Inn 20 Scott Ave. Morgantown, WV	November 19, 2015 1:00 p.m. – 3:00 p.m. 6:30 p.m. – 8:00 p.m.



The Council is particularly interested in hearing comments on the following:

- Employment
- Community Services including I/DD Waiver Services
- Education and Early Intervention
- Health and Healthcare
- Other topics: Transportation, Housing, Assistive Technology, Child Care, and Recreation





TRAINING TOPICS OFFERED October –December 2015

All About the Creative Curriculum. Core Knowledge Area: Curriculum. Tier I. This training will familiarize participants with an understanding of organizing your space, a well-balanced schedule, and planning. This will be an overview of the Creative Curriculum. Target audience: home, facility and center based staff.

Child Supervision: Core Knowledge Area: Health, Safety, and Nutrition. Tier I. This training will focus on the importance of supervision in children's activities, both indoor and outdoor, in order to prevent injuries and manage behavior issues. We will also discuss the value of performing daily safety checks on the classroom environment to ensure it is free from hazards, which can help prevent accidents before they even happen. Target audience: home, facility, or center based staff.

Management in the Field of Child Care: Core Knowledge Area: Program Management. Tier III. This training will help administrative staff determine their preferred decision-making style, assess the impact of the decisions they make, increase the level of trust among staff and to make better decisions. Target audience: Directors and/or Assistant Directors of Child Care Centers and Facility owners.

Meet the Professional Development Team: Core Knowledge Area: Family and Community & Professionalism. Tier I. Child care providers will have an opportunity to meet the members of the Professional Development Team of MountainHeart North. The training team members will talk with providers about the ways in which we can all collaborate to provide high quality early care and education experiences to children. Providers will gain a better understanding of the resources that are available to them through MountainHeart. Target audience: home, facility, or center based staff.

Special Education 101: Core Knowledge Area: Professionalism. Tier I. Participants in this training will learn the basics of Special Education, including information about state and federal laws, IEPs, assessments, and additional resources. Target audience: home, facility, or center based staff.

Don't Get Burned by Stress and Job Burnout! Core Knowledge Area: 1 hour Program Management, 1 hour Professionalism. Tier I. Participants in this session will talk about the difference between burnout and stress. In addition, we will discuss the importance of managing stress in our lives. We will also brainstorm ways to reduce the stress we are experiencing in order to create a more conducive working environment. Target audience: home, facility, or center based staff.

Preschool Transitions Without Tears or Turmoil: Core Knowledge Area: 1 hour Child Growth and Development, 1 hour Positive Interactions and Relationships. Tier Level II. This training will focus on the frequent transitions that preschool age children face on an average day. Training participants will have an opportunity to discuss the various kinds of transitions that preschool age children face and learn how to support those transitions. Participants will be expected to engage in activities that may include singing, finger plays, etc. Target audience: home, facility, or center based staff.

Welcome New Child Care Nurse Health Consultant for North Central and Eastern WV

"A child does not thrive on what he is prevented from doing, but on what he actually does." ~ Marlene Cox



Hello! My name is Sara Bell and I am excited to be the new Child Care Nurse Health Consultant for North Central and Eastern WV. I have a background as a clinical nurse, as well as a degree in psychology, with experience in urgent care and case management.

I will be offering medication administration and child abuse/ neglect trainings, in addition to a variety of other health topics. Please feel free to contact me to schedule a training for your center at sbell@rvcds.org or (304) 840-2482.



Training Calendar for October—December 2015



Barbour County

Barbour County DHHR: 49 Mattaliano Drive, Philippi, WV 26416

Child Supervision	October 22, 2015 (Thursday)	2:30-4:30pm
All About the Creative Curriculum	December 8, 2015 (Tuesday)	10:30-12:30pm

Berkeley County

Shepherd University-Martinsburg Center: 261 Aikens Center, Martinsburg 25404

All About the Creative Curriculum	October 21, 2015 (Wednesday)	9:30-11:30am
Management in the Field of Child Care	October 21, 2015 (Wednesday)	12:00-2:00pm
Special Education 101	November 17, 2015 (Tuesday)	1:00-3:00pm
Preschool Transitions without Tears or Turmoil	December 3, 2015 (Thursday)	2:30-4:30pm

Grant County

MountainHeart Office: 93 South Grove Street Suite 139, Petersburg, 26847

Management in the Field of Child Care	October 13, 2015 (Tuesday)	5:30-7:30pm
Special Education 101	November 18, 2015 (Wednesday)	1:00-3:00pm
Special Education 101	November 18, 2015 (Wednesday)	5:30-7:30pm

Grant Co. DHHR: 53 Kiess Drive, Petersburg, WV 26847

Child Supervision	October 5, 2015 (Monday)	2:00-4:00pm
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Hampshire County

Hampshire County DHHR: Route 50 East, Romney, 26757

All About the Creative Curriculum	October 20, 2015 (Tuesday)	2:00-4:00pm
EACHES Head Start: 161 Bill Taylor Road, Romney, WV 26757		
Don't Get Burned by Stress and Job Burnout	November 6, 2015 (Friday)	9:00-11:00am

Hardy County

Hardy County Child Care Center: 1989 State Road 55, Moorefield, 26836

Child Supervision	October 5, 2015 (Monday)	5:30-7:30pm
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Hardy County DHHR: 149 Robert C. Byrd Industrial Park, Moorefield, 26836

Management in the Field of Child Care	December 4, 2015 (Friday)	12:00-2:00pm
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Jefferson County

Jefferson County DHHR: 239 Willow Spring, Charles Town, 25414

Management in the Field of Child Care	October 1, 2015 (Thursday)	11:00-1:00pm
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Shepherdstown Day Care Center: 531 E German St, Shepherdstown, 25443

Preschool Transitions without Tears or Turmoil	December 3, 2015 (Thursday)	6:00-8:00pm
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Lewis County

Lewis County Board of Education Building: (1st floor board room) 239 Court Ave., Weston, 26452

Meet the Professional Team	November 3, 2015 (Tuesday)	6:00-8:00pm
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Training Calendar for October—December 2015 continued

Mineral County

Keyser Wee Care: 2084 New Creek Way S., Keyser, 26726

Child Supervision October 29, 2015 (Thursday) 6:00-8:00pm

Morgan County

Little Learner's Village: 640 Fairfax Street, Berkeley Springs, 25411

All About the Creative Curriculum October 20, 2015 (Tuesday) 6:00-8:00pm

Little Learner's Village: (School Age Site): 10 Myers Rd., Berkeley Springs, 25411

Preschool Transitions without Tears or Turmoil December 10, 2015 (Thursday) 6:00-8:00pm

Pendleton County

Pendleton Co DHHR: Pendleton Business Center HC 61, Box 18-B, S 200, Franklin, WV 26807

Child Supervision October 19, 2015 (Monday) 2:00-4:00pm

Preston County

Preston Co DHHR: 18351 Veteran's Memorial Highway, Kingwood, WV 26537

Preschool Transitions without Tears or Turmoil December 8, 2015 (Tuesday) 2:30-4:30pm

Randolph County

MountainHeart Office: 1200 Harrison Ave., Suite 220, Elkins, 26241

Child Supervision October 26, 2015 (Monday) 5:00-7:00pm

All About the Creative Curriculum November 10, 2015 (Tuesday) 6:00-8:00pm

Management in the Field of Child Care December 1, 2015 (Tuesday) 6:00-8:00pm

Taylor County

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

Management in the Field of Child Care October 6, 2015 (Tuesday) 3:00-5:00pm

Preschool Transitions without Tears or Turmoil December 8, 2015 (Tuesday) 6:00-8:00pm

Tucker County

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

Child Supervision October 20, 2015 (Tuesday) 5:30-7:30pm

All About the Creative Curriculum October 27, 2015 (Tuesday) 6:00-8:00pm

Upshur County

Upshur County Public Library: 1150 Route 20 South, Buckhannon, 26201

Special Education 101 November 16, 2015 (Monday) 5:30-7:30pm

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.

If schools are closed in the county that a training is being held, the training is automatically cancelled, but will be rescheduled for a later date.





News From The Heart

Visit us at: www.facebook.com/#!/mountainheartwv

Come visit us at: www.mountainheartwv.org/ccnorth



Cool air, bright colors
The sweet smell of drying leaves
The gifts autumn brings



MOUNTAINHEART
Community Services, Inc.

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

MountainHeart Child Care Resource and Referral is a program of MountainHeart Community Services, Inc. This program is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources.

MountainHeart

Fall Conference 2015

Saturday, October 17, 2015

Buckhannon High School:

50 B.U. Drive

Buckhannon, WV 26201

★ This day is worth **6 hours** of WV STARS credit, and will also qualify as a conference, if participants are in attendance for the entire day.

★ There is a \$10.00 **non-refundable** registration fee.

Checks made payable to MountainHeart Community Services

★ Morning snack and lunch will be provided

★ **Registration must be received by October 9, 2015 and spaces are limited.**

MountainHeart Fall Conference Registration Form

Name _____

Address _____

County _____

Phone _____

Email Address _____

★ Please mark your choice for each session by preference (1, 2, 3):

Session 1: 8:15-10:15am

Session 2: 10:30-12:30pm

Session 3: 1:15-3:15

Food Handlers

Bright Smiles, Bright Future

Medication Recertification

Medication Administration

Child Care Food Program

Making a Difference

Reducing the Risk of SIDS

Period of Purple Crying

Indoor/Outdoor Safety

Mail your completed registration form by October 9th to:

MountainHeart

1200 Harrison Avenue, Suite 220

Elkins, WV 26241

Attention: Jaime Price

\$10.00 Check made payable to MountainHeart Community Services

Saturday, October 17, 2015
Agenda

8:00-8:15 Registration

8:15-10:15 Session 1 (Choose one)

Food Handlers. Core Knowledge Area: Health, Safety, and Nutrition. Tier II. VJ Davis from the Upshur County Health Department will provide an overview of food safety issues, regulations, and techniques to maintain a food-safe environment. Proper food handling is in the law and is part of child care regulations. Upon completion you will receive a food handler's card. Target audience: All child care providers.

Medication Administration. (First half is Session 1, second half will be Session 2) Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Glenna Bailey, 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. Target audience: Any child care provider administering medicine.

Reducing the Risk of SIDS. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Shannon Nichols, Infant Toddler Specialist, will cover basics of safe sleep practices for infants. We will define SIDS, facts, risk factors associated with SIDS, statistics in child care and legal considerations. Target audience: All child care providers.

10:15-10:30 Break

10:30-12:30 Session 2 (Choose one)

Bright Smiles, Bright Future. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Gina Sharps, MPH, RDH, Regional Oral Health Coordinator, Marshall University School of Medicine. Improving children's oral health is one of the most challenging and often neglected aspects of preventive health care. Untreated dental disease that starts in early childhood is progressive and can be devastating to long term health, education achievement and overall success. This session will introduce early interventions vital to developing good oral health habits and behaviors that can stay with a child for life. Target audience: All child care providers.

Child Care Food Program. Core Knowledge Area: Health, Safety, and Nutrition. Tier II. This training will meet the annual training requirement for family child care providers participating in the Child Care Food Program. This training includes a review of all CACFP policies and procedures, any changes for the current program year, as well as free resources from USDA and menu planning assistance. Target audience: family home providers.

Period of Purple Crying. Core Knowledge Area: Health, Safety, and Nutrition. Tier III. Lisa Wotring, Taylor County Starting Points Coordinator, will teach participants to become aware of issues surrounding infant safe sleep and shaken baby syndrome prevention. They will also understand the program components of The Period of PURPLE Crying and learn how to create an organizational culture of prevention through policies modeling and messaging and be prepared to educate others about vital infant safety measures. Target audience: All child care providers.

Second half of Medication Administration

12:30-1:15 Lunch

1:15-3:15 Session 3 (Choose one)

Medication Administration Recertification. Core Knowledge Area: Health, Safety, and Nutrition. Tier II. This program will update the skills and knowledge the learner gained in the original Medication Administration Program. Glenna Bailey, RN will also review important points covered in the original course. Target audience: All child care providers who have attended the Medication Administration class.

Making a Difference. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Lisa Wotring, Taylor County Starting Points Coordinator, will provide this training. Participants will become aware of the protective factors that help in child abuse and neglect prevention. This training will count towards the require child abuse and neglect prevention class. Target audience: All child care providers.

Indoor/Outdoor Safety. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Renee Stonebraker, Child Care Health Educator, will present this training. She will discuss best practice for supervising all children's activities to prevent dangerous situations and accidents. Target audience: All child care providers.

APPLICATION MUST BE RECEIVED PRIOR TO
March 31, 2016
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: \$ _____

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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 2014-2015 grant year.

Applicant's Signature: _____ Date: _____

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For agency use only:

Approval: _____ Amount of Grant: \$ _____

Date: _____