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FALL 2010

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MountainHeart Celebrates 45 Years of Service

By LEANN ANDREW, ASSISTANT PROGRAM DIRECTOR

MountainHeart Community Services is celebrating 45 years of service to the great state of West Virginia. The Elkins MountainHeart office recently hosted an open house event to mark this occasion. Several community members along with agency representatives and dignitaries attended the event. A proclamation from Governor Manchin was read in which he congratulated MountainHeart on the longevity of our program and the dedication to the citizens of West Virginia. We wish to thank the Randolph and Tucker county communities for their support and hope to serve them for another 45 years!



The open house dates for the remaining offices of MountainHeart North are as follows: Petersburg office on September 24th, Weston office on October 8th, Grafton office on October 22nd, and the Martinsburg office on November 12th. We extend our invitation to the public and encourage everyone attend.

Volunteers Sought for Professional Development Advisory Council

If you are interested in participating on the Professional Development Advisory Council or would like more information, please call the Elkins office at (304) 637-2840 or 1-877-862-3103 (toll free) and ask for Willetta or Leann. Those signing up to participate on the committee will be notified of the meeting dates, times, and locations of the meetings. **Participants will also receive WV STARS hours and have input into what trainings are offered where and when.**



Earl D. Smith,
Executive Director
Willetta Bolinger,
Program Director & Editor
Tara Bowley, Melodee
Price, Publishers
Norm Miller, Design
Articles Submitted by:
MountainHeart Profes-
sional Development Team

Save The Date!

WHAT: Annual Child Care Center Directors' Meeting

WHEN: October 6, 2010

WHERE: Village Square, Route 19, South Clarksburg, WV

LODGING: A block of rooms has been held at the Holiday Inn on Lodge Road in Clarksburg under *Early Care and Education*. The rate is \$70 for the night before the meeting, October 5, 2010.

This meeting is mandatory for all center directors to attend. Failure to attend will result in the center becoming ineligible to participate in the tiered reimbursement program and the associated grants. If you cannot attend, please send a designee in your place.





Disaster Preparedness

By TARA BOWLEY, EARLY CHILDHOOD SPECIALIST
 A new requirement was added to the code for child care centers, family child care facilities, and family child care homes to have an emergency plan. All child care programs (centers, facilities, & homes) will need to have their plans completed by December 31, 2010. We will be using training modules that were developed by NACCRRRA so that we have consistent information across the state. This training will aid participants in being able to explain why child care programs should have a disaster plan, list the types of disasters most likely to occur in their area, develop an emergency plan for their child care program, make and practice an evacuation plan for their program, and perform other tasks related to preparing for a disaster. The training will be offered several times before the deadline of December 31st. **We ask that center staff only send those individuals who will be directly involved with creating the plan so that we will have space available to accommodate all providers.** For more information or if you have any questions please contact Tara Bowley at 1-877-862-3103.

Have You Ever Heard of an IHCP?

By SARAH HICKS, NURSE HEALTH CONSULTANT
 An IHCP or Individualized Health Care Plan is a written plan that is developed to help child care staff understand a child's special medical need, and what their role will be in caring for the child. An Individualized Health Care Plan (IHCP) is developed in collaboration with the child's parents/guardians and the child's licensed health care provider. It will identify the child's condition (including symptoms), medical orders (for medications and/or interventions such as special diets or therapies), and a plan of action of what to do when the child's condition has the potential to turn into a medical emergency. An IHCP can seem intimidating, but are beneficial for child care providers, as it helps guide care for children with medical conditions or special medical needs. Having a plan in place can help boost confidence in care, as plans can be quickly referenced anytime.

For more information on IHCPs, you can contact your Child Care Nurse Health Consultant, Sarah Hicks at:
shicks@rvcds.org

"Attitudes are taught, not caught." - Author Unknown

Plant to Reap

By CHERYL "GRAMMY" WOLFE, TRAILS EC SPECIALIST

This is not actually my idea. I read this in Chicken Soup for the Grandparent's Soul. First, I must say that "I LOVE SNOW." I also must admit that sub zero weather and icy roads makes traveling on the TRAILS van an adventure. However, I still love snow and I wanted my grandchildren to love it and enjoy playing in it as much as I and my grown sons do. The story was about a grandfather who told his grandchildren that some people believe you have to give to the earth if you want the earth to give to you. A good farmer knows that you cannot reap if you do not plant good seeds. So every winter the grandfather would visit his grandchildren and collect snow balls, put them in his freezer and then would visit his grandchildren on the first frost of the year and plant their snow balls to reap plenty of snow for the winter. Last year, I was blessed with being at my grandchildren's home for the first snow of the year. We gathered our snow balls and stored them in their freezer until we were able to plant them. My grandchildren and my great nephew were very excited to do this project. The snow balls were determined to be planted this year because they survived a three day electrical outage. After the extra hot weather this summer on the TRAILS's van, I told my grandchildren to bring the snowballs home with them for the 4th of July. I was ready for "SNOW." We planted our snow balls in my back yard. It really does work because about 10 days later, it snowed in Africa. They are having winter now. This winter if I am not able to be with my grandchildren for the first snow, I hope they look up into the sky and think of Grammy Wolfe and our magic snowball time. I hope to do this every year with my grandchildren and that they will pass this on to their children and grandchildren.





Health and Safety Grant

You will notice in this edition of the MountainHeart newsletter, the 2010-2011 provider grant application is included. This grant is available to family child care facilities and family child care providers who accept subsidy payments for children in their care. A child care facility may request up to \$500 for resources and a child care provider may request up to \$250 in resources. The grant application no longer lists acceptable items to request. This opens up more possibilities for providers to request items they may want or need. **We highly suggest that you fulfill your licensing requirements for health and safety before requesting educational and recreational items.** Please fill out the grant application and send to the Elkins MountainHeart office attention Leann Andrew. This year's grant will begin October 1, 2010 and will end March 30, 2011 or when funds are depleted.

Training Reminders

- ♥ Providers wishing to attend any MountainHeart training sessions **must** register with the Elkins office at least 5 days before the scheduled training. Due to the limitations of space and class size those who have not registered prior to the training may not receive a certificate.
- ♥ Children **are not** allowed to attend training sessions.
- ♥ **NO** talking or disturbing other participants.
- ♥ Cell phones **must** be put on silent.
- ♥ Participants need to be on time for trainings. If you are late, you will be allowed to attend the training, but **WILL NOT** receive a certificate.
- ♥ Five participants must be registered for each training or the training will be cancelled.
- ♥ If you register and then cannot attend, call the Elkins office to cancel. This will allow another person to attend if there is a waiting list.

Elkins office: 1-877-862-3103 or 304-637-2840

NAEYC Annual Conference & Expo

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.

The 2010 NAEYC Annual Conference & Expo will be in Anaheim, CA on November 3-6, 2010.

For more information, visit www.naeyc.org

Keeping Infants and Toddlers Safe and Healthy

By SHANNON NICHOLS, I/T SPECIALIST

Here are some ways to make sure you are providing a **safe and healthy environment** for the infants and toddlers that you care for:

HEALTHY

- *Washing hands frequently for at least 20 seconds using liquid soap and warm water.
- *Provide nutritious meals and snacks.
- *Sanitize toys and equipment frequently (after each use if it goes in their mouth).
- *Take care of your own health.
- *Brush teeth regularly or wipe infant's gums with a moist towel.

SAFE ENVIRONMENT

- *Prevent choking by not propping bottles or using bottles to serve solid foods.
- *Practice emergency plans regularly and know your disaster preparedness plans too.
- *Follow "Back to Sleep" practices to reduce the risk of Sudden Infant Death Syndrome or SIDS, unless you have written directions from a doctor to do otherwise.
- *Care for small groups of infants and toddlers and get to know their individual abilities.
- *Select and use appropriate equipment and materials (NO walkers or items smaller than 1.25 inches in diameter and shorter than 2.25 inches in length).



MountainHeart Community Services along with WV Kids Count Fund will be promoting this year's "Take a Flower to Child Care Day". With all that our child care providers do in caring for and educating our children, please take time on **October 19, 2010** to show them your appreciation. All that is needed is for you or your child to present your provider with a flower. This flower can be homemade, picked from your flower garden, or bought at a local florist. You can be as creative as you want. Your provider will be so appreciative that you took the time to let them know how much you care. Providers, you will also need to let your parents know of this statewide program and encourage them to participate. How beautiful your establishment will be when it is decorated with flowers from your children!

For more information, please visit: www.wvkidscountfund.org/take-flower.php



MountainHeart News & Notes

CONGRATULATIONS

As of July 15, 2010 the following child care providers have achieved

Tier II Reimbursement status:

- Hardy County Child Care Center
- Teddy Bear Daycare
- Tiny Tots Daycare—Brandywine and Franklin sites
- BabyCubs Academy
- Dessa McDonald

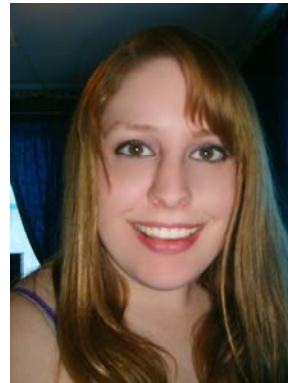
Tier III Reimbursement status:

- Child Development Center of Central WV
- Little Eagle Child Care Center
- Small Scholars Preschool, LLC—Site 1 and Site 2
- Youth Health Services, Inc—Home Ties Child Care

Welcome To Our Team!

Brandi Ray is a new case manager in the Martinsburg office. She received her BA degree in psychology from Hood College in 2009. In the future she would like to receive her doctorate degree. Some of her hobbies include baking, cake decorating, scrapbooking, gardening, interior design, and photography. Her favorite hobby is dancing, especially hip-hop and ballet. Brandi also enjoys the times she spends with her family and friends.

Jennifer Buckley is a new case manager in the Martinsburg office. She graduated from the University of South Alabama with a Bachelor of Science degree in Elementary Education grades K-6. She is a single mother of two beautiful girls, Courtney and Ashley. Courtney is 8 years old and in the third grade and Ashley is 3 years old. Her hobbies include reading and scrapbooking.



FYI

Attention Providers!

Do you have questions about your check? Try **FACTS PLUS!** FACTS PLUS allows you to view the status of your check on the Web. For more information and to request a new account, please visit: <https://facts.wvdhhr.org/factsplusnet/user/RqstUsrAct.aspx> and follow the online directions. Remember, you must print the application form and confidentiality statement and fax or mail it to the address given on the website.

ATTENTION COMPUTER SAVVY PEOPLE

MountainHeart is currently collecting email addresses from all child care providers. If you aren't already receiving emails regarding upcoming trainings, please call the Elkins office at 1-877-862-3103 to give Melodee Price your email address or you could email her at Melodee.B.Price@wv.gov and list what county you reside. She will then add you to her list serve in which she informs anyone in the field of child care of trainings or pertinent information related to children. We have found this to be an excellent tool to keep child care providers up to date with not only MountainHeart trainings but other available trainings for your area.



CONGRATULATIONS to

John Mason for being promoted to site supervisor in the Martinsburg office!



Director's Meeting for the Eastern Panhandle

Join directors in the Eastern Panhandle as they discuss the challenges and concerns involved when providing quality child care. Share information, find solutions and enjoy an opportunity to network. More information? Contact Michele Gallihugh at gallihugh@citlink.net or call 304-535-2234 for the time and place of the next meeting.

We hope to see you there!



MH News & Notes

Medication Administration Training

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 & are WV STARS registered. Training dates and sites are as follows:

- October 20, 2010 (Wednesday) at 11:00 am in Charles Town (Jefferson County DHHR)
- November 1, 2010 (Monday) at 5:30 pm in Keyser (Mineral County Technical Center)
- December 1, 2010 (Wednesday) at 10:00 am in Buckhannon (Upshur County Public Library)
- December 7, 2010 (Tuesday) at 11:00 am in Martinsburg (MountainHeart office)

Space is limited. Only twelve participants per class will be allowed. Slots will be filled on a first come, first serve basis. 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). If all spaces are taken, you may place staff members on the waiting list in the event that a slot becomes available. If the minimum number of participants is not met for a training session, the session will be cancelled.

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).

Participants must pass the Medication Administration competency test with 80% accuracy in order to pass the training and obtain a certificate.

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

Reminder: Children may not attend the training session.

"We cannot control a child's anger. We can help them to control their actions." - Unknown

Components of Quality Care and Education

CQCE modules are a 32-hour training that will cover a variety of topics. The modules were developed to meet the requirements of the WV Early Learning Standards. **Participants must be WV STARS registered before attending the training.** Each child care provider who completes the training may receive free resources for use in their home, facility, or child care center. Please contact the Elkins MountainHeart office at 1-877-862-3103 to register. If you have any questions about the training, please contact Melodee Price or Tara Bowley at the Elkins MountainHeart office.

Berkeley County: Martinsburg MountainHeart office: 891 Auto Parts Place, Martinsburg, 25403

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| October 5, 2010 – Tuesday, 10:00-2:30 | Extreme Makeover/Space and Furnishings |
| October 6, 2010 – Wednesday, 9:00-1:30 | For the Love of Literacy |
| October 12, 2010 – Tuesday, 10:00-2:30 | Not Just Routine |
| October 13, 2010 – Wednesday, 9:00-1:30 | Implementing Your Curriculum |
| October 18, 2010 – Monday, 11:00-3:30 | Recipe for Relationships |
| October 19, 2010 – Tuesday, 9:00-1:30 | Communication is the Key |
| October 25, 2010 – Monday, 11:00-3:30 | Building Blocks: A Program's Structure |
| October 26, 2010 – Tuesday, 9:00-1:30 | Including All Children |



FREE RESOURCES UPON COMPLETION





Training Topics Offered October - December 2010

Attention Deficit Hyperactivity Disorder. Core Knowledge: Child Growth and Development. Melodee Price will teach this 2 hour session to help child care providers understand the basics of ADHD and strategies to help a child with this diagnosis. (Beginner)

Child Abuse, It's a Crying Shame. Core Knowledge: Health, Safety, and Nutrition. This training will count towards the 2 hours of required child abuse and neglect training that center based staff need within the first 6 months of employment according to regulations. Melodee Price will facilitate this training session. (Beginner)

Decision Making As a Team. Core Knowledge: Program Management. This training will be geared toward center directors, assistant directors or owners of facilities. It 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. (Advanced)

Disaster Preparedness. Core Knowledge: Program Management. Tara Bowley will teach this 2 hour training in which participants will be able to explain why child care programs should have a disaster plan, list the types of disasters most likely to occur in their area, develop an emergency plan for their child care program, make and practice an evacuation plan for their program, and perform other tasks related to preparing for a disaster. It is mandatory for all center, facility, and home child care providers to have a disaster plan developed by December 31, 2010. (Advanced)

Infant Growth and Developmental Theorists. Core Knowledge: Child Growth and Development. This training will count towards 2 hours in infant/toddler credit. Participants will learn different theorists such as Erikson, Piaget, Vygotsky and Dewey. You can then apply their theories to create a meaningful learning environment for all children in your home or center. (Advanced)

Open Wide and Brush for Health! Core Knowledge: Health, Safety, and Nutrition. Sarah Hicks, Nurse Health Consultant, will teach this 2 hour training which will focus on the importance of oral health, proper brushing techniques, dental health issues, and how to send the message home with families. (Intermediate)

Temper Tantrums. Core Knowledge: Child Growth and Development. Tara Bowley will teach this 2 hour training in which participants will learn about the behaviors, triggers, causes, and remedies in relation to temper tantrums. The participants will obtain information through examples, case studies, and discussion. (Intermediate)

Transitions. Core Knowledge: Positive Interactions and Relationships. Tara Bowley will teach this 2 hour training in which participants will learn to prepare children for transitions and focus their attention in positive ways. They will also learn how to make transitions smooth, meaningful, and fun for both children and adults. (Beginner)

CPR classes are being offered on Monday evenings and Saturday in Jefferson County. Please contact Nichol Earp at munchway@cs.com or 204-279-7305 for more information.

TRAILS Tips

By JANET AITCHISON, TRAILS EC SPECIALIST

Hang a dry erase or chalk board next to your parent's sign in sheets. Write the stories you read, the snacks you served and the activities you enjoyed that day on the board. This will give parents a quick reference to their child's day. In addition, it will offer some prompts when they ask "What did you do today?" and the child says "Nothing!"



Tentative Schedule for Future WVIT Classes

If you are interested in attending the West Virginia Infant Toddler program, please contact Shannon Nichols in the Elkins office at 1-877-862-3103 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-February 2010/2011 - Barbour, Lewis, Upshur or Randolph County

March-June 2011 - Grant, Hardy or Mineral County



Training Calendar for October-December 2010

Barbour County

Wee Train Day Care Center: PO Box 36, Junior, 26275

Disaster Preparedness 12/17/10 (Friday) 6:00-8:00

Berkeley County

Rocky Knoll School: 52 Advent Drive, Martinsburg, 25403

Disaster Preparedness 10/5/10 (Tuesday) 6:30-8:30

Child Abuse, It's a Crying Shame 10/12/10 (Tuesday) 6:30-8:30

Open Wide and Brush for Health! 12/7/10 (Tuesday) 6:30-8:30

Inwood Family Worship Center: 28 Lafayette Lane, Inwood, 25428

Transitions 10/18/10 (Monday) 6:30-8:30

Infant Growth and Dev. Theorists 10/25/10 (Monday) 6:30-8:30

Martinsburg MountainHeart office: 891 Auto Parts Place Suite 139, Martinsburg, 25403

Med. Administration (Must be WV STARS registered) 12/7/10 (Tuesday) 11:00-3:30

Grant County

Grant Co. Public Library: 18 Mountain View Road, Petersburg 26847

Decision Making As a Team 10/1/10 (Friday) 10:00-12:00

Child Abuse, It's a Crying Shame 10/1/10 (Friday) 12:30-2:30

Disaster Preparedness 10/11/10 (Monday) 2:00-4:00

Hampshire County

Hampshire Co. Public Library: 153 West Main Street, Romney 26757

Child Abuse, It's a Crying Shame 10/16/10 (Saturday) 11:00-1:00

Hardy County

Hardy Co. Public Library: 102 North Main Street, Moorefield, 26836

Infant Growth and Dev. Theorists 10/6/10 (Wednesday) 12:00-2:00

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

Attention Deficit Hyperactivity Disorder 10/20/10 (Wednesday) 5:30-7:30

Jefferson County

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

Med. Administration (Must be WV STARS registered) 10/20/10 (Wednesday) 11:00-3:30

Shepherdstown Day Care Center: PO Box 388, Shepherdstown, 25443

Open Wide and Brush for Health! 10/20/10 (Wednesday) 6:00-8:00

Lewis County

Lewis Co. Board of Ed. Building: 239 Court Avenue, Weston 26452

Decision Making As a Team 10/4/10 (Monday) 10:00-12:00

Temper Tantrums 10/13/10 (Wednesday) 10:00-12:00

Mineral County

Mineral County Technical Center: 600 Harley O. Stagers Drive, Keyser, 26726

Disaster Preparedness 10/11/10 (Monday) 7:00-9:00

Med. Administration (Must be WV STARS registered) 11/1/10 (Monday) 5:30-10:00

Mineral County DHHR: 18 N. Tornado Way, Keyser, 26726

Temper Tantrums 10/12/10 (Tuesday) 9:00-11:00

Morgan County

Doodlebugs Learning Station: PO Box 367, Berkeley Springs, 25411

Disaster Preparedness 10/23/10 (Saturday) 10:00-12:00

Transitions 10/23/10 (Saturday) 1:00-3:00

Open Wide and Brush for Health! 12/6/10 (Monday) 6:00-8:00

Preston County

First Presbyterian Church Day Care Center: 106 E. High Street, Kingwood, 26537

Disaster Preparedness 11/20/10 (Saturday) 10:00-12:00

Transitions 11/20/10 (Saturday) 1:00-3:00



Training Calendar for October-December 2010 continued

Randolph County

Randolph Co. DHHR: 1027 North Randolph Ave. Elkins, 26241

Child Abuse, It's a Crying Shame	12/8/10 (Wednesday)	10:00-12:00
Infant Growth and Dev. Theorists	12/17/10 (Friday)	10:00-12:00

Youth Health Service, Inc.: 971 Harrison Avenue, Elkins, 26241

Disaster Preparedness	12/16/10 (Thursday)	5:30-7:30
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Taylor County

Taylor County Public Library: 200 Beech Street, Grafton, 25354

Child Abuse, It's a Crying Shame	11/3/10 (Wednesday)	10:00-12:00
Infant Growth and Developmental Theorists	11/3/10 (Wednesday)	12:30-2:30

Tucker County

Tucker County Board of Education office: 501 Chestnut Street, Parsons, 26287

Open Wide and Brush for Health!	11/17/10 (Wednesday)	6:00-8:00
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Upshur County

Upshur County Public Library: Route 6 Box 480, Tennerton Road, Buckhannon 26201

Attention Deficit Hyperactivity Disorder	11/10/10 (Wednesday)	11:00-1:00
Med. Administration (Must be WV STARS registered)	12/1/10 (Wednesday)	10:00-2:30
Disaster Preparedness	12/6/10 (Monday)	10:00-12:00

Child Development Center: 20 Camden Avenue, Buckhannon, 26201

Transitions	11/4/10 (Thursday)	6:00-8:00
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***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.***



Child Care Resource & Referral Division

1200 Harrison Avenue, Suite 220

Elkins, WV 26241