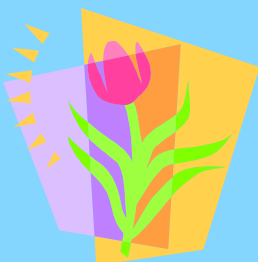


MountainHeart Resource & Referral

"News From The Heart"

LOOK INSIDE:

- News , articles and events for child care providers
- New Staff updates
- WV Birth to Three
- Celebrating Connections
- Local Early Childhood Fair and Conference Information
- Training Calendars



MountainHeart Child Care Resource and Referral is a program of Mountain Heart Community Services, Inc. and is funded under an agreement with the DHHR Office of Social Services. This program was established in 1992.

Spring 2005

TRAILS Van 4th Anniversary!

The MountainHeart TRAILS Van has been enhancing child care programs by lending books, toys, games, puzzles, and many other technical assistance items to providers since **April 2000**. TRAILS (Traveling Resource and Information Library Service) is a vital part of MountainHeart's service to local communities by delivering our **FREE** services right to your door!



Pendleton counties (888-915-7653)



TRAILS Staff: (left to right) Cheryl Wolfe, Lori Dameron, Janet Aitchison, Jamie LeHew

providers in keeping their homes filled with new, fun, and educational toys all year round.

We would like to take this opportunity to thank all who participate in the TRAILS Program and make it possible for us to provide West Virginia's Children with developmentally appropriate resource materials.

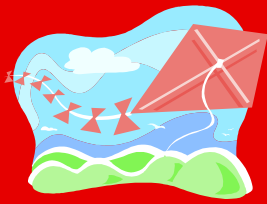
All MountainHeart providers are encouraged to con-

tact the TRAILS Representatives in your area to schedule a visit. Cheryl Wolfe and Lori Dameron are happy to assist providers in Barbour, Lewis, Preston, Randolph, Taylor, Tucker, and Upshur counties (877-811-5437). Janet Aitchison and Jamie LeHew are ready to visit you in Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan and

MountainHeart's new Program Director, Mr. Larry Kincaid, has been very encouraging and a great team leader to the TRAILS program and all of our staff. Our agency applauds the great job our TRAILS staff have been doing. They work very hard at keeping the TRAILS inventory neat and organized.

In fact, a convenient picture inventory of all our resource materials will soon be available for our providers.

We would also like to thank our child care providers for keeping the TRAILS items sanitized. We feel very confident that our items are very clean and ready to loan out to our children.

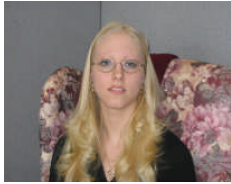


**“I’m very excited to be MountainHeart’s new Provider Trainer, and look forward to meeting the needs of the community”
...Mylissa Daniels**

MountainHeart Staff at Celebrating Connections: Cheryl Wolfe, Justin Wright, Amanda Roy, Janet Aitchison, Leann Andrew, Christy Schumacher and Jamie LeHew.

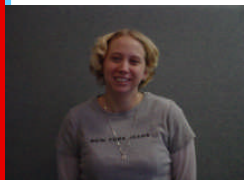
New Faces at MountainHeart

KRISTA HINER



Krista Hiner is MountainHeart's new Case Manager in our Petersburg office. Krista graduated from Fairmont State University in May, 2004 with a Bachelor's degree in Allied Health Administration. She also has an A.A.S. in Health Information Technology. She currently resides in Pendleton county and was most recently employed with a physician's office in Randolph county. She is very open and thoughtful, and has past experience working enthusiastically with the public.

JAMIE LEHEW



Hi-I'm Jamie LeHew the new TRAILS van assistant in the Martinsburg Office. I really enjoy the job and I'm learning a lot as well. I have two children. My oldest is my son Daylin who is three, and my youngest is my little girl Amaya who is 17 months. They both keep my life full of joy and very busy.

MYLISSA DANIELS



I graduated from Mountain State University in 2004, with a Bachelor's Degree in Organizational Leadership. I am also a graduate from the ACDS program and have over thirty credits in early childhood. My work experience includes nineteen years working with children. Recently married to husband Jeff, I have a daughter 9, and two step-sons 9 and 14.

Celebrating Connections 2005

by Christy Schumacher

Celebrating Connections was held February 23-25, 2005 at the Charleston Civic Center. There were a variety of attendees from child care providers to Pre-K teachers. I chose to attend classes on dealing with difficult behaviors and how to use



positive behavior support strategies for inappropriate behavior. The information that I learned will not only be useful with my career, but also in dealing effectively with my own children.

Child care providers can really benefit from attending this informative conference. Behavior support, making file folder games, and the importance of early reading are just a few of the many sessions available to attend. This conference is sure to give you a multitude of new ideas for child care. We hope many child care providers will sign up to attend next year's Celebrating Connections...it's sure to be lots of fun!

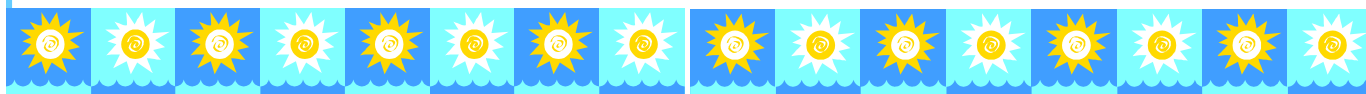
West Virginia Birth to Three—RAU 5

by Rachel Skavenski



Greetings from the West Virginia Birth to Three program! MountainHeart is extremely excited to be serving West Virginia families through the Birth to Three program. We would like to remind all parents that the Birth to Three

program serves families within 7790. Most of our Birth to Barbour, Lewis, Preston, Three counties will be holding Randolph, Taylor, Tucker and their early childhood fairs during Upshur counties. Birth to Three March and April (see Early Childhood Fair schedule on the back page of this newsletter). Lewis is a program designed to provide assistance and support to children from birth to age three and Preston counties are still in the process of planning their fairs. Please watch your local services are provided at NO COST to families, at your discretion, and all services will take place in your home. Anyone can make a referral to the program. If you would like to make a referral or learn more about the Birth to Three program please call our helpful staff at 637-2844 or toll free at 1-800-449-



Mineral County Family Resource Network (MCFRN)

Spring 2005 Child Care Workshop Series

How to Take Stress Out of Care Giving (Program Management and Professionalism)

Monday, March 14, 7-9 p.m., Keyser Health Dept & Thursday, March 17, 7-9 p.m., Frankfort High School

The Art and Science of Playing With Younger Children (Cognitive Development & Creativity)

Monday, April 11, 7-9 p.m., Keyser Health Dept & Thursday, April 14, 7-9 p.m., Frankfort High School

Music in Our Ears (Development of Creativity and Communication)

Monday, May 9, 7-9 p.m., Keyser Health Dept & Thursday, May 12, 7-9 p.m. Frankfort High School

Child Care Credit, WV STARS and WVU CEU's Available

Refreshments Provided. Child Care is unavailable

Please register with the WVU Extension Service at 304-788-3621 today!!

MountainHeart Training Calendar

April ♥ May ♥ June ♥ 2005

- Topic 1: "Time Management, Filing & Other Organizational Skills" - Core Competency: Program Management
- Topic 2: "Music for the Non-Musical" - Core Competency: Curriculum
- Topic 3: "Communicating with Parents" - Core Competency: Family and Community
- Topic 4: "Ages and Stages" (Includes 2 hours Infant / Toddler Credit) - Core Competency: Child Growth and Development
- Topic 5: "Infant Brain Development" - Core Competency: Child Growth and Development
- Topic 6: "Child Portfolio Development" - Core Competency: Child Observation and Assessment

Pendleton County Bank, Franklin

April 14, 2005	Thursday	3:00pm-5:00pm	Time Management...
April 14, 2005	Thursday	6:00pm-8:00pm	Ages and Stages

Randolph County Public Library, Elkins

April 30, 2005	Saturday	11:00am-1:00pm	Music for the Non-Musical
April 30, 2005	Saturday	2:00pm-4:00pm	Communicating w/ Parents

Grant County Library, Petersburg

May 18, 2005	Wednesday	3:00pm-5:00pm	Infant Brain Development
May 18, 2005	Wednesday	6:00pm-8:00pm	Child Portfolio Development

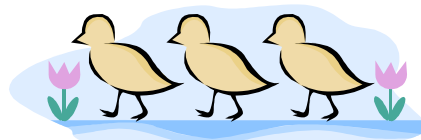
Grand Central Station, Keyser

June 16, 2005	Thursday	11:00am-1:00pm	Infant Brain Development
June 16, 2005	Thursday	2:00pm-4:00pm	Child Portfolio Development

Taylor County, Public Library (3:00-5:00) & Grafton MountainHeart Office (6:00-8:00)

April 22, 2005	Friday	3:00pm-5:00pm	Music for the Non-Musical
April 22, 2005	Friday	6:00pm-8:00pm	Communicating with Parents*

Communicating with Parents will have a limit of 15 participants



Upshur County, Child Development Center (40 people MAX)

May 7, 2005	Saturday	10:00am-12:00pm	Time Management
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May 7, 2005	Saturday	1:00pm-3:00pm	Ages & Stages*
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*Ages and Stages offers 2 hour of Infant / Toddler Credit

Barbour County, Philippi Baptist Church

May 31, 2005	Tuesday	10:00am-12:00pm	Infant Brain Development
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May 31, 2005	Tuesday	1:00pm-3:00pm	Child Portfolio Development
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Preston County, Wesley United Methodist Church

June 10, 2005	Friday	3:00pm-5:00pm	Infant Brain Development
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June 10, 2005	Friday	6:00pm-8:00pm	Child Portfolio Development
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Jefferson County Health Department, Jefferson

April 6, 2005	Wednesday	3:45pm-5:45pm	Communicating With Parents
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April 6, 2005	Wednesday	6:00pm-8:00pm	Music for the Non-Music
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Shepherd Community College / Dunn Building, Berkeley

April 14, 2005	Thursday	1:00pm-3:00pm	Time Management, Filing...
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April 14, 2005	Thursday	3:15pm-5:15pm	Infant / Toddler: Ages & Stages
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Starting Points, Morgan

May 14, 2005	Saturday	11:00am-1:00pm	Infant Brain Development
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May 14, 2005	Saturday	1:15pm-3:15pm	Child Portfolio Development
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Romney Library, Hampshire

June 13, 2005	Monday	3:45pm-5:45pm	Infant Brain Development
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June 13, 2005	Monday	6:00pm-8:00pm	Child Portfolio Development
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In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resource and Referral training will be accessible to persons with disabilities. If you require accommodations for a training, please contact MountainHeart CCR&R for assistance at 637-2480 or 1-877-862-3103 (toll free).

Additional Training Information....

Special Notice

"One Step At A Time" Infant / Toddler Training

The "One Step At A Time" Infant / Toddler training is being offered in **Mineral County** (Keyser) Grand Central Station, each of the following days: Monday, May 2; Thursday, May 5; Monday, May 9; Friday, May 13; Monday, May 16; and Thursday, May 19. This is a 40 hour course and you must attend all six sessions in order to receive your certificate. Each session will be an 8 hour per day training. If you would like to register for the training, or would like to receive more information regarding this training, please contact the Elkins Office at 1-877-862-3103.

The "One Step At A Time" Infant / Toddler training is also being offered in **Taylor County** (Grafton) at the Public Library on the following days: Monday, May 2; Friday, May 6; Monday, May 9; Friday, May 13; Monday, May 16; and Friday, May 20. This is a 40 hour course and you must attend all six sessions in order to receive your certificate. Each session will be approximately 8 hours per day. If you would like to register for the training, or would like to receive more information regarding this training, please contact the Elkins Office at 1-877-862-3103 or the Grafton Office at 1-877-811-5437.

Note: All participants must register for the Grafton or Keyser Infant / Toddler Classes by Wednesday, April 13, 2005 so that all materials and documentation can be processed in a timely manner. Thank you.

The "One Step At A Time" Infant/Toddler training is also being offered at Starting Points in **Morgan County** on the following days: Thursday, April 21; Thursday, April 28; Thursday, May 5; Thursday, May 12; Thursday, May 19 and a Wednesday, June 1. This is a 40 hour course and you must attend all six sessions in order to receive your certificate. Each session will be 8 hours in a day, 9:30am till 5:30pm.

Note: All participants for this Morgan county course must register for this Infant/Toddler Class by Friday, April 8, 2005, in order to attend this course. If you would like more information regarding this training, please contact Kim Tucker or Mylissa Daniels at the Martinsburg Office at 1-888-915-7653 or 304-262-1584.

Important Reminders

***You may attend training in any county.**

***Please call, no later than one day before the training, to register to attend training.**

****Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend training in Barbour, Taylor, Tucker, Lewis, Upshur, Preston, Grant, Hardy, Mineral, Pendleton and Randolph Counties.**

****Call the Martinsburg office @ 262-1584 or 1-888-915-7653 to register to attend training in Hampshire, Morgan, Berkeley or Jefferson Counties.**

***If you register for a training and then find you are unable to attend, please call to cancel.**

***If no one calls to sign up for training, the training will not be held. Please call to confirm.**

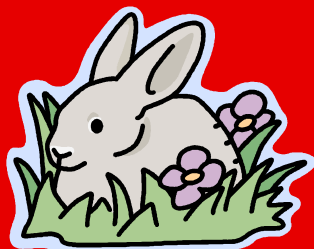
***Please do not bring children to training.**

***If school is cancelled due to bad weather, training will be cancelled as well. Please call to confirm.**



2005 Conference Site:
Blackwater Falls!

...Attending a
MountainHeart
Provider
Conference is a
fun and
convenient way to
accumulate
required training
hours...



2005 Child Care Provider Conference by Sue Landis

MountainHeart Child Care Resource and Referral is proud to announce our Child Care Provider Conference will be held June 3 & 4, 2005 at the Blackwater Falls Conference Center in Tucker County (Davis), West Virginia.

Our conference theme this year is Health, Fitness and Nutrition. We're planning two full days of training and activities for child care providers.

Joining MountainHeart for this two-day conference is a convenient way to accumulate state required and STARS registered training hours.

Don't forget...lunch is provided on both days, plus terrific FREE prizes, just for coming!

We hope to see you there! Look for a conference brochure and registration in your mailbox this spring. Register early because space is limited.

Want to preview the con-

ference site on-line? Visit www.blackwaterfalls.com for a virtual tour. Blackwater Falls is one of the most scenic and photographed locations in West Virginia. Mark your calendars! Don't miss it!

JUNE 3 & 4, 2005

(If you are interested in participating on MountainHeart's Provider Conference Planning Committee, please contact Sue Landis at 1-888-915-7653 for more information)

Benefits of Sign Language for Infants and Toddlers

- ☉ Child can communicate wants and needs at an early age.
- ☉ Child may learn to speak earlier (because sign language is used in conjunction with speaking, you teach your toddler to talk as you sign.)
- ☉ Child may have a higher I.Q. (research suggests as much as 10 points higher).
- ☉ Child may have an easier time learning a second language later in life.
- ☉ Both child and parent experience lower frustration levels because baby can communicate needs earlier.
- ☉ Parent and child create a deeper bond and a higher level of trust.
- ☉ Parent receives greater insight into child's mind.

Information was taken from an article published on Saturday, Sept. 11, 2004 by Sign Babies

Cheryl Wolfe, TRAILS Early Childhood Training Specialist, Grafton, WV



SPRINGTIME ACTIVITY

BUTTERFLY FEET



Have children take off shoes and socks, paint the bottom of their feet with non-toxic tempera paint. Have children step onto a piece of paper with their feet and heels together. When dry, add antennae with markers or crayons or yarn and DECORATE !






MountainHeart



MountainHeart Child Care
Resource & Referral, Region V



Postmaster: Please deliver to addressee or current resident.



 Our Five Convenient Locations: 

 Martinsburg 888.915.7653 

 Petersburg 877.211.5437 

 Elkins 877.862.3103 

 Grafton 877.811.5437 

 Weston 866.232.9227 

“Children Are Our Future...
And The Future Looks Promising!”



Local Early Childhood Fairs

Upshur County

◇April 21, 2005, 9am—2pm, Stockard Youth Center

Randolph County

◇April 8, 2005, 9:30 am—2:30 pm, First United Methodist Church in Elkins

Tucker County

◇April 28, 2005 (Thomas)
◇April 29, 2005 (Parsons)

Hardy County

◇April 2, 2005, 8am—12pm, Moorefield Middle School

Barbour County

◇April 8, 2005, Philip / Barbour Vocational School

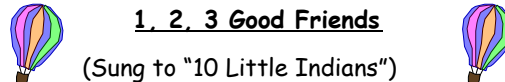
Region Wide Conference

◇Mountain Heart's Provider Conference will be held at the Blackwater Falls Conference Center in Tucker County, June 3 & 4, 2005.



1, 2, 3 Good Friends

(Sung to "10 Little Indians")



1,2,3 good friends,

4, 5, 6 good friends,

7,8,9 good friends,

10 good friends are we!

(You can also sing in Spanish)

Uno, dos, tres amigos,

Cuatro, cinco, seis amigos

Siete, ocho, nueve amigos

Diez amigos son !

CPR Training Information is now listed on our website

www.mountain-heart.org , or call one of our

MountainHeart offices for CPR contact information.