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News from the Heart

Change and What It Can Do to Our Peace and Comfort

By: Larry Kincaid, Program Director



my grandchildren.

As I change with age, I seem to dislike change more and more. I don't want to get up at a different hour of the day and I want to go to sleep at a certain time each night. But sometimes, I won't no matter what!

I find that I don't want to try any new kind of food. I like what I like. It does no good whatsoever to tell me that it's good for me, I don't want it. The color of the item (usually green or yellow) that my wife wants me to eat would only mean something if it had been painted by one of

With age, I find that if I want something that I really, really want, I will make everyone around me miserable until I get my way. I can pout, whine and almost make real tears roll from my eyes. Things that I used to take for granted, I now often ask WHY? Why do I have to eat oatmeal? Why is oatmeal tan and white and kind of looks like light colored mud with the same texture? Would you want to eat mud?

The clothes I wear (when not at work) I have been wearing for thirty years or more. Some have come in and out of style a half dozen times or more. I don't want to wear the new ones that have been bought by kind hearted family members who have absolutely no taste for thirty year old clothes and no idea of what they can mean to a person.

When I get tired and want to rest, I always head for my chair to kick back and drift off for a few minutes. I don't want anyone to wake me and if they do, I will most likely be on the cranky side.

As an adult, I can convince myself that I have a right to act the way I act and can convince most people of that as well. I want what I want when I want it and that's that. However, the children in my family have a problem with adults acting as I have described myself doing from time to time. I know it's because they have not been allowed the same considerations that I have come to expect. I just don't understand children that want what they want, when they want it and have the nerve to let us know. Children need to set good examples for some of us adults, don't they?



IMPORTANT NOTICE CONCERNING TRAINING:

Effective April 1, 2007, providers must register for training sessions **three business days prior** to the scheduled training. The registration deadline will be listed beside of the name of the training session on the training calendar included in the newsletter. To register for a training session, please call the Elkins office at 304-637-2840 or 1-877-862-3103 (toll free).

Spring 2007

Inside this issue:

Child Abuse and Neglect	2
WV's Medication Administration Trainings	3
Week of the Young Child	4
Training Calendars	5-7
Earth Day	8
People First Language	9



The MountainHeart office located in the Berkeley Plaza in Martinsburg will be moving to Shockey Commerce Center, 891 Auto Place, Martinsburg, WV.

Child Abuse & Neglect

By James Weber, Behavior Consultant

April is Child Abuse Awareness Month. You may see people wearing blue ribbons to publicly demonstrate their concern for this part of our population who cannot protect themselves. As Americans, we are more aware than ever of the tragedy of child abuse and neglect. We see announcements on television, notices in the newspaper, and messages on billboards. We are reminded over and over to call Child Protective Services (CPS) when we suspect that child maltreatment has occurred or might occur.

At the same time, the idea of child maltreatment frightens us. The thought of child sexual abuse disturbs us to the point where we do not want to think about it. Nevertheless, a large percentage of adults report being abused as a child. The evidence is out there if we look.

CPS reports a steady increase in referrals of child maltreatment. Approximately 50,000 reports of child abuse/neglect are received weekly in the United States. Unfortunately, resources have not kept up with demand for services.

We may ask ourselves what role we play in solving this American tragedy. First of all, we need to know what maltreatment is. We need to be aware of its causes. Finally, we need to make a report to authorities when maltreatment is

suspected.

Child abuse and neglect is defined as maltreatment of children under the age of eighteen by a caretaker. It could be physical (burns, bruises, bites, broken bones), sexual (fondling, intercourse, child pornography), emotional (belittling, constant disapproval) or it could be neglect (lacking basic food, supervision, clothing, shelter, education or medical care). Whenever questions arise about maltreatment, it is best to check with the local DHHR for clarification.

Part of understanding the problem has to do with knowledge of some of the causes of child maltreatment. There are numerous factors contributing to the abuse and neglect of children. Some of these include the lack of a support system, social isolation, domestic violence, drug abuse, stress and early motherhood. Psychological factors also play a role in family functioning.

We have both a personal responsibility and a professional obligation to report suspicions of child maltreatment to CPS. The WV Code grants immunity from civil and criminal liability for persons reporting in good faith. The name of the reporter is not given to the

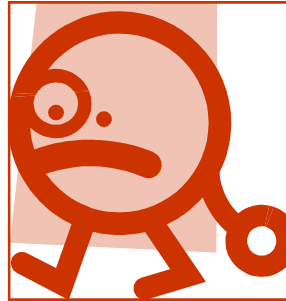
family. However, many times alleged abusers spend a lot of energy trying to obtain the name of the reporter partially as a measure to distract the CPS investigator.

It is important to have the necessary information ready before calling CPS. The intake worker will ask for the child's name and age. He or she also will need the name of the

alleged perpetrator along with the names of others including the non-offending parent and siblings. Addresses, directions to the home, telephone numbers and some background information also make up the report. The intake worker will then give the referral to the supervisor who will either assign the report for investigation or screen it out.

The importance of making good faith reports cannot be overstated. CPS cannot act until a report is made. Without their action, a child can remain victimized in unsafe conditions. They may carry physical and emotional scars throughout their lives and sometimes become abusers themselves. It is important that we do our part to stop the maltreatment of children.

REMEMBER: CHILD CARE PROVIDERS ARE MANDATED REPORTERS



Provider Conference

MountainHeart Child Care Resource and Referral Agency will be hosting a child care provider conference on April 28, 2007 at the Moorefield Middle School from 8:00am till 5:00pm. Registration forms were mailed out to child care providers in the 15 counties that we serve. All are welcome to attend the conference in which you can earn 6 hours of training credit. Please return the registration forms along with a \$10.00 non refundable registration fee to 1200 Harrison Avenue Suite 220 Elkins, WV 26241 attention: Melodee Price. If you need a registration form, or you have any questions, please contact our Elkins office at 1-877-862-3103 or 637-2840

WV's Medication Administration Instructional Training

Training in medication administration is currently being offered in various parts of our 15 county region to child care center & Head Start staff by two members of West Virginia's cadre of Registered Nurse/Instructors. As per the 2003 Day Care Center Licensing Regulations, staff members who work in licensed child care centers or Head Starts and administer medication must have specific medication administration training. In order to assist in meeting this requirement, staff of West Virginia's Department of Health and Human Resources, Division of Early Care and Education designed a basic medication instructional program for child care center staff who would be administering medications to infants, toddlers, and children in their care.

A quarterly medication administration training schedule is mailed to child care center directors before the beginning of each quarter. Directors of child care centers and Head Start programs should receive the schedule for April - June 2007 at the end of March. If you do not receive or misplace the schedule, please call the Elkins MountainHeart office at 304-637-2840 or 1-877-862-3103 (toll free).

The WV Medication Administration Instructional Program is not currently being offered in the Martinsburg area of our region due to there not being a member of West Virginia's cadre of Registered Nurse/Instructors available to teach the program. Child care centers do have the option of independently contracting with one of our two registered nurses in our region that are offering the training. Centers would be responsible for payment of all fees negotiated with either of the two Registered Nurses. For more information on this option, please contact Willetta Bolinger at 304-637-2840 or 1-877-862-3103 (toll free).

Please keep in mind that to be eligible to enroll in the WV Medication Administration Instructional program all participants must be credentialed on the WV STARS pathway prior to attending the training session.

Provider Association Meeting Dates

■ Jefferson County Child Care Provider Association will be meeting on April 16, May 14, and June 11 at the Lion's Center in Ranson, WV. If you would like to join or you have any questions, you can call Nichol Earp at 728-4680 or e-mail at munchway@cs.com. The meetings start at 7:00 and last until at least 9:00pm.

■ Tri County Child Care Provider Association will be meeting on April 23, May 21 and June 25th. The meetings begin at 6:30 and last until at least 8:30pm. Come join us at the Family Worship Center in Inwood, WV. All child care providers are encouraged to attend/join. If you would like to join or you have any questions you are

welcome to call Paula Wahler at 274-3467 or e-mail her at wahler1@verizon.net

■ These Associations are both great ways to meet other child care providers in your area, receive WV STARS approved training and socialize with your peers.

Child Care Providers: Do You Need Help?

Do you sometimes feel like the woman who went to the cupboard to get her poor dog a bone?

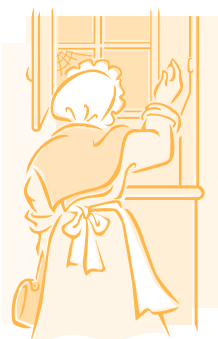
Call the Child Care Food Program: WE CAN HELP! We have cash reimbursement for meals served to day care children.

Lewis and Upshur Counties: June Walton 838-3064

Taylor and Preston Counties: Sharon Herrington 276-2438

Randolph, Tucker, and Preston: Marcie Phillips 636-1694

Barbour County: Brenda Baisi 457-5756



Week of the Young Child

There are more than 35 million children from birth through age eight in this country. The early years are a crucial time for their growth and development, and a time when we help children prepare to succeed in school and in life.

April 22-28 is Week of the Young Child, a time to recognize the needs of young children, and thank the adults involved in their education and care. Parents, teachers, caregivers and other adults play important roles in the lives of young children and Week of the Young Child celebrates their efforts.

Early education programs - including child care, Head Start, preschools, and elementary schools - provide crucial learning experiences for many young children. Supporting these programs is the right choice for kids.

Every adult in this community has opportunities to make a difference, from volunteering at a local program to supporting efforts that help more young children benefit from quality early education. Week of the Young Child is a good time for all of us to acknowledge the needs of children, and work together to build better futures for all children.

Look for local celebrations of the Week of the Young Child in your community.

The staff at MountainHeart Child Care Resource and Referral would like to give a special thanks to all the child care providers that serve the children in our 15 counties. You are doing a great job caring, nurturing and educating our children of today that will become our adults of tomorrow.

Melodee Price,

Infant/Toddler Training Specialist

Moving ahead with ACDS

ACDS continues to offer more opportunities for individuals interested in furthering their education in the field of Early Care and Education. Currently, 15 different counties offer the ACDS class to high school students who are interested in getting into the field of early care and education. If you would like more information about these classes, please contact me.

Also, there are new opportunities for graduates of ACDS to continue their education by getting an Associates degree and then a Bachelor's degree if they choose. Pierpont Community College (formerly, Fairmont State Community College), WV State Community College, Marshall Community College and Mt. State University give students credit from ACDS to get an Associates degree.

To help us maintain these classes around the state, we need more instructors. To find out if you qualify to become an instructor, please check our website at www.wvacds.org.

For further information about ACDS, please contact Suzi Brodof at 1-866-WVA-ACDS, ext. 406 or suzilb@aol.com.

CAMP GIZMO

Camp Gizmo is a five-day hands-on camp where parents, professionals, and students learn how assistive technology can help young children (birth — 8 years) with significant and multiple developmental needs.

Camp Gizmo will be held on July 21-25, 2007 on the campus of the West Virginia Schools for the Deaf/Blind in Romney, WV. For more information call Alyson Edwards at 1-888-983-2827.

Important Training Registration Change

Effective **January 1, 2007**, providers must call the Elkins office at 304-637-2840 or 1-877-862-3103 (toll free) to register for training sessions. Registration for training sessions will no longer be taken at the Martinsburg office.

**MountainHeart Child Care Services
Provider Training Calendar
*STARS Registered***

April—June 2007

**2-Hour Trainings:
Topics & Training Locations:
*Important Reminders***

- Participants must register 3 DAYS PRIOR to each training. If a training has fewer than 5 participants, it will be cancelled. Please call to confirm.
- Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend a training.
- Please do not bring children to training.
- You may attend training in any county.
- If you register for a training and then find you are unable to attend, please call to cancel.
- If school is cancelled due to bad weather, training will be cancelled as well. Please call to confirm.

Topic 1: Recognizing Risk Factors — This training will focus on how to recognize potential developmental delays and disabilities in young children. These may include the basic developmental milestones, as well as ADD/ADHD and other behavior concerns.

Core Competency: Child Growth & Development (Tier 2)

Topic 2: Introduction to Child Observation & Assessment — This training will focus on the importance of observing and assessing all children in your child care home, facility or center. Appropriate and Inappropriate ways of observation will be discussed.

Core Competency: Child Observation & Assessment (Tier 1)

Topic 3: Meet Your Community — This training will focus on the importance of community relationships in your local area. This includes partnering with other agencies, being involved in a child care association, and learning what agencies are available to you in your time of need.

Core Competency: Family & Community (Tier 2)

Topic 4: Introduction to Vision Screening — This training is a beginner course on how to do appropriate vision screening with Pre-K aged children. All participants who complete this course will then be allowed to check-out a "Vision Screening Kit" so that you may check the vision of the children in your care.

Core Competency: Health, Safety & Nutrition (Tier 1)

Topic 5: Social Development in Infants & Toddlers — Ever wonder how social children should be and at what ages. This training will focus on the social milestones for Infants/Toddlers and will include various activities and suggestions you can use to help improve you children's language skills. This training will count as 2-hours of Infant-Toddler credit.

Core Competency: Curriculum (Tier 2)

Topic 6: Child Abuse & Neglect — This training focuses on what signs to look for and what the West Virginia laws say concerning the topic of Child Abuse. Jim Weber, Behavior Consultant, will offer a wide range of information on this topic and will have information on Child Protective Services as well.

Core Competency: Health, Safety & Nutrition (Tier 2)

Preston County — Wesley UM Church (Registration deadline: April 19, 2007)

April 25, 2007	Wednesday	10:00am-12:00pm	Child Abuse & Neglect
April 25, 2007	Wednesday	1:00pm-3:00pm	Social Development in Infants & Toddlers

Upshur County — Public Library (Tennerton) (Registration deadline: May 1, 2007)

May 5, 2007	Saturday	10:30am-12:30pm	Child Abuse & Neglect
May 5, 2007	Saturday	1:00pm-3:00pm	Introduction to Vision Screening

Berkeley County — MountainHeart Office (Registration deadline: May 4, 2007)

May 10, 2007	Thursday	11:00am-1:00pm	Introduction to Vision Screening
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Jefferson County — Ranson, WV Lion's Center (Registration deadline: May 8, 2007)

May 14, 2007	Monday	7:00pm-9:00pm	Recognizing Risk Factors
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Taylor County — Public Library (Registration deadline: May 11, 2007)

May 17, 2007	Thursday	3:00pm-5:00pm	Introduction to Child Observation & Assessment
May 17, 2007	Thursday	5:30pm-7:30pm	Meet Your Community

Jefferson County — Inwood, WV — Family Worship Center (Registration deadline: May 15, 2007)

May 21, 2007	Monday	6:30pm-8:30pm	Social Development in Infants & Toddlers
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Hardy County — Public Library (Registration deadline: May 18, 2007)

May 24, 2007	Thursday	3:00pm-5:00pm	Introduction to Child Observation & Assessment
May 24, 2007	Thursday	5:30pm-7:30pm	Meet Your Community

Grant County — Public Library (Registration deadline: May 24, 2007)

May 30, 2007	Wednesday	3:00pm-5:00pm	Recognizing Risk Factors
May 30, 2007	Wednesday	5:30pm-7:30pm	Social Development in Infants & Toddlers

Hampshire County — Bank of Romney Community Center (Registration deadline: May 29, 2007)

June 2, 2007	Saturday	10:00am-12:00pm	Introduction to Child Observation & Assessment
June 2, 2007	Saturday	1:00pm-3:00pm	Meet Your Community

Randolph County — Days Inn Building (Downstairs Conference Room) (Registration deadline: May 31, 2007)

June 6, 2007	Wednesday	10:00am-12:00pm	Recognizing Risk Factors
June 6, 2007	Wednesday	1:00pm-3:00pm	Social Development in Infants & Toddlers

Barbour County — Philippi Baptist Church (Registration deadline: June 6, 2007)

June 12, 2007	Tuesday	3:00pm-5:00pm	Introduction to Vision Screening
June 12, 2007	Tuesday	5:30pm-7:30pm	Social Development in Infants & Toddlers

Tucker County — Davis Community Center (Registration deadline: June 12, 2007)

June 16, 2007	Saturday	10:00am-12:00pm	Recognizing Risk Factors
June 16, 2007	Saturday	1:00pm-3:00pm	Introduction to Child Observation & Assessment

Berkeley County — MountainHeart Office (Registration deadline: June 18, 2007)

June 22, 2007	Friday	1:00pm-3:00pm	Child Abuse & Neglect
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West Virginia Infant/Toddler Professional Development Program (WVIT)

WVIT is a 50-hour training that focuses on all elements of working with children birth through two years of age. Participants must attend all ten sessions in order to complete the program. Upon completion, participants may be eligible for free resources for use in their child care home or center. Participants and administrators must be STARS registered before attending the training.

Space is limited and is available on a first come-first serve basis. Please call the Elkins office at 1-877-862-3103 by April 4, 2007 in order to register or if you have any questions. Child Care Center Directors must attend a 2-day Administrator training before their staff may attend the WVIT.

<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session Number:</u>
April 10	Tuesday	Berkeley	Administrator Session 1 of 2
April 11	Wednesday	Berkeley	Administrator Session 2 of 2
April 17	Tuesday	Berkeley	Session 1
April 24	Tuesday	Berkeley	Session 2
May 1	Tuesday	Berkeley	Session 3
May 3	Thursday	Berkeley	Session 4
May 15	Tuesday	Berkeley	Session 5
May 22	Tuesday	Berkeley	Session 6
May 29	Tuesday	Berkeley	Session 7
June 5	Tuesday	Berkeley	Session 8
June 12	Tuesday	Berkeley	Session 9
June 19	Tuesday	Berkeley	Session 10
June 26	Tuesday	Berkeley	Make-Up day, if needed

Special Notes

Tentative Schedule for Future West Virginia Infant/Toddler Classes

If you or your staff members are interested in participating in the WVIT program, please contact the Elkins office at 1-877-862-3103. The county which has the most providers interested in the training will likely be the county in which the training will be held.

July-September 2007 - training will be offered based on the area with the largest demand. Please call and give center name (if applicable), county you are located in, and total number of people interested. We will use this information to schedule for the July-September and October-December quarters.

Components of Quality Care & Education Modules (CQCE)

If you or your staff members are interested in participating in the Components of Quality Care & Education program, please contact the Elkins office at 1-877-862-3103. The CQCE will be held again in the July – September quarter. The county which has the most providers interested in the training will likely be the county in which the training will be held.

"Children are our future...and our future looks promising!"

*In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resources and Referral training will be accessible to persons with disabilities. If you require accommodations for a training, please contact Mountain-Heart CCR&R for assistance at 637-2840 or 1-877-862-3103 (toll free).

*MountainHeart Community Services, Inc. is funded under an agreement with the Department of Human Resources, Bureau of Children and Families, Early Care and Education Division.



Earth Day

Janet Aitchison



April 22 marks the 35th anniversary of Earth Day. Earth Day offers a great opportunity for us, the human caretakers, to renew our awareness and appreciation of our beautiful planet.

Earth Day founder Gaylord Nelson believed strongly that education is the key to changing people's attitudes about the environment and as early childhood educators, you have the unique opportunity of teaching earth friendly habits from a very early age.

It is no secret that the environment is in danger and badly needs our help. The holes on the ozone layer are widening and rates of skin cancer are rising. Air pollution is so bad that in some parts of the country people are cautioned to stay indoors on particularly bad days. Prolonged exposure to polluted air significantly raises your risk of lung and heart disease. Our drinking water is becoming so polluted with gasoline, toxic waste, chemicals and pesticides that our nation's drinking water in parts of the country is deemed undrinkable. Our human impact is responsible for much of this pollution. The good news is that we can reverse this damage.

Each one of us needs to take responsibility for our own habits and our own individual impact on the environment. How do we reverse the trend? What can you do?

REDUCE - REUSE - RECYCLE

REDUCE. You can start at the grocery store. Pay attention to what you toss in your cart. Are you buying in bulk (cheaper) or are you paying more for individual packaging that adds to our growing garbage issues. Are you buying organic? When you do you are supporting the growing trend of eliminating pesticides. Do you routinely bring home 15 plastic garbage bags or are you bringing canvas bags with you that you can use for years to come ?

Do you consolidate your shopping trips? When you do, you not only save gas, you save time, another valuable resource in too short supply.

REUSE. Eliminate unnecessary paper. Do what your grandmother did and use dishtowels and discarded rags instead of rolls and rolls of paper towels. Your budding artists provide opportunities everyday to turn trash into treasures.

RECYCLE Recycle everything that your locality will collect. You can also recycle clothes, toys, books and household goods through your church or the local Goodwill or Salvation Army.

Every effort that you make in your home to conserve energy and water makes an impact on the environment and your wallet!

No one can do everything but we can all do our part. Today, millions of people from 174 countries annually celebrate International Earth Day on April 22. Join them !

If you want more information, contact your TRAILS van staff.

PEOPLE FIRST LANGUAGE

Words are powerful. They can make a person feel good, offer encouragement, instill confidence and bring a smile to someone's face. Words can also be destructive. They can belittle a person, hurt feelings, instill self-doubt and promote low esteem.

Choosing the right words is very important when working with others. Often times, people are unsure as to how to refer to people who have disabilities. According to information provided by the West Virginia Developmental Disabilities Council (WVDDC), the guiding principal is to refer to the person first, not the disability. An example that they give would be that in place of saying "the disabled," it is preferable to say "people with disabilities." The WVDDC states that this way, the emphasis is placed on the person, not the disability.

The West Virginia Developmental Disabilities Council offers excellent information on People First Language, as well as resources for people with disabilities. Information can be obtained on their website at www.wvddc.org. There is also an excellent article in Winter 2007 edition of the West Virginia Early Childhood Provider Quarterly magazine that was submitted by the WVDDC. If you have not received a copy of the WV Early Childhood magazine and would like one, please contact your local TRAILS Specialist or an Early Childhood / Infant Toddler Specialist.

MountainHeart will be offering training sessions on the topic of Recognizing Risk Factors during the April - June 2007 quarter. This training will focus on how to recognize potential developmental delays and disabilities in young children. (See training calendar for dates and locations.) If you are interested in attending any of these training sessions, please contact the Elkins MountainHeart office at 304-637-2840 or 1-877-862-3103 (toll free).

Help Us to Help YOU!

Training Advisory Council-

What Is It and How Do I Get Involved?

We are inviting you to become a member of the Training Advisory Council and help us to help you.

The Training Advisory Council is made up of MountainHeart training team members, child care providers, regional licensing specialists, regional regulatory specialists, and a member of the Division of Early Care and Education. The council meets quarterly to discuss the training needs of providers in MountainHeart's fifteen county region and to develop a plan of how to meet those needs. This may include ideas for training topics, training locations, how often and at what time trainings are offered.

Tentative meeting schedule is:

April 5, 2007-Four Corners Restaurant-Grafton

MountainHeart encourages all providers to become involved with the Training Advisory Council. Your suggestions help us in planning and providing training that best meets your needs.

For more information or are interested in attending, please contact Amelia or Willetta at 637-2840 or 1-877-862-3103.

We look forward to seeing you there!

New MountainHeart Staff



Hello, I'm Liz Cross. I am the new Parent Partner for West Virginia Birth to Three. I'm from Barbour County but have been a resident of Elkins for the past 8 years. I've been married for seven years and have a 2 and half year old daughter. I am a member of Landmark Baptist Church and Elkins Junior Women's Club. I enjoy scrap-booking, reading and spending time with my family.



"Children Are Our Future..."

...And Our Future Looks Promising"

Postmaster: Please deliver to addressee or current resident



MountainHeart Offices

Martinsburg 1-888-915-7653

Grafton 1-877-811-5437

Weston 1-866-232-9227

Elkins 1-877-862-3103

Petersburg 1-877-211-5437

Visit MountainHeart on the Web at:

www.mountain-heart.org/ccsnorth

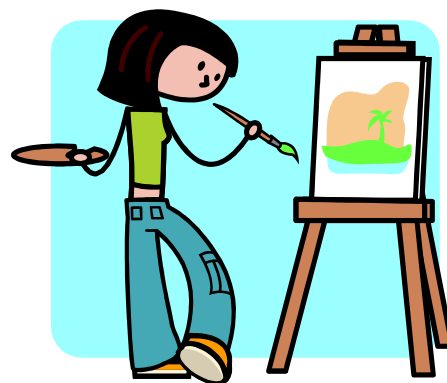
RECALLS:

Please visit the MountainHeart website at www.mountain-heart.org/ccsnorth to view recalls on children's items, including toys and clothing.

Trails Tips

By: Janet Aitchison

A painting project for young artists and busy caregivers requires tempera paint, egg cartons, Q-tips, small paint brushes and paper. Cut an empty egg carton into thirds so that you have 4 "cups" in each. Fill cups half full. One cup with red, one with blue, one with yellow and one with green tempera paint. Give each little artist a Q-tip and blank piece of paper and let them create a masterpiece. When they are finished, put the cups on a shelf and allow them to dry out. Next painting session, give each child a paint brush and a small container of water with their paper. They can now watercolor (for a lot less money than the store bought variety of watercolors.) Be sure to have artists sign their work and display it where everyone can enjoy it!



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