

# MountainHeart

## Child Care Resource And Referral

Spring 2008

*Presents . . .*

### “News From The Heart”



# MAXIMIZE

## Your Economic Stimulus Benefit!!!

According to the IRS, the only way to receive your rebate is to file a tax return for 2007. Even people who only receive Social Security or Veteran’s Benefits will need to file to receive their benefit. The \$168 billion economic stimulus package President Bush signed into law provides checks from \$300- \$600 for most individuals, \$600-\$1200 for couples, plus an additional \$300 for each child who qualifies for the Child Tax Credit. People who owe taxes will receive up to their maximum benefit as a tax rebate, while people who do not owe the government taxes will still receive the minimum amount **IF THEY FILE!!!**

To qualify, an individual or couple must make at least \$3000 of qualifying income. Each child must be eligible under the Child Tax Credit, under age 17, and have a valid Social Security Number. Qualifying income includes Social Security Benefits, certain Railroad Retirement benefits, certain Veteran’s Benefits, and Earned Income; however Supplemental Security Income (SSI) does NOT qualify.

You may be able to take advantage of **MountainHeart’s** FREE tax preparation through the Government’s Volunteer Income Tax Assistance (VITA) program.

Call 1-877-862-3103 to find the Tax Assistance site near you!!!

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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 Social Services. This program was established in 1992

## SUPER SATURDAY



**Hardy County**  
Moorefield Elementary School  
400 North Main Street  
Moorefield, WV 26836



**May 17, 2008**

# Week of the Young Child: April 13-19, 2008.

The National Association for the Education of Young Children (NAEYC) has designated April 13-19, 2008 as “Week of the Young Child”. The theme this year, “Bring Communities Together for Children — Children Bring Communities Together”, is a challenge to involve as many people as possible in the care of our children. The purpose of this week is to focus public attention on the needs of young children and their families and to support the early childhood programs and services that meet these needs. Check out their website at [www.naeyc.org](http://www.naeyc.org).

## MAY 9TH IS PROVIDER APPRECIATION DAY !!!

Dear Child Care Providers,

It is hard to believe that another year has come and gone since we last said “Thank You” to those that take the time to provide care for the children throughout our area. I know you do not do it for the money, nor because you expect fame or recognition. But, because you have spent your time and energy and have shown your love and care for the children in your trust, we here at MountainHeart would like to say . . .

*Thank You*

Larry Kincaid  
Director  
MountainHeart CCR&R  
Elkins, WV

# West Virginia Infant/Toddler Professional Development Program

By Shannon Nichols

Free Stuff!!!

Do you work with children birth to 35 months of age? Come network with other providers as we learn about the importance of caring for yourself, developing positive relationships with families, supporting children's development and providing a quality program for infants and toddlers. WVIT is a 50 hour (10 sessions) course. Participants must be registered with STARS prior to beginning class and work at least 20 hours per week with children under age three. Upon completion, participants will be eligible for **Free Resources** for use in their child care home or center. Classes will be rotated between Mineral and Hardy Counties. We will confirm location information when you call to register.

Please call the Elkins office at 1-877-862-3103 or 637-2840 by **April 7, 2008** to register or if you have any questions.

<u>Date</u>	<u>Date</u>	<u>Session</u>
April 10, 2008	Thursday	Session 1
April 14, 2008	Monday	Session 2
April 21, 2008	Monday	Session 3
April 24, 2008	Thursday	Session 4
May 5, 2008	Monday	Session 5
May 12, 2008	Monday	Session 6
May 15, 2008	Thursday	Session 7
May 19, 2008	Monday	Session 8
May 22, 2008	Thursday	Session 9
May 29, 2008	Thursday	Session 10

#### Tentative Schedule for Future WVIT Classes

If you are interested in participating in the WVIT program, please contact the Elkins Office at 1-877-862-3103. The county with the most providers interested will likely be the county/ counties in which classes will be held.

July-September training will be held in the Berkeley, Jefferson, Morgan county areas.



### 19 Reasons To Read Aloud to A Child

1. It develops listening skills
2. It activates the imagination
3. It provides interesting conversation topics
4. It provides important language modeling
5. It develops the ability to think critically
6. It helps the child to think symbolically
7. It stimulates writing abilities
8. It's fun
9. It's a fun source of entertainment
10. It increases a child's attention span
11. It provides a peaceful family activity
12. It develops a child's desire to read
13. It models a rewarding lifelong habit
14. It gives a child a sense of language rhythm
15. It helps to pattern neural pathways that are developing
16. It expands a child's vocabulary
17. It helps a child to concentrate
18. It gives a child needed practice in predicting information
19. It expands a child's world view!

## Behavior Consultant Services Available

Are you perplexed by child behaviors? Are you wondering what to do? Child care providers registered through MountainHeart, as well as the parents of a child receiving benefits through MountainHeart, may utilize the services of the **Behavior Consultant**. These services include observation, behavior management strategies, room arrangement, referrals to other agencies, resource materials (books, handouts, etc.), training, and other technical assistance. The service is free of charge. However, some services require the consent of the child's legal guardian before being initiated.

James Weber is the Behavior Consultant providing services for Region V. He can be reached at (304) 269-6244 or toll free at 1-866-232-9227.

## MEDICATION ADMINISTRATION TRAINING OPPORTUNITIES

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 S.T.A.R.S. approved. Training dates and sites are as follows:

April 10, 2008 (Thursday) at 4:00 pm at Elkins (Days Inn)  
April 18, 2008 (Friday) at 9:30 am at Moorefield ( Public Library)  
May 5, 2008 (Monday) at 9:00 am at Inwood (Inwood Family Worship Center)  
May 15, 2008 (Thursday) at 9:00 am at Romney (Bank of Romney Community Center)  
May 30, 2008 (Friday) at 9:00 am at Kingwood (Wesley UM Church)  
June 3, 2008 (Tuesday) at 9:00 am at Ranson (Lion's Club)  
June 26, 2008 (Thursday) at 9:00 am at Martinsburg (MountainHeart Office)

Class sizes are limited. 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).

Space is limited. Only twelve participants per class will be allowed. 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 S.T.A.R.S. 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 S.T.A.R.S. Career Pathway. All participants will need to bring their S.T.A.R.S. 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 S.T.A.R.S. Career Pathway, the training will not count towards licensing requirements.



The training session is 4 ½ hours long (including two 15 minute breaks). A lunch or supper break is not included in the schedule. Please bring a snack if you feel that you will need one.

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.

# Training Topics

## offered April through June 2008

**Regulations, Policy and Quality Standards.** Core Competency: Program Management. Melodee Price will review current regulations and policies for the family home provider. This two hour training will be tailored for self-employed people who provide child care services out of their homes. (Tier I)

**Food Budgeting.** Core Competency: Program Management. Learn how to plan and carry out a food budget, and to conduct and maintain the inventory of supplies, materials, and equipment. This training will also help you to understand the nutritional needs as specified under USDA/CACFP. Staff from the WV Extension Services will provide this session. (Tier II).

**Professional Expectations in the Child Care Field.** Core Competency: Professionalism. What is expected of you as a child care provider by the state of West Virginia? By MountainHeart? By the parents and children that you serve? How can you meet all the needs of the community, government and yourself in the field of child care? Come to this information session and learn your role as a professional child care worker. (Tier II)

**School Age Environment Rating Scale.** Core Competency: Curriculum. If you work with school agers, you may be interested in learning about the School Age Environment Rating Scale (SACERS). It is a way to evaluate your program for the children that you serve, five to twelve years of age. (Tier II)

**Cultural Diversity.** Core Competency: Family and Community. What does this politically correct term mean? How do we incorporate diversity in our program? Design an environment that reflects sensitivity and acceptance of diverse family structures, values, cultures and languages. Hands on, make and take activities to use with the children you work with. (Tier II)

**Assessment and Behavioral Issues.** Core Competency: Positive Interactions and Relationships. The class will provide information about using a developmental checklist and sharing it's information with parents. Jim Weber will discuss behavioral issues and intervention techniques for children. (Tier II)

**MRSA and Other Health Concerns.** Core Competency: Health, Safety and Nutrition. Sarah Hicks, RN, will present information on Methicillin Resistant Staphylococcus Aureus (MRSA) and other health concerns. Information will include how the diseases are transmitted, signs and symptoms, treatment and preventative measures. (Tier II)

**Child Abuse and Neglect.** Core Competency: Health, Safety and Nutrition. Jim Weber spent a number of years working with abused and neglected children in the foster care system. He will share his expertise in the field which will count towards 2 hours of Child Abuse training. (Tier II)

**Sudden Infant Death Syndrome.** Core Competency: Health, Safety and Nutrition. This two hour training will count as Infant/Toddler credit. It will give you facts about Sudden Infant Death Syndrome (SIDS), reducing the risk of SIDS and information about the success of the "Back to Sleep Campaign." (Tier II)

**Recognize and React to Child Abuse.** Core Competency: Health, Safety and Nutrition. Melodee Price will teach this class that will count as 2 hours of Child Abuse training. You will gain knowledge in the field of abuse and begin to feel more confident when ensuring that state mandated child abuse and neglect regulations are followed. (Tier II).

**Shaken Baby Syndrome.** Core Competency: Health, Safety and Nutrition. This training will count towards 2 hours of Infant/Toddler credit. You will learn the signs and symptoms of this ever growing form of child abuse. We will review the state mandated child abuse and neglect regulations. Anger management techniques will also be discussed and practiced. (Tier I)



## Super SATURDAY Topics



**Traumatic Brain Injury.** Core Competency: Health Safety and Nutrition. Scott Davis from the Traumatic Brain Injury Program at the Center for Excellence in Disabilities, a part of West Virginia University, Robert C. Byrd Health Sciences Center will present information pertaining to traumatic brain injury for children ages birth through 12 years of age. (Tier II)

**Internet Safety.** Core Competency: Positive Interactions and Relationships. A WV State Trooper will give an informative training regarding playing it safe with the Internet. He will explain about the dangers of children posting personal information on the internet, myspace, facebook, etc. Plan, implement and adapt a supportive learning environment that promotes positive interactions and behaviors and minimizes risk. (Tier II)

**Music and Movement in the Early Childhood Setting.** Core Competency: Curriculum. Gina Raschella, director of Catamount Children's Center, Inc. will provide a make and take training in which you will construct musical instruments from everyday objects. Come and join in the fun with this hands on activity that is sure to have you moving and grooving with your little ones. (Tier II)

# Child Care Provider Training Calendar

<b>Barbour County</b> Philippi Baptist Church. 107 Church Street. Philippi, WV 26416	May 22, 2008 (Th)	1:00-3:00	Register by 5/16/08
		<i>Child Abuse and Neglect</i>	
	June 5, 2008 (Th)	6:00-8:00	Register by 5/30/08
		<i>Cultural Diversity</i>	
<b>Berkeley County</b> MountainHeart Office 891 Auto Parts Place Suite 139 Martinsburg, WV 25403	May 15, 2008 (Th)	1:00-3:00	Register by 5/9/08
		<i>Child Abuse and Neglect</i>	
	May 22, 2008 (Th)	11:00-1:00	Register by 5/16/08
		<i>Cultural Diversity</i>	
	June 11, 2008 (W)	11:00-1:00	Register by 6/5/08
		<i>Food Budgeting</i>	
<b>Grant County</b> MountainHeart Office 93 South Grove Street Suite 1 Petersburg, WV 26847	April 14, 2008 (M)	10:00-12:00	Register by 4/8/08
		<i>Recognize and React to Child Abuse</i>	
	April 14, 2008 (M)	12:30-2:30	Register by 4/8/08
		<i>Regulations, Policy and Quality Standards</i>	
<b>Hampshire County</b> Bank of Romney Community Center 95 East Main Street. Romney, WV 26757 Hampshire County DHHR Rt 50E Romney, WV 26707	April 22, 2008 (Tues)	1:00-3:00	Register by 4/16/08
		<i>Assessment and Behavioral Issues</i>	
	June 11, 2008 (Wed)	11:00-1:00	Register by 6/5/08
		<i>Shaken Baby Syndrome</i>	
<b>Jefferson County</b> South Jefferson Public Library 49 Church Street Summit Point, WV 25446	June 16, 2008 (Mon)	10:30-12:30	Register by 6/9/08
		<i>Regulations, Policy and Quality Standards</i>	
	June 16, 2008 (Mon)	12:45-2:45	Register by 6/9/08
		<i>Sudden Infant Death Syndrome</i>	
<b>Lewis County</b> MountainHeart Office 239 Court Ave Weston, WV 26542	April 7, 2008 (Mon)	10:00-12:00	Register by 4/1/08
		<i>School Age Environment Rating Scale</i>	
<b>Mineral County</b> Grand Central Business Center 1 Grand Central Park Keyser, WV 26726	May 20, 2008 (Tues)	5:30-7:30	Register by 5/14/08
		<i>Child Abuse and Neglect</i>	
<b>Morgan County</b> Morgan County Public Library 105 Congress Street Berkeley Springs, WV 25411	June 3, 2008 (Tues)	10:30-12:30	Register by 5/28/08
		<i>School Age Environment Rating Scale</i>	
Doodlebugs 106 Oakland Road Berkeley Springs, WV 25411	June 12, 2008 (Th)	6:00-8:00	Register by 6/6/08
		<i>MRSA and Other Health Concerns</i>	
<b>Pendleton County</b> Tiny Tots Day Care Center 312 Pine Street Franklin, WV 26807	April 29, 2008 (Tues)	6:30-8:30	Register by 4/23/08
		<i>MRSA and Other Health Concerns</i>	
<b>Preston County</b> Wesley United Methodist Church 107 West High Street Kingwood, WV 26537	May 13, 2008 (Tues)	3:15-5:15	Register by 5/7/08
		<i>Professional Expectations in the Child Care Field</i>	
	May 13, 2008 (Tues)	5:30-7:30	Register by 5/7/08
		<i>Sudden Infant Death Syndrome</i>	

# Child Care Provider Training Calendar

**Randolph County**  
Days Inn  
1200 Harrison Avenue  
Elkins, WV 26241

May 28, 2008 (W) 3:30-5:30  
*Cultural Diversity*

May 28, 2008 (W) 6:00-8:00  
*Sudden Infant Death Syndrome*

Register by 5/22/08  
Register by 5/22/08

**Taylor County**  
Taylor County Public Library  
200 Beech Street  
Grafton, WV 26354

April 17, 2008 (Th) 2:00-4:00  
*Assessment and Behavioral Issues*

April 17, 2008 (Th) 5:00-7:00  
*Food Budgeting*

Register by 4/11/08  
Register by 4/11/08

**Tucker County**  
Davis Community Center  
5<sup>th</sup> Street Kent Ave.  
Davis, WV 26260

April 19, 2008 (Sat) 10:00-12:00  
*Regulations, Policy and Quality Standards*

May 31, 2008 (Sat) 10:00-12:00  
*MRSA and Other Health Concerns*

Register by 4/14/08  
Register by 5/23/08

Pumpkin Patch Child Care Center  
117 Pennsylvania Ave.  
Parsons, WV 26287

**Upshur County**  
Upshur County DHHR  
Rt 3 Box 376-A  
Buckhannon, WV 26201

April 7, 2008 (Mon) 2:00-4:00  
*Professional Expectations in the Child Care Field*

Register by 4/1/08



## SUPER SATURDAY



**Six hours of STARS Approved Training!!!**

**Hardy County**  
Moorefield Elementary School  
400 North Main Street  
Moorefield, WV 26836

**May 17, 2008**

8:15 -10:15 *Traumatic Brain Injury* by Scott Davis  
10:30-12:30 *Internet Safety*  
1:30-3:30 *Music and Movement in the Early  
Childhood Setting* by Gina Raschella

**Registration  
Deadline:  
5/12/08**

*Lunch is on your own*

**Register EARLY to reserve a seat — SUPER SATURDAYS fill up Quickly**

## Important Reminders

Call the Elkins office @ **637-2840** or **1-877-862-3103** to register to attend a training.

You may attend training in any county.

Five participants must be registered for each training or the training may be cancelled, Register at least 5 business days before the actual training.

If you register and then can not attend, call the Elkins office to cancel. This will allow another child care provider to attend if there is a waiting list.

Class sizes may be limited. Register early to receive a seat.

### INTERNET SAFETY

While children are our nation's greatest treasure, they are also its most vulnerable members. Protecting our children against the fear of crime and from becoming victims of crime must be our number one priority.

With the advances being made in computer and telecommunication technology our children are able to reach out and discover new sources of knowledge and cultural experiences. However, these advances are also leaving them vulnerable to exploitation and harm by computer-sex offenders.

Parents and Child Care Providers are the first line of defense when it comes to Internet Safety.

Know who kids are chatting with. Keep computers in a common area not in a bedroom. Most importantly talk with them about this danger.

Some red flags to be aware of:

- Gifts sent to a child from someone the parents do not know
- Phone calls from unknown adults for the child
- A child who spends a lot of time online, but doesn't say much about it
- A child who has tried to hide what he or she is doing online
- A child who begins to behave differently, especially more aggressively

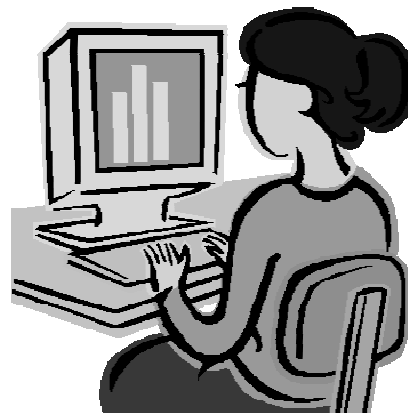
To get more information, plan now to attend the **SUPER SATURDAY** Training, Saturday May 17 in Moorefield.

### Components of Quality Care and Education Modules (CQCE)

The CQCE 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. Each child care provider who completes the training may receive free resources for use in their home or child care center. Each session will be held at the MountainHeart office in Weston, 239 Court Ave. Please contact the Elkins office at 1-877-862-3103 to register. If you have any questions about the training, please contact Melodee Price at the Elkins office. You can apply for a variance with your Licensing Specialist or Regulatory Specialist to have the training hours count for a 2 year period of time.

#### Participants must be STARS registered before attending the training

- April 9, 2008** Wed 10:00-3:00  
Module 1: Extreme Makeover/ Space and Furnishings
- April 11, 2008** Fri 10:00-3:00  
Module 2: Not Just Routine
- April 16, 2008** Wed 10:00-3:00  
Module 3: For the Love of Literacy
- April 18, 2008** Fri 10:00-3:00  
Module 4: Implementing Your Curriculum
- April 23, 2008** Wed 10:00-3:00  
Module 5: Recipe for Relationships
- April 25, 2008** Fri 10:00-3:00  
Module 6: Building Blocks: A Program's Structure
- April 30, 2008** Wed 10:00-3:00  
Module 7: Including All Children
- May 2, 2008** Fri 10:00-3:00  
Module 8: Communication is the Key





# *Interested in learning about and/or applying for National Accreditation?*

Specific information concerning each agencies' accreditation process, cost, etc., can be found on their website.

## **For Child Care Centers:**

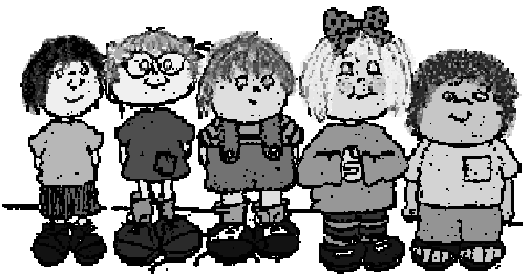
National Association for the Education  
of Young Children  
1313 L Street, N.W. Suite 500  
Washington, DC 10005  
1-800-424-2460  
<http://www.naeyc.org>

## **For School Age Child Care:**

National Afterschool Association  
529 Main Street, Suite 214  
Charlestown, Massachusetts 02129  
[www.naaweb.org](http://www.naaweb.org)

## **For Family Child Care Providers:**

National Association for Family Child Care  
Attention: Accreditation  
5202 Piedmont Drive  
Salt Lake City, Utah 84123  
1-800-359-3817  
<http://www.nafcc.org>



## **Every Action Has An Impact**

by Janet Aitchison, TRAILS ECHS

The current population of the United States is approximately 303,331,415. In West Virginia our population is about 1,818,470. Imagine what our roads would look like if every citizen threw a can out of the car window. Now, imagine what our state would look like if every citizen recycled that can. If every citizen did just a little, the impact would be huge. Here are some painless, easy things to do to improve our world. Many will save you money!

**Choose Reusable** - Use a travel mug instead of disposable cups, pack lunches with reusable containers instead of plastic bags, bring your own reusable bags to the grocery store.

**Be an Environmental Shopper** - Avoid single serving packages, don't buy things that are over packaged, buy the large size when possible and refill smaller containers at home. Make your own cleaning products using natural ingredients and avoid unnecessary chemicals. Use a little less detergent or soap. Ask yourself how long you will have this. Will it be discarded in the near future?

**Conserve water** - Turn off the faucet when brushing your teeth, turn down the hot water heater (120 degrees is recommended), fill a pitcher of water to keep in the refrigerator for cold drinking water without letting the faucet run, make sure you have a full load when using the washing machine or dishwasher.

**Consolidate shopping trips** - Run all your errands at once, shop weekly, car pool when possible, keep your tires properly inflated.

**Save paper** - Stop junk mail!!! Contact Direct Marketing Association to remove your name from mailing lists. Recycle the junk mail that you do get, wrap presents in the Sunday comics.

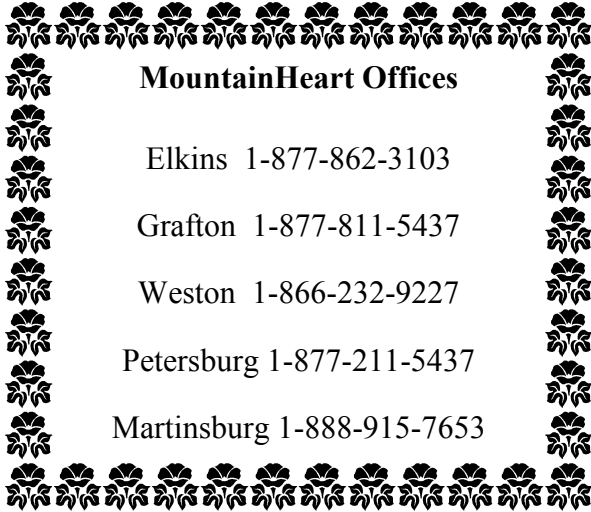
**Donate** unused clothing and household goods to someone who needs them. This offers the added bonus of less clutter at your house.

**Turn it off** - Turn out lights when you leave the room. Turn off the TV when you are not watching it. Lower the thermostat — and put on a sweater!

**Imagine the impact if everyone does just one thing. Be ahead of the crowd, do more !**



1200 Harrison Avenue, Suite 220  
Elkins, WV 26241  
1-877-862-3103



Visit MountainHeart on the Web at:  
[www.mountain-heart.org](http://www.mountain-heart.org)



## MountainHeart Community Services

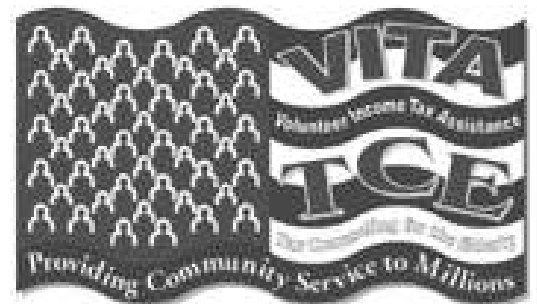
### Provides ***Free*** Tax Preparation

by Cathy Fisher

MountainHeart Community Services will be offering **FREE Tax Preparation** for any individuals with the annual income up to \$36,000. MountainHeart Community Services have trained volunteers who will prepare your taxes, figure the earned income credit if you qualify and the child tax credit. In addition, our trained volunteers will e-file the return to aid in a quicker refund. We can also set up the return to be direct deposited into your checking or savings account. Most refunds are received by your bank in 6-10 days. Save money and get all of your return for yourself. Contact the MountainHeart Community Services office near you.

Here are the items that you will need to have to make this preparation go quickly and smoothly:

- \* Current Photo ID
- \* Social Security Card with correct name on it
- \* All W-2's for 2007
- \* 2006 Tax return if available.
- \* All children's names, correct social security numbers and birth dates
- \* Receipt from Daycare Provider for daycare services used during 2007. Include the amount per child. If multiple children attending daycare, include provider's Social Security number or Tax ID number and the name and address of daycare provider.
- \* Any school loans or college tuition information.
- \* Any other tax documents.



Please call your local MountainHeart Office for an appointment!