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SPRING 2010

IN THIS ISSUE

- Business on Board1
- Save the Date1
- Poison Prevention2
- Do's and Don'ts2
- Trails Tips.....2
- Develop a Green Thumb.....2
- Read Across America.....3
- Upcoming Events.....3
- Mineral Co. FRN.....3
- Trainer Receives Cert.....4
- New Staff.....4
- Super Saturday4
- WVIT Schedule4
- Med. Admin. classes.....5
- CQCE modules5
- Training Topics6
- Important Reminders6
- Training Schedule7
- Training Schedule cont.8

Business on Board Winners

By LEANN ANDREW, ASSISTANT PROGRAM DIRECTOR

MountainHeart Community Services along with KidsCount Fund is proud to announce the winners of the Business on Board award. The following businesses were deemed eligible by providing a child care friendly work environment.

West Virginia Wesleyan College was presented the award by Leann Andrew, Assistant Program Director for Services and it was accepted along with Vicki Crowder, Di-Youth Health Services, Inc. was Accepting the award for Youth Margy Burns and Denise presented by Willetta Bolinger, MountainHeart Community Services



MountainHeart Community by President Pamela Balch rector of Human Resources. Health Services, Inc. was Fletcher and it was pre-Program Director for MountainHeart and Leann Andrew, Assistant

Program Director. Other award winners are Davis and Elkins College, IRS in Martinsburg, and James Rumsey Technical College in Martinsburg, WV.



Youth Health Services, Inc.



West Virginia Wesleyan College



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

Save The Date!

WHAT: Great Beginning Infant/Toddler Conference

WHEN: September 17-18, 2010

WHERE: Summersville Convention and Visitors Center, Summersville, WV

This conference provides professional development opportunities for administrators and care givers of infants/toddlers. The topics that will be addressed include: nutrition, health and active play. There will be a model room featuring gross motor activities and equipment.

Registration Opens April 1, 2010.

Contact Shannon Nichols at 1-877-862-3103 for more information.



Poison Prevention

By SARAH HICKS, NURSE HEALTH CONSULTANT

Poisoning occurs when a person swallows, breathes, touches, or gets splashed in the eye with something that can cause sickness or death. Almost 1.3 million children under 5 are exposed to a poison each year. The leading causes of poisoning in children are cosmetic products (perfumes, nail polish, deodorants, soaps), cleaning products (floor cleaners, sprays, detergents), medications, poisonous plants, and insect stings.

Prevention is the key! Keep all poisonous products locked up and out of sight. Choose products in containers that are hard for children to open. Replace the lids tightly after use, but even "childproof" lids can still be opened by a child. Keep products in the original container, and leave all labels on for easy identification. When products are in use, never let young children out of sight! Children can act fast, often exploring things with their mouths. Keep household plants out of reach. Replace lead based paints, and check recalls often to make sure toys are free of lead products.

If you suspect a poisoning, call Poison Control right away –
1-800-222-1222

For more information go to –
http://poisonhelp.hrsa.gov/pdf/PPW_FAQs_final.pdf

Sign up for email alerts from the Consumer Product Safety Commission at –
www.cpsc.gov

The Do's and Don'ts of Divorce

By TARA BOWLEY, EARLY CHILDHOOD SPECIALIST

Do tell your children divorce is not their fault.

Tell your children this repeatedly, they need to hear it more than once.

Do let your children know that it is okay to love both Mom and Dad as they did before the divorce.

Let kids know the love they have for their parents doesn't have to change.

Don't use your children as messengers or spies.

Be responsible for finding some way to communicate with your ex-spouse.

Don't try to buy your child's love or buy the other parent.

While children enjoy gifts, they will remember you for how you cherished them, not for the material things you bought them.

For more information on dealing with divorce, register to attend "Don't Put Me in the Middle: Working Through Divorce with School-Age Children". This training will be held in Morgan, Preston, Pendleton, Randolph, and Taylor counties during the months of April and May.

"Children must be taught how to think, not what to think." - Margaret Mead

Trails Tips

By JANET AITCHISON, EC SPECIALIST (TRAILS)

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!

How to Develop a Green Thumb

By JAMES WEBER, BEHAVIOR CONSULTANT

Few things are more exciting for children than digging in the dirt. There are lots of things to see including rocks, worms and bugs. Textures can be fascinating as well. Some soils are dry and sandy while others are wet and sticky. Gardening can stimulate a new interest for children. If their first experiences are fun and successful, chances are that they might develop a green thumb that will stay with them for a lifetime.

Use the gardening activities to talk to your child. These discussions can be expanded into a learning experience on many developmental levels. Discuss shapes, sizes and colors. Sharing information about which plants need sun and which ones prefer a cooler area will add to the child's general knowledge. Do something to reinforce what everyone has learned. Talk about what went on, who did what and who saw what. After watching, watering and weeding this summer, you and your child will have shared hours of fun and special moments together. Who knows, you and your child may develop green thumbs along the way.



MountainHeart Out & About

Staff Participate in “Read Across America”

MountainHeart Child Care Resource and Referral Agency recognized the 2nd annual Read Across America on March 2, 2010. Early Childhood Specialists, Melodee Price and Tara Bowley participated in the celebration. Melodee read Dr. Seuss books to children who visited the MountainHeart office at 1200 Harrison Avenue in Elkins. Tara Bowley visited classrooms at Tucker Valley Elementary School in Parsons to read and do art projects with the children. The Grafton MountainHeart TRAILS team visited Ms. Janet Buckman’s PreK classroom at Jane Lew Elementary School in Lewis County. Lori Dameron and Cheryl Wolfe were there to celebrate “Read Across America” on Dr. Seuss’s Birthday. Lori read The Cat In The Hat by Dr. Seuss and Cheryl took pictures of the children during that time. Each child in the classroom received a Dr. Seuss bookmark from the Grafton MountainHeart’s office. Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children’s author Dr. Seuss.



“A child is fed with milk and praise.” - Mary Lamb

week of the young child woyc

The Week of the Young Child 2010 is **April 11th—17th**.
For more information, please visit www.naeyc.org/woyc



Provider Appreciation Day is
May 7, 2010.
For more information, please visit
www.providerappreciationday.org

MountainHeart employees appreciate your dedication to children and families.

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families.

For more information, please visit www.childwelfare.gov or contact your local MountainHeart office for events in your area.

Mineral County Family Resource Network (MCFRN) and West Virginia University Extension Presents :

The Early Sexualization of Children

Instructor: Dianne Levin, Ph.D.
Based on her new book, “So Sexy, So Soon”
Friday, April 23, 9:30am – 3:30pm,
Peterkin Conference Center, Romney, WV
WV STARS and WVU CEU’s Available
Email Chris Merritt to at CMerritt@pcc-nfc.org to register.

Happiest Toddler on the Block: Managing Tantrums

Instructor: Ruth Schneider
Thursday, May 13, 7-9 pm Frankfort High School
Monday, May 17, 7-9 pm Technical Center, Keyser
WV STARS and WVU CEU’s Available
Register with the WVU Extension Service at (304) 788-3621.
Classes are free.

Child Care is Unavailable

The WV Governor’s Cabinet supports all MCFRN activities on Children, Youth and Families.

MountainHeart News & Notes

Trainer Receives Certification

Shannon Nichols, Infant/Toddler Specialist, completed the certification process for the Program for Infant/Toddler Care (PITC). She began the process in July 2008 by attending a week long training in Baltimore, MD and attended a second week long training in Riverside, California in January 2009. Upon completion of the trainings, she had to write a lengthy paper to demonstrate her understanding of the PITC philosophy and program goals.

PITC is a nationally recognized program displaying best practice in infant/toddler care. The goal of PITC is to help infant/toddler care teachers recognize the crucial importance of giving tender, loving care and assisting in the infants' intellectual development through an attentive reading of each child's cues. Six program policies anchor PITC's work: primary care; small groups; continuity; individualized care; cultural responsiveness; and, inclusion of children with special needs. These policies create a climate for care that reinforces our responsive, relationship based approach. They allow relationships to develop and deepen over time between infant/toddler care teachers and the children as well as between infant/toddler care teachers and the children's families.



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.

Super Saturday

When: June 5, 2010

Where: Days Inn (bottom floor)

1200 Harrison Avenue, Elkins, 26241

Time: 7:30 am -3:30 pm

Participants will receive 6 hours of STARS approved training.

Door prizes will be awarded.

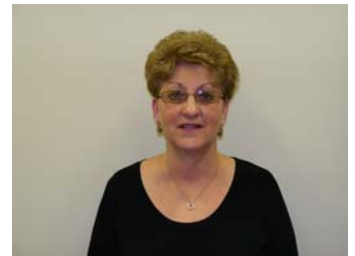
Please call the Elkins office at 1-877-862-3103 to register.

Welcome To Our Team!

Kim Hammer is the new Administrative Assistant for MountainHeart and works in the Elkins office. She is a graduate of Fairmont State University and Davis & Elkins College with degrees in Accounting and Business Administration. She brings with her over 20 years of related work experience. She lives in Elkins and is the mother of two daughters, Nashua, a junior at Fairmont State University, and Brooke, a senior at Elkins High School. She enjoys cooking, making jewelry, and spending time on the computer. Kim has been a great asset to the MountainHeart North team. She not only is helpful, but does so with a smile.



Connie Jones is the new clerical in the Martinsburg office. She is originally from PA and graduated from Southern Fulton H.S. in 1973. She has worked various positions in DC, MD & WV, which gives her over 37 years of working experience to bring to MountainHeart. She is married to Ed, and between them they have a daughter, son, three granddaughters and one grandson. Her enjoyments and activities include riding on their Harley Davidson motorcycle, attending bull riding events, dragster pulls, NASCAR, theatres in DC & NY, traveling, shopping, her grandchildren and extended family, various fundraisers and volunteering.



Tentative Schedule for Future WVIT Classes

If you are interested in attending the WVIT 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.

July-October 2010 - Berkeley or Jefferson County

November-February 2010/2011 - Barbour, Lewis, Upshur or Randolph County

March-June 2011 -Grant, Hardy or Mineral County

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

- April 6, 2010 (Tuesday) at 11:00 am in Martinsburg (MountainHeart office)**
- April 28, 2010 (Wednesday) at 9:00 am in Charles Town (Jefferson County DHHR)**
- May 4, 2010 (Tuesday) at 10:00 am in Elkins (Randolph County DHHR)**
- May 18, 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 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 S.T.A.R.S. 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).

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.

"If a child lives with approval, he learns to like himself." - Dorothy Nolte

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 STARS registered before attending the training.** Each child care provider who completes the training may receive free resources for use in their home 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.

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

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| April 10, 2010 – Saturday, 10:00-3:00 | Module 1: Extreme Makeover/Space and Furnishings |
| April 17, 2010 – Saturday, 8:30-12:30 | Module 2: Not Just Routine |
| April 17, 2010 – Saturday, 1:00-5:00 | Module 7: Including All Children |
| April 24, 2010 – Saturday, 10:00-3:00 | Module 3: For the Love of Literacy |
| May 1, 2010 – Saturday, 8:30-12:30 | Module 4: Implementing Your Curriculum |
| May 1, 2010 – Saturday, 1:00-5:00 | Module 5: Recipe for Relationships |
| May 8, 2010 – Saturday, 10:00-3:00 | Module 6: Building Blocks: A Program's Structure |
| May 15, 2010 – Saturday, 10:00-3:00 | Module 8: Communication is the Key |



FREE RESOURCES UPON COMPLETION



Training Topics Offered April - June 2010

Childhood Behavior Issues. Core Competency: Positive Interactions and Relationships. Participants will receive information from James Weber on the causes of behavioral issues along with prevention methods. There will be a discussion of behavioral concerns in the child care setting before a personal contract is signed. (Advanced)

Developmentally Appropriate Guidance. Core Competency: Positive Interactions and Relationships. Tara Bowley will teach this two hour training in which participants will learn how to take part in developmentally appropriate guidance approaches and learn to base expectation for behavior on age and the developmental level of the child. (Intermediate)

Don't Put Me in the Middle: Working Through Divorce with School-Age Children. Core Competency: Family and Community. Tara Bowley will teach this two hour training in which participants will learn the effects of divorce on families, red flags and warning signs, and implications and applications in regards to school age children who are dealing with divorce or separation. (Beginner)

Early Signs of Autism. Core Competency: Child Growth and Development. Erin Lash from WV Birth to Three will be presenting information regarding how to recognize signs of autism in children under 3 years old. Autism is on the rise in the United States, we as child care providers should be aware of this epidemic to better serve our children. This will count towards 2 hours of infant/toddler credit and cultural diversity if you are working towards Tier II reimbursement. (Beginner)

Eat Well, Play Hard. Core Competency: Health, Safety, and Nutrition. Sarah Hicks, Nurse Health Consultant, will teach this training which has been inspired by CHOOSY. Participants will be receiving age appropriate ideas for getting children moving, and ideas for healthy but fun snacks and meals. (Beginner)

Please Don't Hurt Me. Core Competency: Health, Safety, and Nutrition. Melodee Price has developed a new Child Abuse training to educate child care providers on the signs of abuse and what to do as mandatory reports. This will count towards the 2 hours of required training in Child Abuse for center based staff. (Intermediate)

Reflective Supervision. Core Competency: Professionalism. Find out how to establish a working relationship between you as a supervisor and your staff that mirrors the relationship between parents, infant/toddlers, and caregivers. Shannon Nichols will teach this session which is designed **specifically for center/facility directors.** (Intermediate)

School-Age Care Environment Rating Scale. Core Competency: Program Management. Tara Bowley will teach how to do a self evaluation using the SACERS. This is a requirement if you are applying for Tier II reimbursement when serving school age children in a center. **This training is for child care providers who work in a center.** A center is a business that is licensed for 12 or more children. (Intermediate)

Sleep: Nutrition for the Brain. Core Competency: Child Observation and Assessment. This training will count towards 2 hours of Infant/Toddler credit. Cheryl Wolfe will be presenting this training. It will give child care providers and parents information about how sleep affects "every facet of our children's daily life." You will also learn how observations and assessments of sleep habits will influence children's behavior and learning. (Intermediate)

Understanding Child Care Regulations. Core Competency: Program Management. Mary Hayden, with Early Care and Education, will review current child care regulations, policies, and quality standards. (Intermediate)

What's Up with Block Play? Core Competency: Curriculum. Did you know that blocks are one of the most valuable learning materials for our children? Come and get themes/ideas to use in the block area, learn differences in play/learning according to the age of the child playing with blocks and how to make blocks by recycling. You will look at blocks in a whole different way after attending class with Melodee Price. (Beginner)

IMPORTANT REMINDERS

- ♥ 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.
- ♥ Some class sizes may be limited, so register early to ensure you receive a spot.
- ♥ Children **are not** allowed to attend training sessions.

Training Calendar for April, May, June 2010

Barbour County

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

School-Age Care Environment Rating Scale	5/4/10 (Tuesday)	6:00-8:00
Please Don't Hurt Me	6/8/10 (Tuesday)	6:00-8:00

Berkeley County

Martinsburg Public Library: 101 West King Street, Martinsburg, 25401

Developmentally Appropriate Guidance	4/26/10 (Monday)	6:00-8:00
Please Don't Hurt Me	5/10/10 (Monday)	6:00-8:00

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

Medication Administration (*Must be STARS registered)	4/6/10 (Tuesday)	11:00-4:00
Regulations and Policy	5/11/10 (Tuesday)	10:00-2:00
Medication Administration (*Must be STARS registered)	5/18/10 (Tuesday)	11:00-4:00
Reflective Supervision	6/10/10 (Thursday)	5:30-7:30

Trinity Episcopal Church: 200 W. King Street, Martinsburg, 25401

Sleep: Nutrition for the Brain	6/25/10 (Friday)	5:30-7:30
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Grant County

Grant County Public Library: 18 Mountain View Road, Petersburg, 26847

Early Signs of Autism	4/22/10 (Thursday)	10:00-12:00
Developmentally Appropriate Guidance	5/12/10 (Wednesday)	5:30-7:30
Sleep: Nutrition for the Brain	6/26/10 (Saturday)	10:00-12:00

Teddy Bear Day Care: Keyser Avenue, HC 30 Box 11, Petersburg, 26847

Eat Well, Play Hard	6/8/10 (Tuesday)	6:00-8:00
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Hampshire County

Romney Little Rascals Day Care: 53 West Main Street, Romney, 26757

Please Don't Hurt Me	6/1/10 (Tuesday)	6:00-8:00
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Hardy County

Hardy County Public Library: 102 North Main Street, Moorefield, 26836

Childhood Behavior Issues	4/8/10 (Thursday)	6:00-8:00
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Jefferson County

Small Scholars: 249 Cherry Tree, Charles Town, 25414

Eat Well, Play Hard	4/27/10 (Tuesday)	6:00-8:00
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Jefferson County DHHR: 239 Willow Spring Drive, Charles Town, 25414

Medication Administration (*Must be STARS registered)	4/28/10 (Wednesday)	9:00-2:00
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South Jefferson Public Library: 10 Shirley Road, Summit Point, 25446

Childhood Behavior Issues	4/24/10 (Saturday)	11:00-1:00
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Lewis County

Lewis County Board of Education Building: 239 Court Avenue, Weston, 26452

Sleep: Nutrition for the Brain	6/18/10 (Friday)	1:00-3:00
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Morgan County

Doodlebugs Downtown: 640 Fairfax Street, Berkeley Springs, 25411

Don't Put Me in the Middle: Working Through Divorce...	4/17/10 (Saturday)	10:00-12:00
Developmentally Appropriate Guidance	4/17/10 (Saturday)	12:30-2:30

Preston County

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

Don't Put Me in the Middle: Working Through Divorce...	5/8/10 (Saturday)	9:00-11:00
Developmentally Appropriate Guidance	5/8/10 (Saturday)	12:00-2:00

Little Bear Day Care Center : 50 Nicklow Road, Bruceton Mills, 26525

Eat Well, Play Hard	6/1/10 (Tuesday)	6:30-8:30
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Training Calendar for April, May, June 2010 Continued

Pendleton County

Tiny Tots Day Care Center: 312 Pine Street, Franklin, 26807

Don't Put Me in the Middle: Working Through Divorce... 4/15/10 (Thursday) 5:30-7:30

Randolph County

Days Inn: 1200 Harrison Avenue, Elkins 26241

Super Saturday 6/5/10 (Saturday) 7:30-3:30

Randolph County DHHR: 1027 North Randolph Avenue, Elkins, 26241

Medication Administration (*Must be STARS registered) 5/4/10 (Tuesday) 10:00-3:00

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

Please Don't Hurt Me 4/20/10 (Tuesday) 5:30-7:30

What's Up with Block Play 5/4/10 (Tuesday) 5:30-7:30

Don't Put Me in the Middle: Working Through Divorce... 5/27/10 (Thursday) 5:30-7:30

Reflective Supervision 6/22/10 (Tuesday) 5:30-7:30

Taylor County

MountainHeart Office: 4 Harman Center, Grafton, 26354

Don't Put Me in the Middle: Working Through Divorce... 4/22/10 (Thursday) 5:00-7:00

Taylor Co. Public Library: 200 Beech Street, Grafton, 26354

What's Up with Block Play? 4/29/10 (Thursday) 5:30-7:30

Upshur County

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

Childhood Behavior Issues 4/22/10 (Thursday) 5:30-7:30

Reflective Supervision 6/14/10 (Monday) 5:30-7:30

Child Development Center: 20 Camden Avenue, Buckhannon, 26201

What's Up with Block Play? 4/13/10 (Tuesday) 6:00-8:00



Child Care Resource & Referral Division

1200 Harrison Avenue, Suite 220

Elkins, WV 26241

Insert Address Here