



# News From The Heart



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SPRING 2011

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## MountainHeart Participates in “Read Across America”

MountainHeart Child Care Resource and Referral Agency recognized the 3<sup>rd</sup> annual Read Across America on March 2, 2011. Read Across America is an annual reading program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children's author Dr. Seuss. Approximately one billion people will enter the book or sign their names and millions of children will participate by the end of the 4th grade. The fourth grade is the pivotal year. MountainHeart wants to bring awareness to children and by encouraging reading, we send a message to our children that reading is fun.



Norborne Day Care Center



Little Feet Daycare



St. Joseph's Daycare

## MOUNTAINHEART Community Services, Inc.

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West Virginia Family Child Care Association  
Would like to present the first state wide  
**FREE SPRING FLING CONFERENCE**  
for Family Child Care Providers only!

**When:** May 28, 2011 from 8:00 am - 4:00 pm

**Where:** Big Bucks Bingo in Clarksburg, WV

**Hotel Information:** Bridgeport Days Inn 304-842-7371 or 800-329-7466 for \$60.00  
Bridgeport Sleep Inn 304-842-1919 or 800-627-5337 for \$75.00

**Discount Code is: WVFCCA**

Every provider will receive a catered lunch, training, information on the first **RETIREMENT PLAN** for family child care providers, and prizes galore!

**RSVP's must be post marked by May 6, 2011  
and sent to PO Box 2473, Parkersburg, WV 26102  
or call (304) 917-9697  
or visit [www.westvirginiafamilychildcare.com](http://www.westvirginiafamilychildcare.com)**



## FCC Record Keeping

By MELODEE PRICE, EARLY CHILDHOOD SPECIALIST

Did you know that as a Family Home Provider you are considered self employed? You own your own business of child care. You are to have a business license which means you are able to deduct many expenses for income tax purposes. If you are interested in making the most of your money, you can read Tom Copeland's Family Child Care Record-Keeping Guide. He states the top three record-keeping tips as being: \*save your receipts for all the expenses associated with the upkeep of your home; \*record the meals and snacks that you serve the children, including all the meals and snacks that are not reimbursed by the Food Program; and \* track all the hours you work in your home. By following his three suggestions, you can claim these business deductions on your income tax return.

No one can begin to understand all the information of the federal tax law. This includes tax professionals. So when you feel like "as a regular taxpayer how can I be expected to do all this?", just remember that you can keep up-to-date records and you can complete your tax forms honestly. With a little reading from the Family Child Care Record-Keeping Guide, you will be on your way to saving yourself money as a self employed Family Child Care Provider.

*"It's fine to have ability, but the ability to discover ability in others is the true test." - Elbert Hubbard*

## Outdoor Time

By WILLETTA BOLINGER, PROGRAM DIRECTOR

After what seemed like a very long winter, spring is in the air. Birds are singing, flowers are peeking through the ground, and soon toads will be croaking and trees will begin to bud. People are enjoying the warmth of the sun on their skin, the warmer temperatures and outdoor activities.

Spring is a wonderful time to get the children in your care to explore the great outdoors. It is not only fun, but good for the children's health. The National Wildlife Federation (NWF) lists the "Ten Reasons Kids Need Fresh Air". The reasons are: stronger bones and lower cancer risk, trimmer and more healthy kids, improved eyesight, less depression and hyperactivity, longer attention spans, better at making friends, home and school, measurably better span and healthier adult life. (More the NWF website at [www.nwf.org](http://www.nwf.org)).

The Center for Disease Control (CDC) physical activity for kids. There are care providers can plan and provide for wonderful and enjoyable activity that can incorporate science, math and language in the dirt. Nature walks are ever, planned activities are not necessary. Running builds muscle and coordination and releases stress and excess energy. Playing ball develops eye and hand coordination. Free play allows children to use their imaginations, work together as a team and express themselves.



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recommends one hour per day of many outdoor activities that children to enjoy. Gardening is a can grow into a lifetime hobby. It guage activities and children love another enjoyable activity. How-

Be sure to give the children an opportunity to enjoy nature and the great outdoors. I'm sure that you will benefit from it too.

## OUR SPACE

By CHERYL WOLFE, TRAILS EC SPECIALIST

The flowers are blooming, the birds are chirping, and our houses still feel like they have the winter blues. Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the hectic seasons of spring and summer. "Our Space" will be a training that you won't want to miss. This training will get you started with a fresh new look for "YOUR SPACE." This training will give you ideas of how your home environment can be your business and a place where your family feels cozy and warm. We will discuss strategies that encourage positive behaviors and reduce challenging behaviors such as: schedules, routines, learning activities, interesting materials, storage, and room arrangement. A well-designed environment supports children in developing meaningful relationships and a sense of self confidence.





## TRAILS Tips

By JANET AITCHISON, TRAILS EC SPECIALIST

Spring is just around the corner and everyone is ready to shed winter coats and go outside. When you are planning outdoor activities this spring, think art! Any art activity you can do indoors, you can do outdoors and clean up might be easier. A fence can become an easel when covered with a plastic shower curtain liner. A picnic table can be the perfect place to play with playdough.

*Finger paint* : Put 2 cups of cold water in a large bowl, then slowly add 2 cups of white flour to make nontoxic, kid friendly finger paint. Divide the mixture into smaller bowls and add a couple of drops of food coloring to create their favorite hues.

*Play dough* - Combine 1 cup flour, 1cup water, 1 Tblsp. oil,  $\frac{1}{2}$  cup salt, 1 Tsp. Cream of Tartar and food coloring in a medium saucepan. Cook over medium heat until mixture pulls away from the sides of the pan and becomes like playdough in consistency. Knead until cool. Keep 3 months in an airtight container. This is my favorite dough recipe. Kneading the warm dough is very relaxing.

## CPSC Recall

The U.S. Consumer Product Safety Commission (CPSC) voted unanimously to approve new mandatory standards for full-size and non-full-size baby cribs as mandated by the Consumer Product Safety Improvement Act of 2008. The federal crib standards had not been updated in nearly 30 years and these new rules are expected to usher in a safer generation of cribs.

Once they become effective, the mandatory crib standards will: (1) stop the manufacture and sale of dangerous, traditional drop-side cribs; (2) make mattress supports stronger; (3) make crib hardware more durable; and (4) make safety testing more rigorous.

CPSC has recalled more than 11 million dangerous cribs since 2007. Detaching drop-side rails were associated with at least 32 infant suffocation and strangulation deaths since 2000.

Additional deaths have occurred due to faulty or defective hardware. These new standards aim to prevent these tragedies and keep children safe in their cribs.

Effective June 2011, cribs manufactured, sold, or leased in the United States must comply with the new federal standards. Effective 24 months after the rule is published, child care facilities, such as family child care homes and infant Head Start centers, and places of public accommodation, such as hotels and motels, must have compliant cribs in their facilities.

The full-size and non-full-size crib standards adopted the current ASTM International voluntary standards with additional technical modifications.

For more information on crib safety and safe sleep environments for baby, visit CPSC's crib information center at [www.cpsc.gov/info/cribs/index.html](http://www.cpsc.gov/info/cribs/index.html)

## Supporting Cognitive Development in Infants and Toddlers

By SHANNON NICHOLS, I/T SPECIALIST

Cognitive development is defined as the process of obtaining information, organizing it according to different dimensions and using the information as the basis for further exploration. This process begins at birth and is supported through secure, loving relationships and stimulating environments. Infants and toddlers learn about their world through six key discoveries that form the basis for all other learning and account for 95% of cognitive development during the first three years. Children first learn to categorize objects into groups, such as hard, soft, round, shakeable, etc. Through their experiences with different types of objects, they learn how things work and ways to combine actions to form new ones. Around 6 months of age, children begin to understand that objects have permanence and will search for a toy that is out of sight. At around 9 months of age, children are beginning to understand that events are caused by something and by 15 months, they have had enough experiences to understand causal mechanisms. Children begin using tools such as themselves (crying to be picked up), objects (stool to reach a high object) or others (caregiver to help zip a coat). This discovery helps children learn to solve problems by using a variety of tools. Puzzles, containers to fill and dump and perception are all examples of the fifth discovery of understanding how things fit into space. Imitation is the sixth discovery and helps children gain problem solving skills and socially acceptable behaviors.

The caregiver's role is to be observant of these discoveries, provide further opportunities to continue discovery and avoid interrupting the process.

## DOLLAR\$ AND \$EN\$E

By DIANA GILLISPIE, SUPERVISOR

If you agree to take a child or children into your care without a valid Child Care Certificate from MountainHeart, you are responsible for arranging a private pay agreement with the family until you receive a valid certificate. Remember, the family may be found ineligible at any point during the application process which can span over a 13 day period. If you have been notified that the family is not eligible after a particular date and you have not received a new certificate by the stated date, then the case may have been closed. If you choose to continue to care for the child/children after the date given in the notification, then you are responsible for arranging a private pay agreement with the family. Remember, you will not be paid through the subsidy program if you do not have a valid Child Care Certificate. You are urged to contact your MountainHeart Case Manager to inquire as to the eligibility status of the family or if you have any questions.





## MountainHeart News & Notes

### National Child Abuse and Prevention Month

By MELODEE PRICE, EARLY CHILDHOOD SPECIALIST

April is National Child Abuse and Prevention Month, a time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families. Pin wheels and blue ribbons symbolize Child Abuse Prevention. You can support children by wearing a blue ribbon or by placing a pin wheel outside of your residence or business. This will show the community that you will not tolerate child maltreatment. Melodee Price will be offering a training titled "Making a Difference" in which you will learn what you can do to prevent child abuse from happening.

To learn more about prevention of child maltreatment check the website <http://www.childwelfare.gov/preventing/preventionmonth/>



### MountainHeart Begins A New Tradition

By MIKE STAFFORD, IT SUPERVISOR

For many people, technology plays an ever increasing part in our daily lives. Email, Instant Messaging and Texting are great for communicating with family, friends and co-workers on a daily basis. Communicating with a larger audience sometimes requires a slightly different approach.

MountainHeart Community Services, Inc. has maintained a website for sometime now to provide a means for the public to keep up with information and events involving our various programs. As a way to increase our ability to communicate with the public, MountainHeart has begun a new tradition by creating an account on Facebook. This will provide us another means by which we can keep the community informed about important updates and agency news concerning available programs and opportunities from MountainHeart.

Join us on Facebook by visiting [www.facebook.com/mountainheartwv](http://www.facebook.com/mountainheartwv). In depth information and news can be found on our website at [www.mountainheartwv.org](http://www.mountainheartwv.org). We look forward to seeing you online!



### Welcome To Our Team!

Paige Penwell is the new clerical in the Martinsburg Office.

Paige has lived in the Panhandle for twenty years but is originally from Buckhannon, WV. She has two sons, Dillon and Torin. Dillon just graduated from Shepherd University this last spring and he plans to start graduate school soon.

Torin is a Junior at Jefferson



High School. He is a Fencing Saberist and has won many competitions. Paige has been married to her husband Scotty for twenty years and they enjoy riding Harley motorcycles in warm weather and spending time with their boys and family. Paige looks forward to working with everyone at MountainHeart.

### Be Choosy WV Project

Would you be interested in participating in "Be Choosy, Be Healthy" West Virginia? Providers interested in participating will need to contact Sarah Hicks, Nurse Health Consultant, to receive an application. Application deadline has been extended. Over 100 center, facility, or home providers throughout the state will be chosen to participate. Those chosen will receive free training, free materials (including a "Choosy Kit"), and technical assistance on how to change or maintain current health, nutrition, and physical practices. Those chosen will be notified in the spring, and training will be held there after (date/time pending).

Questions? Contact Sarah at [shicks@rvcds.org](mailto:shicks@rvcds.org)  
Completed applications can be sent to:



Sarah Hicks  
8 Memorial Drive  
Parsons, WV 26287



### Save The Date!



**WHAT:** 5th Annual Child Care Center Director's Mtg.

**WHEN:** October 5, 2011

**WHERE:** Village Square, Clarksburg, WV

*More information to come this summer!*



## MH News & Notes

# Medication Administration Training

Medication Administration training is being offered in our region. As per center licensing requirements, staff members who work in child care centers or Head Start and who administer medication must have medication administration training. These trainings are conducted through the WV DHHR Early Care and Education office & are WV STARS registered. Training dates and sites are as follows:

**April 12, 2011 (Tuesday) at 9:00 am in Martinsburg (MountainHeart office)**

**April 16, 2011 (Saturday) at 10:00 am in Kingwood (First Presbyterian Daycare)**

**Space is limited. Only twelve participants per class will be allowed.** Slots will be filled on a first come, first serve basis. You **MUST PRE-REGISTER at least five (5) days in advance of the training session** by calling the Elkins MountainHeart office at (304) 637-2840 or 1-877-862-3103 (toll free). If all spaces are taken, you may place staff members on the waiting list in the event that a slot becomes available. If the minimum number of participants is not met for a training session, the session will be cancelled.

**IMPORTANT NOTICE: Staff members must be registered on the WV STARS Career Pathway before taking the medication administration training.** You will not be permitted to attend the training session if you are not currently on the WV STARS Career Pathway. All participants will need to bring their WV STARS Pathway certificate with ID number and/or their feedback letter from WV STARS stating that they have been approved and their certificate will be mailed soon. **If staff attend the training and are not on the WV STARS Career Pathway, the training will not count towards licensing requirements.**

The training session is 4 ½ hours long (including two 15 minute breaks).

**Participants must pass the Medication Administration competency test with 80% accuracy in order to pass the training and obtain a certificate.** Each participant must bring the following materials to the training: pencil or pen, paper, 1 pair of non-latex gloves, 1 doll baby.

**Reminder: Children may not attend the training session.**

*"Some people strengthen others just by being the kind of people they are." -John M. Gardner*

# Components of Quality Care and Education

CQCE modules are a 32-hour training that will cover a variety of topics. The modules were developed to meet the requirements of the WV Early Learning Standards. **Participants must be WV STARS registered before attending the training.** Each child care provider who completes the training may receive free resources for use in their home, facility, or child care center. Please contact the Elkins MountainHeart office at 1-304-637-2840 or our toll free number of 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.

**Grant County: Grant County DHHR office: 15 Grant Street, Suite 1, Petersburg, WV 26847**

**April 5, 2011 – Tuesday, 10:00-3:00**

Module 1: Extreme Makeover/Space and Furnishings

**\*April 7, 2011 – Thursday, 10:00-3:00**

Module 2: Not Just Routine

**April 12, 2011 – Tuesday, 10:00-3:00**

Module 3: For the Love of Literacy

**April 14, 2011 – Thursday, 10:00-3:00**

Module 4: Implementing Your Curriculum

**April 28, 2011 – Thursday, 10:00-3:00**

Module 6: Building Blocks: A Program's Structure

**May 3, 2011 – Tuesday, 10:00-3:00**

Module 5: Recipe for Relationships

**May 5, 2011 – Thursday, 10:00-3:00**

Module 7: Including All Children

**May 10, 2011 – Tuesday, 10:00-3:00**

Module 8: Communication is the Key

\*The April 7th class will be held at the Petersburg MountainHeart office: 93 South Grove Street, Suite 1, Petersburg 26847



**FREE RESOURCES UPON COMPLETION**





## Training Topics Offered April - June 2011

**Brain Games for Infants and Toddlers.** *Core Knowledge: Child Growth and Development and Curriculum.* Tara Bowley will teach this two hour training in which participants will learn everyday opportunities to nurture brain development in the critical period from birth through 36 months. Participants will be given information on the latest research and how the activities promote brain power in children. (Beginner)

**Do You See What I See?** *Core Knowledge: Child Observation and Assessment.* What should you document through observations? When should you observe children? Why do observations? What do you do with all the information once it is collected? These are some questions that will be answered through this training that Melodee Price will facilitate. As child care providers, we must understand how to use ongoing observation, documentation and assessment to develop curriculum, plan and make needed referrals. (Intermediate)

**How to Tier II.** *Core Knowledge: Professionalism.* A tiered reimbursement system offers higher subsidy payments to programs that demonstrate they meet higher standards of care. Would you like to receive more pay for the quality care of children who are in the subsidy program? Melodee Price will teach you how to develop a plan and compile information to submit your Tier II application. (Intermediate)

**Making a Difference.** *Core Knowledge: Health, Safety and Nutrition.* This training will count towards two hours of child abuse and neglect that is required of center based staff within the first six months of employment (according to child care center regulations). Melodee Price will help you to know when and how to facilitate a family's linkage to assistance and support before child maltreatment occurs. This training will focus more on preventative measures in regards to child abuse and neglect. (Beginner)

**Move, Learn, and Play.** An informed, enthusiastic parent or caregiver, who models physical activity, fosters opportunities for physical activity, and reinforces what he/she observes, increases the chances that his/her child will view physical activity as a normal part of his/her day. This training will provide ideas for physical activity opportunities for children that will foster development of the fundamental movement skills, as well as offer opportunities for creative, imaginative, physical play that can be used every day! (Intermediate)

**Our Space.** *Core Knowledge: Positive Interactions and Relationships.* Cheryl Wolfe, TRAILS Early Childhood Specialist, will facilitate this training for family home providers. We will discuss strategies that encourage positive behaviors and reduce challenging behaviors such as: schedules, routines, learning activities, interesting materials, storage, and room arrangement. A well-designed environment supports children in developing meaningful relationships and a sense of self confidence. This training information will not apply to center based child care staff. It will be geared toward people who do child care out of their homes. (Beginner)

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

**Summer Adventures.** *Core Knowledge: Curriculum.* Tara Bowley will teach this two hour training in which participants will be given ideas on how to plan a fun and engaging summer program for their school-age children. (Intermediate)



For more information visit:  
[http://www.wearlychildhood.org/Camp\\_Gizmo.html](http://www.wearlychildhood.org/Camp_Gizmo.html)

### Tentative Schedule for Future WVIT Classes

If you are interested in attending the West Virginia Infant Toddler program, please contact Shannon Nichols in the **Weston office at 1-304-269-5446 or our toll free number 1-866-232-9227** 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 2011- Grant, Hardy, or Mineral County

November 2011-February 2012 – Barbour, Lewis, Upshur or Randolph County



## Training Calendar for April-June 2011

### Berkeley County

<b>Inwood Family Worship Center:</b> 28 Lafayette Lane, Inwood, 25428		
Making a Difference	6/27/11 (Monday)	6:30-8:30
<b>James Rumsey Technical Institute:</b> 3274 Hedgesville Road, Martinsburg, 25403		
Do You See What I See?	6/28/11 (Tuesday)	10:00-12:00
<b>MountainHeart Office:</b> 891 Auto Parts Place, Suite 139, Martinsburg, 25403		
Med. Administration (Must be WV STARS registered)	4/12/11 (Tuesday)	9:00-1:30
<b>Martinsburg Public Library:</b> 101 West King Street, Martinsburg, 25401		
Brain Games for Infants and Toddlers	5/4/11 (Wednesday)	12:00-2:00
<b>Rocky Knoll School:</b> 52 Advent Drive, Martinsburg, 25403		
Open Wide and Brush for Health	4/11/11 (Monday)	6:30-8:30

### Grant County

<b>Grant County DHHR:</b> 15 Grant Street, Petersburg, 26847		
Brain Games for Infants and Toddlers	5/25/11 (Wednesday)	12:00-2:00
Our Space	6/28/11 (Tuesday)	11:00-1:00

### Hampshire County

<b>Hampshire County Public Library:</b> 153 West Main Street, Romney, 26757		
Making a Difference	5/7/11 (Saturday)	11:00-1:00
How to Tier II	5/12/11 (Thursday)	11:00-1:00
Brain Games for Infants and Toddlers	5/14/11 (Saturday)	11:00-1:00

### Hardy County

<b>Hardy County Public Library:</b> 102 North Main Street, Moorefield, 26836		
Do You See What I See?	6/3/11 (Friday)	11:00-1:00
Summer Adventures	6/7/11 (Tuesday)	12:00-2:00

### Jefferson County

<b>Jefferson County DHHR:</b> 239 Willow Spring Drive, Charles Town, 25414		
Summer Adventures	6/23/11 (Thursday)	11:00-1:00

### Lewis County

<b>Lewis County Board of Ed. Building:</b> 239 Court Ave., Weston, 26452		
Making a Difference	4/4/11 (Monday)	6:00-8:00
How to Tier II	4/4/11 (Monday)	3:00-5:00

### Mineral County

<b>Mineral County DHHR:</b> 18 North Tornado Way, Keyser, 26726		
Making a Difference	4/13/11 (Wednesday)	11:00-1:00
<b>Tiny Town Daycare:</b> RR 6 Box 6632, Keyser, 26726		
Open Wide and Brush for Health	5/18/11 (Wednesday)	6:00-8:00

### Morgan County

<b>Morgan County DHHR:</b> 62 Regal Court, Berkeley Springs, 25411		
How to Tier II	5/26/11 (Thursday)	11:00-1:00
Summer Adventures	6/9/11 (Thursday)	12:00-2:00

### Pendleton County

<b>Tiny Tots Day Care Center:</b> 312 Pine Street, Franklin, 26807		
Brain Games for Infants and Toddlers	5/10/11 (Tuesday)	6:00-8:00

### Preston County

<b>First Presbyterian Church Day Care Center:</b> 106 E. High Street, Kingwood, 26537		
Med. Administration (Must be WV STARS registered)	4/16/11 (Saturday)	10:00-2:30
<b>Preston County DHHR:</b> 18531 Veteran's Memorial Highway, Kingwood, 26537		
Making a Difference	4/8/11 (Friday)	11:00-1:00
Brain Games for Infants and Toddlers	5/26/11 (Thursday)	12:00-2:00
Our Space	6/27/11 (Monday)	11:00-1:00



## Training Calendar for April-June 2011 continued

### Randolph County

<b>Randolph County DHHR:</b> 1027 North Randolph Avenue, Elkins, 26241		
Open Wide and Brush for Health	4/14/11 (Thursday)	10:00-12:00
Brain Games for Infants and Toddlers	5/12/11 (Thursday)	11:00-1:00
Summer Adventures	6/3/11 (Friday)	10:00-12:00

### Taylor County

<b>MountainHeart Office:</b> 4 Harman Center, Grafton, 26354		
Summer Adventures	6/4/11 (Saturday)	9:00-11:00
<b>Taylor County Public Library:</b> 200 Beech Street, Grafton, 25354		
Do You See What I See?	4/30/11 (Saturday)	10:00-12:00

### Tucker County

<b>Family Resource Network:</b> 501 Chestnut Street, Parsons 26287		
Move, Learn, and Play	4/21/11 (Thursday)	6:30-8:30
How to Tier II	5/13/11 (Friday)	11:00-1:00
Do You See What I See?	6/2/11 (Thursday)	11:00-1:00

### Upshur County

<b>Child Development Center:</b> 20 Camden Avenue, Buckhannon, 26201		
Brain Games for Infants and Toddlers	5/5/11 (Thursday)	6:00-8:00
<b>Upshur County Public Library:</b> Route 6 Box 480, Tennerton Road, Buckhannon 26201		
How to Tier II	5/11/11 (Wednesday)	11:00-1:00
Summer Adventures	6/1/11 (Wednesday)	2:00-4:00

**To register for trainings, please call the Elkins office at 1-877-862-3103 or 304-637-2840.**

**You must register at least 5 days before the scheduled training.**

**If schools are closed in the county that a training is being held, then the training is automatically cancelled.**



Child Care Resource & Referral Division

1200 Harrison Avenue, Suite 220  
Elkins, WV 26241