



Child Care
Resource & Referral

"News From the Heart"

Summer 2006

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MountainHeart Child Care Resources 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.

April Provider Conference

By: Janet Aitchison

MountainHeart Community Services, Inc. and Operation Tadpole presented a one day conference on April 1, 2006 at the Comfort Inn in Martinsburg. The theme of the conference was "Fresh Ideas Start Here."

Child care providers from child care centers, facilities, family homes and Head Start attended the event. Over one hundred thirty providers were present.

The keynote was "Conscience Discipline," presented by Cheri Sheriden. Her message was very well received by the audience. She also presented "Create a School Family."

Melanie Clark offered a six hour "ECERS-R Experienced Observer Training Module One." Additional trainings included: "Signing for the Hearing Child" by Cheryl Wolfe, "Foods for Moods" by Mitch Greenbaum, and "Reducing the Risks of SIDS in Child Care" by Shannon Nichols.

Attendees enjoyed a delicious lunch

catered by Ramons and took a few minutes to visit the vendors tables. Trainings after lunch included "Abuse and Neglect" by Pam Lockard, "Characteristics of Frequently Seen Disabilities" by Denise Holmes. Gina Raschella presented "Music in Our Ears."

In closing, thanks went to all presenters and attendees. The day concluded with door prizes drawn.

It was a positive experience for everyone and an enjoyable way to meet training requirements.



NOTICE: Address Change

As of July 1, 2006, the zip code for the Martinsburg MountainHeart Office will be changing. The address will be:

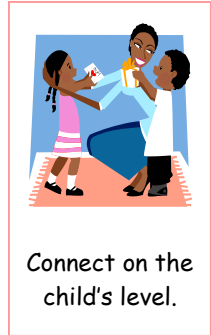
MountainHeart CCR&R
295 Monroe Street, Suite 1
Martinsburg, WV 25404

How To Talk To A Child

By: James Weber, Behavior Consultant

A major part of discipline is talking to a child in a way to get the point across. How you talk to a child influences how the child will understand what you want, and how the child will talk to others. Here are some tips to improve communication to get your point across to a child.

1. Connect with a child on his/her level. That means using eye contact on the same level as the child. Get down on the floor and have the child look at you while you are talking.
2. Make sure that your child is ready to listen and not in a heightened emotional state.
3. Address the child with his/her name. All of us like for our name to be said. Children are the same and it will encourage them to pay attention.
4. Keep it brief. Use no more than one sentence or about ten words to get the information across to the child. Think how your child talks and do not exceed that level.
5. Ask the child to repeat the request back to you. If he/she cannot do so, the information was too long or too complicated.
6. Make the child an offer he/she cannot refuse. For example, "Billy, after you pick up the toys, we will have lunch." Give the child a reason to complete the request.
7. Give the child choices. "Sally, do you want to wear your blue shirt or your green shirt to school today?"
8. The louder the child yells, the softer you respond. If you raise your voice, it becomes a contest between you and the child with one voice becoming louder than the other.
9. Give advance notice to prepare the child for what is going to happen. "Joey, we will be leaving for grandma's soon. Get your coat."
10. Speak politely. Remember to use 'please' and 'thank you' as this too is an example for your child.



Connect on the child's level.



"Shake, Shake, Shake"

TRAILS Tip

By: Janet Aitchison

When you are cooking with children, use large Ziploc bags instead of mixing bowls. Each child can add ingredients. When you are ready to mix, seal the bag and pass it around. The children can take turns squeezing the bag to combine the ingredients. This minimizes mess and shares fewer germs.

CPR / First Aid Contact Information

Statewide Resources: www.redcross.org

Barbour County:

(304) 624-7689: American Red Cross
 (304)457-2037: Barbour Co. Emergency Squad
 (304)338-2637: Leonard Kerns

Berkeley County:

(304)263-5241: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross

Grant County:

(304)267-3595: Roy Martin, American Red Cross
 (304)257-1026: Gary White, Grant Memorial Hospital

Hampshire County:

(304)267-3595: Roy Martin, American Red Cross
 (304)496-8223: Hampshire Co. EMS, Debbie

Hardy County:

(304)267-3595: Roy Martin, American Red Cross
 (304)530-0076: Jimmy Cosner

Jefferson County:

(304)725-5015: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross

Lewis County:

(304)624-7689: American Red Cross
 (304)269-8207: Lewis Co. EMS

Mineral County:

(304)788-3955, Ext. 307: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross
 (304)788-6444: CPR Training Center
 1-301-786-4503: Robin Davis

Morgan County:

(304)258-1210: American Red Cross
 (304)267-3595: Roy Martin, American Red Cross

Pendleton County:

(304)358-3323: Pendleton Co. EMS, Diana Mitchell or Charles King

Preston County:

(304)598-9500: American Red Cross
 (304)624-6554, Ext. 225: Mike Freeman
 (304)293-6682: Ann Herrington, American Heart Assoc.

Randolph County:

(304)636-3883: American Red Cross
 (304)636-7706: Karen Nethkin
 (304)338-2637: Leonard Kerns

Taylor County:

(304)598-9500: American Red Cross
 (304)624-7689: American Red Cross, Connie
 (304)293-6682: Ann Herrington, American Heart Assoc.

Tucker County:

(304)598-9500: American Red Cross
 (304)624-7689: American Red Cross, Connie
 (304)338-2637: Leonard Kerns

Upshur County:

(304)472-8060: American Red Cross
 (304)472-1224: Upshur Co. EMS Squad
 (304)636-7706: Karen Nethkin
 (304)338-2637: Leonard Kerns



Children's Health Insurance Program

CHIP is health coverage for children and expectant mothers. Comprehensive plans including: doctor visits, check-ups, vision, dental, immunizations, prescriptions, hospital stays, mental health and special needs.

Parents may apply by phone at 1-877-982-2447 (open Monday—Friday from 8am to 8pm) or apply online at www.wvinroads.org. Many hospitals and primary care clinics throughout West Virginia have outreach coordinators who can answer questions about WVCHIP and Medicaid. A list of these coordinators is available at www.wvchip.org. Approval into the CHIP program is determined by several factors, some of which are income of the family and other insurance coverage.

To obtain a CHIP application, you may contact your local MountainHeart office.

Volunteers Sought for Training Advisory Council

By: Willetta Bolinger

MountainHeart is inviting child care providers in Region V to participate on the Training Advisory Council. The committee will be meeting quarterly in different areas of our fifteen county region. Region V consists of the following counties: Barbour, Berkeley, Grant, Hampshire, Hardy, Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston, Randolph, Taylor, Tucker and Upshur.

The Training Advisory Council assists MountainHeart in developing and revising their yearly training plan by providing input

on training needs. This may include suggestions for training topics, training locations that best meet the needs of providers and the frequency in which the training is offered.

We are seeking at least one child care provider who is willing to attend a minimum of three meetings per year. If you are unable to attend three meetings, you are still invited to participate.

The tentative schedule for meetings for 2006-07 is:

- August 22, 2006 in Elkins.

- November 14, 2006 in Martinsburg
- March 20, 2007 in Moorefield
- May 15, 2007 in Grafton

If you are interested in participating on the council or have questions, please call the Elkins office at 637-2840 or 1-877-862-3103 (toll free) and ask for Amelia or Willetta. Those signing up to participate on the committee will be notified of confirmed dates, times and locations of the meetings.

Medication Administration Training

By: Willetta Bolinger

Medication Administration training is being planned for our region during the months of July, August, and September for child care center staff. Centers will be receiving notification in the mail as to training dates. Please remember that it is a requirement that staff participating in the medication administration training **MUST** be registered on the STARS Career Pathway prior to attending the training (see website at www.wvearlychildhood.org for more information and registration form or contact your TRAILS Early Childhood Specialist).

July—September 2006

Provider Training Calendar

STARS Registered

2-Hour Trainings

Topic 1: A Guide to Discipline in Child Care

Core Competency: Positive Interactions & Relationships

Topic 2: Fun & Games in the Sun

Core Competency: Curriculum

Topic 3: Ages & Stages (Includes 2 Hours Infant/Toddler Credit)

Core Competency: Child Growth & Development

Topic 4: Trash to Treasure

Core Competency: Curriculum

Topic 5: Child Abuse & Neglect

Core Competency: Health, Safety & Nutrition

Topic 6: Childhood Health Issues

Core Competency: Health, Safety & Nutrition

Topic 7: Caring for Infants & Toddlers (Includes 2 Hours Infant/Toddler Credit)

Core Competency: Child Growth & Development

Lewis County—Board of Education Building (MountainHeart Building) - 2nd floor Conf. Room

July 28, 2006	Friday	3:00pm-5:00pm	A Guide to Discipline in Child Care
July 28, 2006	Friday	6:00pm-8:00pm	Fun & Games in the Sun

Randolph County—Public Library

July 31, 2006	Monday	3:00pm-5:00pm	A Guide to Discipline in Child Care
July 31, 2006	Monday	6:00pm-8:00pm	Fun & Games in the Sun

Taylor County—Public Library

August 2, 2006	Wednesday	10:00am-12:00pm	Ages & Stages (Infant/Toddler)
August 2, 2006	Wednesday	1:00pm-3:00pm	Trash to Treasure

Tucker County—Davis Community Center

August 5, 2006	Saturday	10:00am-12:00pm	Ages & Stages (Infant/Toddler)
August 5, 2006	Saturday	1:00pm-3:00pm	Trash to Treasure

Hampshire County—Bank of Romney Community Center

August 12, 2006	Saturday	10:00am-12:00pm	Childhood Health Issues
August 12, 2006	Saturday	1:00pm-3:00pm	Child Abuse & Neglect

Berkeley County—MountainHeart Office

August 17, 2006	Thursday	1:30pm-3:30pm	Childhood Health Issues
August 17, 2006	Thursday	5:00pm-7:00pm	Child Abuse & Neglect

Pendleton County—Tiny Tots Child Care Center (Franklin)

August 26, 2006	Saturday	10:00am-12:00pm	Ages & Stages
August 26, 2006	Saturday	1:00pm-3:00pm	Fun & Games in the Sun

Hardy County—Public Library

August 29, 2006	Tuesday	3:00pm-5:00pm	Ages & Stages
August 29, 2006	Tuesday	6:00pm-8:00pm	Fun & Games in the Sun

Preston County—Wesley United Methodist Church

September 1, 2006	Friday	3:00pm-5:00pm	A Guide to Discipline in Child Care
September 1, 2006	Friday	6:00pm-8:00pm	Fun & Games in the Sun

Mineral County—Frankfort High School

September 14, 2006	Thursday	7:00pm-9:00pm	Caring for Infants & Toddlers
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Jefferson County—WVU Extension Office (Health Department Building)

September 26, 2006	Tuesday	10:00am-12:00pm	Caring for Infants & Toddlers
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****Important Reminders****

- Please do NOT bring children to trainings.
- You may attend training in any county.
- Please call, *no later than Noon the day before the training*, to register to attend training.
- Five participants must be registered for each training or the training may be cancelled. Please call to confirm.
- Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend training in Upshur, Grant, Hardy, Pendleton and Randolph Counties.
- Call the Grafton office @ 265-0035 or 1-877-811-5437 to register to attend training in Taylor, Tucker, Preston, Lewis or Barbour Counties.
- Call the Martinsburg office @ 262-1584 or 1-888-915-7653 to register to attend training in Hampshire, Mineral, Morgan, Berkeley or Jefferson Counties.
- 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.

West Virginia Infant/Toddler Professional Development Program (WVIT)

If you or your staff are interested in the 50 hour West Virginia Infant/Toddler training, please call the Martinsburg Office at 1-888-915-7653 by **July 19**, and give your name and phone number. Child Care Center Directors **must complete** a 2-day Administrator's training before their staff may attend the WVIT. All dates for the WVIT training are listed below. Participants **MUST** be registered on STARS Career Pathway **before** beginning classes. For information go to www.wvearlychildhood.org or contact your TRAILS Specialist.

<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session #:</u>
July 25	Tuesday	Berkeley	Administrators Session 1 of 2
July 27	Thursday	Berkeley	Administrators Session 2 of 2
August 3	Thursday	Berkeley	Session 1
August 10	Thursday	Berkeley	Session 2
August 18	Friday	Berkeley	Session 3
August 24	Thursday	Berkeley	Session 4
Sept. 5	Tuesday	Berkeley	Session 5
Sept. 7	Thursday	Berkeley	Session 6
Sept. 11	Monday	Berkeley	Session 7
Sept. 14	Thursday	Berkeley	Session 8
Sept. 18	Monday	Berkeley	Session 9
Sept. 21	Thursday	Berkeley	Session 10

See Page 8 for more information

Components of Quality Care & Education Modules (CQCE)

The Components of Quality Care & Education Modules is a 32 Hour training that will cover a variety of topics (see below). Each participant who completes the training will receive free resources for their home or child care center. Each session will be held in either the Grant County Public Library, or the Hardy County Library. Please contact the Elkins office at 1-877-862-3103 by **July 12** for additional information or to register. Participants **MUST** be registered on STARS Career Pathway **before** beginning classes. For information go to www.wvearlychildhood.org or contact your TRAILS Specialist.

Each participant must attend all 8 Modules.

Each session will be from 10:00am—3:00pm:

<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session #:</u>
August 1	Tuesday	Grant	Module 1—Extreme Makeover: Space & Furnishings
August 7	Monday	Grant	Module 2—Not Just Routine
August 19	Saturday	Hardy	Module 3—For the Love of Literacy
August 29	Tuesday	Grant	Module 4—Implementing Your Curriculum
Sept. 5	Tuesday	Grant	Module 5—Recipe for Relationships
Sept. 12	Tuesday	Grant	Module 6—Building Blocks: A Program's Structure
Sept. 26	Tuesday	Grant	Module 7—Including All Children: Provisions for Children with Special Needs
Sept. 30	Saturday	Hardy	Module 8—Communication is the Key

See Page 8 for more information

Special Notices

Tentative Schedule for the West Virginia Infant/Toddler and Components of Quality Care & Education Modules for July 2006—June 2007

Throughout the fiscal year, MountainHeart will be offering the new West Virginia Infant/Toddler Professional Development Program (WVIT – 50 Hours) and the Components of Quality Care & Education Modules (CQCE – 32 Hours) in various areas. Below is a tentative schedule for when MountainHeart plans to offer these trainings. If you or your staff are interested in participating in these trainings, please contact the appropriate office and/or trainer. The county which has the most providers interested in the training will likely be the county in which the training will be held. Participants **MUST** be registered on the STARS Career Pathway **before** beginning the trainings. For information go to www.wvearlychildhood.org or contact your TRAILS Specialist. Thank you.

October—December (2006) - The WVIT will be offered in either Preston, Taylor, Barbour, Lewis or Tucker County. Please contact the Grafton office at 1-877-811-5437 for additional information.

October—December (2006) - The CQCE will be offered in either Berkeley, Jefferson, Hampshire, Mineral or Morgan County. Please contact the Martinsburg office at 1-888-915-7653 for additional information.

January—March (2007) - The WVIT will be offered in either Berkeley, Jefferson, Hampshire, Mineral or Morgan County. Please contact the Martinsburg office at 1-888-915-7653 for additional information.

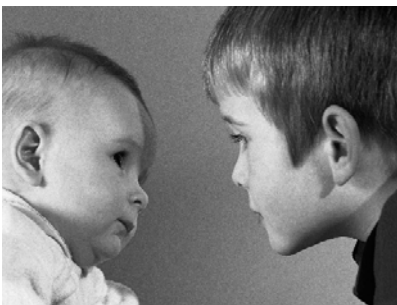
January—March (2007) - The CQCE will be offered in either Preston, Taylor, Barbour, Lewis or Tucker County. Please contact the Elkins office at 1-877-862-3103 for additional information.

April—June (2007) - The WVIT will be offered in either Randolph, Upshur, Hardy, or Pendleton County. Please Contact the Elkins office at 1-877-862-3103 for additional information.

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

*In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resource and Referral training will be accessible to persons with disabilities. If you require accommodations for training, please contact MountainHeart CCR&R for assistance at 1-877-862-3103.

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



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New faces at MountainHeart

Sharon
Radcliff



Sharon Radcliff is a new case manager in the Martinsburg Office. Sharon is a graduate of Shepherd University and previously owned a local preschool. She currently lives in Gerrardstown with her dog, Tucker, and her daughter Sarah, who will soon be leaving the nest. Sharon feels it has been a joy to enter the workforce with such friendly and supportive co-workers.

Danette
Ross



Danette Ross is a native of Martinsburg, WV. Danette earned her degrees in Business Management and Conflict Resolution while living in DC. Danette is now living in the Martinsburg area with her son. She also has one daughter and a four year old grandson. Danette has worked in day care centers previously and is looking forward to bringing her training knowledge and skills to MountainHeart.

Heather
Bennett



Hi! My name is Heather Bennett. I was born in Elkins and raised in Beverly, WV. After graduation from Elkins High School in 1997, I went on to earn an Associate of Business Degree at Davis & Elkins College in 2001. Also in 2001, I married my husband, Chad. We now reside in Beverly along with our two children, Grant and Alexis.

MountainHeart North Recognized for VITA Program



On Tuesday, May 30, 2006, Judy Henderson and Mary Densmore from the Grafton office and Cathy Fisher, from the Weston office traveled to Charleston to meet and be recognized by Governor Joe Manchin III. The three staff were recognized for their contribution to the Volunteer Income Tax Preparation Program, which MountainHeart has been involved with for the past 3 years. The VITA program assists low to moderate-low income families in preparing their tax returns free of charge. Judy and Cathy each completed over two hundred tax returns this season and Mary completed over 100. Each were presented a certificate of Recognition by the Governor. Also in attendance was Larry Kincaid, MountainHeart North Program Director.



"Children Are Our Future....

....And Our Future Looks Promising"



Our Five Office Locations:

Martinsburg	1-888-915-7653
Grafton	1-877-811-5437
Elkins	1-877-862-3103
Weston	1-866-232-9227
Petersburg	1-877-211-5437



Visit us on the web at:
www.mountain-heart.org

West Virginia Pre-K Update

By: Melanie Clark,

WV DHHR Early Care and Education, Quality Initiatives
Early Care And Education Specialist

Many counties are now working on finalizing contracts in collaborative settings. West Virginia Board of Education (WVBE) Policy 2525 states, "...no less than 50% of the classrooms for eligible children must be provided through contractual agreements with community partners, including but not limited to Head Start and Child Care." These contracts and budgets are due by July 15th to the West Virginia Department of Education (WVDE) Early Childhood Coordinator. The contracts are then reviewed by the Partners Implementing an Early

Care and Education System (PIECES) WV Pre-K Steering Team.

In accordance with WVBE Policy 2525, counties must submit an annual plan in February of each year. Upon review, the county plans were placed into one of the following categories:

Approved as Submitted — Approved for SY 06/07

Approved with Contingencies — The plan was approved for SY 06/07 contingent on the submission of missing component(s) of the county plan format.

Approved status will then be re-evaluated.

Not Approved — The plan for SY 06/07 did not demonstrate acceptable documentation of maximization of resources, submission of required components of the plan, and adherence to WVBE Policy 2525. The identified components must be satisfactorily completed. Approval status will then be re-evaluated.

For more information about WV Pre-k check out the website:
www.wvdhhr.org/oss/pieces/ta