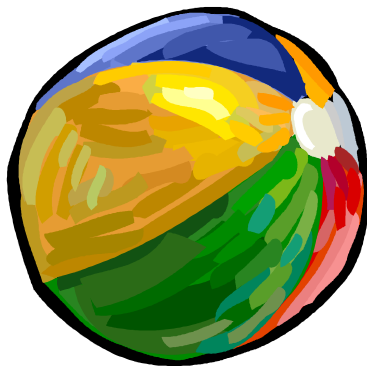




WWW.MOUNTAIN-HEART.ORG/CCSNORTH

Child Abuse and Neglect Awareness Month	2
CPR and First Aid Contact Information	3
Training Calendars	4-8
The Importance of Nature Activities	9
Provider FAQ's	10
Fun in the Sun	11



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

"HELPING HANDS" CHILD CARE PROVIDER CONFERENCE

By: Melodee Price

MountainHeart held their annual child care provider conference on Saturday, April 28, 2007 in Moorefield at the Moorefield Middle School. Providers came from Berkeley, Barbour, Grant, Hampshire, Hardy, Mineral, Pendleton, Preston, Randolph and Tucker Counties to get 6 hours of training completed in one day.



Our keynote speaker was Carolyn Shuman. She gave a training called "A Bigger Brain?" in which providers earned 2 hours of infant/toddler credit. Comments were made that people wished they could have heard her information before they had children. They felt like the information that was presented was very beneficial in the field of child development and that they could apply the information to their everyday work with the children.

Other trainers and topics that were offered were: Cheryl Wolfe, *Teaching Hearing Children to Sign*; Rachel Hamner, *Growing with Me*; James Weber, *Child Abuse and Neglect*; Beth Ludewig, *It's Your Business, Take Control*; P. Kay Nottingham Chaplin, *The Importance of Preschool Vision Screening*; Idress Gooden, *Understanding the Framework of Poverty*.

Debbie Burget from Usborne Books was our vendor for the day. She had a wonderful display of books to choose from for every age group. Several providers won door prizes from Debbie's inventory.

Each child care provider left with at least one door prize from Kaplan and/or Lakeshore. Everyone received a goody bag filled with books, CDs, notebooks, pens, and a cute little stuffed animal pig to go along with a separate storybook and CD.

Thanks to all who attended our child care provider conference. A lot of time and planning goes into coordinating these events so we appreciate when it is well attended.



We, at MountainHeart, hope that it was a positive experience for you and look forward to serving your training needs in the future.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ MountainHeart would like to thank the
 ☆ Shepherdstown Rotary for their donation
 ☆ of books and stuffed pigs, and the
 ☆ Child Welfare League of America for
 ☆ their donation of books for the Provider
 ☆ Conference.
 ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

CHILD ABUSE AND NEGLECT AWARENESS MONTH

By: Amelia Rossi



April was Child Abuse and Neglect Awareness Month and in recognition of this MountainHeart staff were asked to wear blue ribbons. MountainHeart Community Service staff either sponsored or participated in the following activities: Randolph, Upshur, Lewis, and Tucker counties' Proclamation and Flag Raising Ceremonies, and Barbour County had a Flag Raising Ceremony and luncheon to recognize CPS Workers of Department of Health and Human Services. MountainHeart was proud to sponsor the first Proclamation and Flag Raising Ceremony in Taylor County. Nancy Exline, Community Service Manager from the Taylor County DHHR, spoke to the attendees of the ceremony.



Nancy Exline

CHILD CARE PROVIDERS: DO YOU NEED HELP?

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

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

Lewis and Upshur Counties: June Walton 838-3064

Taylor and Preston Counties: Sharon Herrington 276-2438

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

Barbour County: Brenda Baisi 457-5756

Grant, Hampshire, Hardy, Mineral, and Pendleton: Nancy Sisk 530-2348 Ext 231 or 257-8786

Berkeley, Jefferson, Morgan: Paula Marrone-Reese 283-8161 or 267-8837

TRAINING ADVISORY COUNCIL

All child care providers are invited to participate on the Training Advisory Council. This Council assists MountainHeart in determining the training needs for our region. The Council is vital in assisting MountainHeart in evaluating and developing our Training Plan. If you are interested in participating on the Training Advisory Council or would like more information, please contact Amelia Rossi or Willetta Bolinger at 637-2840 or 1-877-862-3103.

UPCOMING ACDS EVENTS

Please contact Suzi Brodof at 1-866-WVA-ACDS ext. 406 or suzilb@aol.com for more info on the following events:

ACDS Instructor's Update - Aug. 2 in Charleston at the Embassy Suites - 9:30- 3:30

ACDS Executive Council meeting - Aug. 9 in Bridgeport at Holiday Inn - 10 -3

ACDS Journey person's (graduates of ACDS) Seminar - Sept. 15 in Flatwoods at the Days Inn - 9:30 - 3:30 (stipends available)

CPR/FIRST AID CONTACT INFORMATION

Statewide Resources: www.redcross.org or www.wvucrem.org



Barbour County:

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

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

Hampshire County:

(304)267-3595: Roy Martin, American Red Cross
(304)496-8223: Jimmy Cosner

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 397, American Red Cross
(304)267-3595: Roy Martin, American Red Cross
(304)788-6444: CPR Training Center

Morgan County:

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

Pendleton County:

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

Preston County:

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

Randolph County:

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

Taylor County:

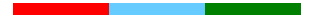
(304)598-9500: American Red Cross
(304)624-7689: American Red Cross, Connie
(304)293-6682: American Red Cross,
Ann Herrington

Tucker County:

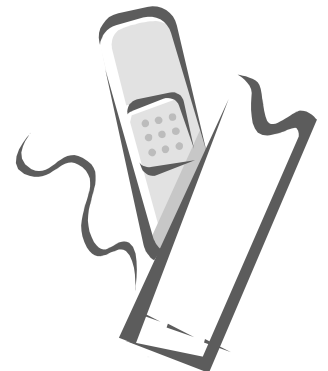
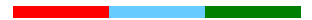
(304)598-9500: American Red Cross
(304)624-7689: American Red Cross, Connie

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 ARE
OUR FUTURE AND
THE FUTURE LOOKS
PROMISING”**



WV'S MEDICATION ADMINISTRATION INSTRUCTIONAL 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. Family & facility child care providers may attend, but center staff are given preference due to the limited number of slots. Training dates and sites are as follows:

- July 14, 2007 (Saturday) at 9:00 a.m. at Bruceton Mills (Little Bear Day Care)
- July 19, 2007 (Thursday) at 9:30 a.m. at Petersburg (Library)
- July 20, 2007 (Friday) at 9:30 a.m. at Moorefield (Library)
- July 24, 2007 (Tuesday) at 9:00 a.m. at Weston (MountainHeart/Board Of Education Office)
- August 8, 2007 (Wednesday) at 4:00 p.m. at Elkins (Days Inn)
- August 22, 2007 (Wednesday) at 9:00 a.m. at Philippi (City Hall)
- September 5, 2007 (Wednesday) at 9:30 a.m. at Grafton (Taylor Co. Public Library)
- September 10, 2007 (Monday) at 12:00 p.m. at Buckhannon (Way of Holiness Church)

Class sizes are limited. Slots will be filled on a first come, first serve basis. You **MUST PRE-REGISTER** at least ten (10) 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 can obtain a W.V. S.T.A.R.S. career pathway application at the Training Connections website. The address is: www.wvearlychildhood.org. The application is located on the STARS link.

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 latex-free gloves

1 doll baby

STARS CAREER PATHWAY CERTIFICATE AND/OR STARS FEEDBACK LETTER

Reminder: Children may not attend the training session.

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

CHILD CARE PROVIDERS WANTED

We are looking for new Child Care Providers in our service area (Barbour, Berkeley, Grant, Hampshire, Hardy, Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston, Randolph, Taylor, Tucker and Upshur). If you know of anyone who is interested in becoming a child care provider, please have them contact their nearest MountainHeart office.

IF YOU REGISTER FOR A TRAINING AND ARE UNABLE TO ATTEND, PLEASE NOTIFY THE ELKINS MOUNTAINHEART OFFICE AT 1-877-862-3103

TENTATIVE SCHEDULE FOR CHILD ABUSE AND NEGLECT TRAINING
FOR JULY 2007 – JUNE 2008

MountainHeart is tentatively planning on offering training on Recognizing Child Abuse and Neglect on the following schedule for the upcoming year:

JULY – SEPTEMBER 2007: Morgan County Randolph County Berkeley County	OCTOBER – DECEMBER 2007: Lewis County Hardy County	APRIL – JUNE 2008: Mineral County Preston County
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If you need the training to meet regulatory requirements, please plan on attending a training session near you. Locations and times for the July – September sessions are listed in this newsletter. More detailed information on the other training dates will be printed in upcoming newsletters. You must register for the training sessions by calling the Elkins MountainHeart office at 637-2840 or 1-877-862-3103 (toll free). Class size may be limited.

WEST VIRGINIA INFANT/TODDLER PROFESSIONAL DEVELOPMENT PROGRAM (WVIT)

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

Space is limited and is available on a first come-first serve basis. Please call the Elkins office at 1-877-862-3103 by **July 9, 2007** in order to register or if you have any questions. Child Care Center Directors must attend a 2-day Administrator training before their staff may attend the WVIT program.

<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session Number:</u>	<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session Number:</u>
July 11	Wednesday	Barbour	Administrator Session 1 of 2	August 9	Thursday	Barbour	Session 5
July 13	Friday	Barbour	Administrator Session 2 of 2	August 13	Monday	Barbour	Session 6
July 19	Thursday	Preston	Session 1	August 16	Thursday	Barbour	Session 7
July 23	Monday	Preston	Session 2	August 20	Monday	Tucker	Session 8
July 26	Thursday	Preston	Session 3	August 23	Thursday	Tucker	Session 9
July 30	Monday	Preston	Session 4	August 27	Monday	Tucker	Session 10

Providers Needed for New Infant/Toddler Quality Improvement Project! (ITQuIP)

A few participants each year will be selected to take part in a new, year long quality improvement project. Caregivers involved will participate in:

- *WVIT program
- *Pre and post environment rating scales (ITERS or FCCERS)
- *Developing plans of action to improve quality
- *Monthly technical assistance visits

Participants will have access to the TRAILS van and Behavior Consultant. Upon completion of the year long ITQuIP, participants will receive **additional free resource materials** to implement learned strategies, meet health and safety requirements and to improve over-all quality of the child-care setting.

ITQuIP is open to Centers, Facilities and Home Providers! If you are interested in participating in this new Quality Improvement Project or have questions, please contact Shannon Nichols at 637-2840 or 1-877-862-3103 (toll free) by **July 9, 2007**.

Tentative Schedule for Future West Virginia Infant/Toddler Classes

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

October-December 2007 – Training will be offered in the Berkeley, Jefferson, Hampshire, Morgan region.

January-March 2008 – Training will be offered in the Upshur/Randolph area.

Please call and give center name (if applicable), county you are located in, and total number of people interested. We will use this information to schedule for the April-June and July-September 2008 quarters.

MOUNTAINHEART CHILD CARE SERVICES PROVIDER TRAINING CALENDAR

STARS REGISTERED

JULY – SEPTEMBER 2007

Topic 1: Infant Brain Development-Melodee Price, Early Childhood Specialist, will offer this training. It will focus on the developing brain of an infant and how to stimulate growth through hands on intervention. This training will count as 2-hours of Infant-Toddler credit.
Core Competency: Child Growth and Development (Tier 2)

Topic 2: It's Your Business, Take Control. Learn about self employment as a child care provider. What you can do to maximize your business practices. What does it mean to be a small business, including confidentiality concerns, financial concerns, taxes, etc. Beth Ludewig of the WV Small Business Development Center and Rick Haney of the US Small Business Administration will give their expertise for these trainings.
Core Competency: Program Management (Tier 2)

Topic 3: Gross Motor Skill Development/Activities. This training will focus on supporting and guiding children as they engage in activities that refine their physical abilities. We will learn to plan and implement intentional experiences that promote healthy living habits. Melodee Price will facilitate this 2 hour session.
Core Competency: Curriculum (Tier 2)

Topic 4: The Early Childhood Environment Rating Scale-Revised (ECERS-R). This 2 hour training is an introductory course for child care center and Head Start center staff. The course will focus on the basic components of quality care, what the ECERS-R is, what it is designed to do, why West Virginia uses the scale for the Pre-K programs and how it can be used to evaluate and improve child care programs in the center setting. Participants will become familiar with scoring the ECERS-R by use of vignettes to practice scoring.
Core Competency: Program Management. (Tier 1)

Topic 5: Wipe It, Mop It, and Make it Spotless-Cheryl Wolfe will give an exciting training that will stimulate adults with ideas to ensure that every learning environment is clean and safe. This training has fun cleaning activities that can be enjoyed by adults and children. Participants will be making "dust eating puppets" and learning how simple household items can be used to remove the evidence of children playing and learning while making a mess. Also, we will discuss how important hand washing is to "Germs are not for Sharing."
Core Competency: Health, Safety and Nutrition (Tier 2)

Topic 6: Child Abuse and Neglect-This training focuses on what signs to look for and what the West Virginia laws say concerning the topic of Child Abuse. Jim Weber, Behavior Consultant, will offer a wide range of information on this topic and will have information on Child Protective Services as well.
Core Competency: Health, Safety and Nutrition (Tier 2)

Topic 7: Separation, Disappointment and Loss: How school agers handle emotions and difficult situations. Participants will learn techniques on how to help school age children learn how to adapt in negative situations and how to respond appropriately.
Core Competency: Family and Community (Tier 2)

Topic 8: Introduction to Child Observation and Assessment-Jim Weber will facilitate this training on the importance of observing and assessing all children in your child care home, facility or center. Appropriate and inappropriate ways of observation will be discussed.
Core Competency: Child Observation and Assessment (Tier 1)

Topic 9: Portion Distortion-Learn about the Food Pyramid; why it was changed and how to read and use it. Also learn appropriate food portions for healthy eating. The staff at the WVU Extension office will help you understand the nutritional needs as specified under USDA/CACFP.
Core Competency: Health, Safety and Nutrition (Tier 2)

Topic 10: Food Budgeting-Learn how to plan and carry out a food budget, and to conduct and maintain the inventory of supplies, materials, and equipment. Julie Mathew from the WVU Extension Office will guide you through an exciting way of learning financial management for the child care provider.
Core Competency: Program Management (Tier 2)

Topic 11: Healthy Recipes to Teach Children-Practice and model responsive, consistent, encouraging, and nurturing interactions that build positive relationships during food preparation. Plan, implement and adapt a supportive learning environment through healthy recipes for the children that you work with.
Core Competency: Positive Interactions and Relationships (Tier 2)

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Topic 12: Food: Learn to Keep it Safe, Learn to Keep it Healthy: Learn how to plan and implement intentional experiences that promote healthy living habits with children and families by Julie Matthew from the WVU Extension Office.
Core Competency: Curriculum (Tier 2)

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, registration deadline is 5 business days before 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.
- Some class sizes may be limited. Register early to ensure you receive a spot.

2 HOUR TRAINING DATES FOR JULY THROUGH SEPTEMBER

Tucker County—Davis Community Center. (Registration deadline: June 27) 5th St. Kent Ave. Davis 26260

July 3, 2007	Tuesday	10am-12pm	Gross Motor Skill Dev./Activities
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Taylor County—Taylor County Public Library. (Registration deadline: June 29) 200 Beech St. Grafton 26354

July 5, 2007	Thursday	3pm-5pm	Gross Motor Skill Dev./Activities
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July 5, 2007	Thursday	5:30pm-7:30pm	Early Brain Development
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Preston County—Wesley United Methodist Church. (Registration deadline: July 6) 107 West High St. Kingwood 26537

July 12, 2007	Thursday	2:30pm-4:30pm	It's Your Business, Take Control
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July 12, 2007	Thursday	5:30pm-7:30pm	Wipe It, Mop It and Make it Spotless
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Berkeley County—Bunker Hill Presbyterian Church. (Registration deadline: July 12) Corner of US 11 and Giles Mill Rd. Bunker Hill 25413

July 18, 2007	Wednesday	6:30pm-8:30pm	Child Abuse and Neglect
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Mineral County—Burlington Public Library. (Registration deadline: July 13) Patterson Creek Road, Burlington 26710

July 19, 2007	Thursday	12pm-2pm	Gross Motor Skill Dev./Activities
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Lewis County—MountainHeart office (Registration deadline: July 19) 239 Court Ave. Weston 26452

July 25, 2007	Wednesday	10am-12pm	Separation, Disappointment and Loss
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July 25, 2007	Wednesday	1pm-3pm	ECERS-R
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Morgan County—DoddleBugs. (Registration deadline: July 20 for 1st class, July 30 for the 2nd class) 10 Myers Rd. Berkeley Springs 25411

July 26, 2007	Thursday	6pm-8pm	Early Brain Development
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August 3, 2007	Friday	6pm-8pm	Child Abuse and Neglect
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Barbour County—Philippi Baptist Church. (Registration deadline: July 24) 107 Church St. Philippi 26416

July 28, 2007	Saturday	10am-12pm	Child Observation and Assessment
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July 28, 2007	Saturday	1pm-3pm	Wipe It, Mop It and Make it Spotless
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Hampshire County—Hampshire County Public Library. (Registration deadline: July 31) 153 West Main St. Romney 26757

August 6, 2007	Monday	3pm-5pm	ECERS-R
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August 6, 2007	Monday	5:30pm-7:30pm	It's Your Business, Take Control
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IF YOU REGISTER FOR A TRAINING AND ARE UNABLE TO ATTEND, PLEASE NOTIFY THE ELKINS MOUNTAINHEART OFFICE AT 1-877-862-3103

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Upshur County—Upshur County Public Library. (Registration deadline August 1) RR 6 Box 480, Tennerton Rd. Buckhannon 26201

August 7, 2007 Tuesday 2:30-4:30pm Wipe it, Mop it and Make it Spotless

August 7, 2007 Tuesday 5:30-7:30pm ECERS-R

Pendleton County—Pendleton Community Bank. (Registration deadline: August 3) 300 N. Main St. Franklin 26807

August 9, 2007 Thursday 2:30-4:30pm Gross Motor Skill Dev./Activities

-Tiny Tots Day Care Center. 312 Pine St. Franklin 26807

August 9, 2007 Thursday 6:30pm-8:30 Infant Brain Development

Hardy County—Hardy County Public Library. (Registration deadline August 7) 102 N. Main St. Moorefield 26836

August 13, 2007 Monday 12:30-2:30 Separation, Disappointment and Loss

Randolph County—Days Inn. (Registration deadline August 17) 1200 Harrison Ave., Elkins 26241

August 23, 2007 Thursday 10am-12pm Child Abuse and Neglect

August 23, 2007 Thursday 1pm- 3pm Infant Brain Development

Jefferson County—South Jefferson Public Library. (Registration deadline August 21) 49 Church St. Summit Point 25446

August 27, 2007 Monday 1-3pm Separation, Disappointment and Loss

Grant County—Grant County Public Library. (Registration deadline August 24) 18 MountainView St. Petersburg 26847

August 30, 2007 Thursday 10-12pm It's Your Business, Take Control

August 30, 2007 Thursday 12:30-2:30 Gross Motor Skill Dev./Activities

SUPER SATURDAY: GET 8 HOURS OF TRAINING IN ONE DAY

Berkeley County—Family Worship Center. (Registration deadline Sept 18) 28 Layfatte Lane, Inwood, 25428

September 22, 2007 Saturday 8am-10am Portion Distortion

September 22, 2007 Saturday 10:15-12:15 Food Budgeting

September 22, 2007 Saturday 1:00-3:00pm Healthy Recipes to Teach Children

September 22, 2007 Saturday 3:15-5:15pm Food: Learn to Keep it Safe, Learn to Keep it Healthy

NOTE: Super Saturday events will replace the Provider Conference.

Super Saturday Schedule: | Oct—Dec 2007: Preston County | Jan—Mar 2008: Randolph County | April—May 2008: Hardy or Grant County

COMPONENTS OF QUALITY CARE AND EDUCATION MODULES (COCE)

The Components of Quality Care and Education Modules is a 32 hour training that will cover a variety of topics (see below). The modules were developed to meet the requirements of the WV Early Learning Framework. These sessions are recommended for all people who work with 2 ½ - 5 year old children in all settings. Each participant who completes the training will receive **free resources** for their home or child care center. Each session will be held at the Randolph County Department of Health and Human Resources 1027 North Randolph Ave, Elkins. Please contact the Elkins office at 1-877-862-3103 or 637-2840 to register. If you have any questions about the training, please contact Melodee Price at the same number.

YOU MUST BRING YOUR STARS CAREER PATHWAY CERTIFICATE AND/OR THE STARS FEEDBACK LETTER TO THE FIRST SESSION.

PARTICIPANTS MUST BE STARS REGISTERED BEFORE ATTENDING THE TRAINING. CALL FOR DETAILS OR QUESTIONS

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COCE TRAINING CALENDAR

RANDOLPH COUNTY (Registration deadline: July 10)

July 16	Monday Module 1—Extreme Makeover: Space and Furnishings	9:30-2:30pm
July 23	Monday Module 2—Not Just Routine	9:30-2:30pm
July 30	Monday Module 3—For the Love of Literacy	9:30-2:30pm
August 6	Monday Module 4—Implementing Your Curriculum	9:30-2:30pm
August 13	Monday Module 5—Recipe for Relationships	9:30-2:30pm
August 20	Monday Module 6—Building Blocks: A Program’s Structure	9:30-2:30pm
August 27	Monday Module 7—Including All Children: Provisions for Children with Special Needs	9:30-2:30pm
September 5	Wednesday Module 8—Communication is the Key	9:30-2:30pm

THE IMPORTANCE OF NATURE ACTIVITIES

By: Willetta Bolinger

Summer has finally arrived!! Sunshine, green grass, blooming flowers, blue skies, fresh air, raindrops and wonderful animals are now to be enjoyed. Wondrous sights, sounds and smells are found all around.

Can you recall the fun that you may have experienced playing in the mud puddles after a rain storm? Do you remember how fresh the air and the world smelled after a summer shower? Can you recall how great the sunshine felt on your face? Did you pick bouquets of beautiful dandelions for someone that you loved (never once thinking that it was a weed)? Do you remember the feel of the air rushing on your face as you pedaled your bicycle as fast as you could go? Did you run through fields (or yards) chasing your friends or pets until you were breathing so hard that you had to collapse and rest (but only for a brief moment)? Oh, how wonderful those memories are to us. However, many of our children today are missing out on these memory making activities.

Summer is a wonderful time of year to expose children to the wonders of nature. Children and adults enjoy watching birds build their nests and search for worms or looking at passing clouds and deciding what the cloud may look like. There are so many things to see and to do! Have you thought about planning outdoor experiences for the children in your care?

The organization, Playing for Keeps, reports some disturbing statistical information concerning the “electronic age” in which we live. They report that:

1. Unstructured outdoor activities declined by 50% compared to the previous generation.
2. More than 80% of children under age 2 years and more than 60% of children ages 2 to 5 years **do not** have access to daily outdoor play.
3. The average 2 year old spends more than four hours a day in front of a TV or computer screen
4. The average American home with a toddler has the TV on six hours a day.

What are some of the benefits of allowing children the opportunity to experience and interact with nature?

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“YOU CAN DISCOVER MORE ABOUT A PERSON IN AN HOUR OF PLAY THAN IN A YEAR OF COVERSATION.”

—PLATO, GREEK PHILOSOPHER

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1. Promotes physical activity (Childhood obesity is a major health issue for children and our nation)
2. Nature has a calming effect
3. Children are more likely to become adults who care for and about our natural resources
4. Engages the five senses and promotes the development of the whole child

Research also points to long term benefits. The National Wildlife Federation's *National Wildlife* magazine (June/July 2006) quotes the following research, "A New Zealand study found that children who watched the least amount of TV, especially between the ages of 5 and 11 years old, had the highest probability of graduating from college by the age of 26, regardless of IQ or socioeconomic status."

University of Illinois researchers studied the effect of nature on children diagnosed with ADHD. At the end of the research project, they concluded that green outdoor settings appeared to reduce ADHD symptoms in children.

Are you willing to take the initiative and plan outdoor activities into your daily routine for the children in your care? There are so many activities and experiences that can be incorporated into your outdoor time. Some suggestions for activities include:

1. Plan a nature hike
2. Bird watching
3. Plant flowers and vegetables
4. Run
5. Jump
6. Climb
7. Identify plants and flowers
8. Identify insects
9. Pick flowers
10. Outdoor painting
11. Drawing with sidewalk chalk
12. Teach games such as hop scotch

I believe that you will discover that outdoor time will be enjoyable and beneficial for the children and for you. Remember: A child's work is play. Enjoy!!

FREQUENTLY ASKED QUESTIONS BY PROVIDERS:

By: Leann Andrew

Q: Who am I employed by?

A: Child Care Providers are considered self employed. They are not employees of MountainHeart or the State of WV. The state does not deduct taxes from your check; it is the responsibility of the provider to save 10-20% from each check for taxes.

Q: Who processes the payment forms and who issues the checks?

A: Billing forms are due within the first three working days of the month. Once turned in, they are checked for accuracy and then entered by the case manager into the computer system. If they are done incorrectly they are sent back to the provider with a letter stating the corrections that need to be made. The billing forms are then electronically sent to Charleston who then issues the check. Once they are entered by the case manager into the system MountainHeart has no control as to when checks are mailed.

CONTINUED ON NEXT PAGE

- Q: Who signs the sign in and out sheets?
- A: Only the person picking up the child is to sign the sign in and out sheets and they are the only ones who should be putting the times on that sheet. The only people who can pick up a child are the parent(s) and the people listed on their contact sheet. Providers shall not sign as the parent, as this is considered misrepresentation and can result in a negative action.
- Q: What are the advantages of direct deposit and how do I enroll?
- A: With direct deposit there are fewer lost checks and providers can look on FACTS Plus to see the amount on their check. FACTS Plus allows registered providers to view information about their services provided by the FACTS computer system. If you are interested in direct deposit, contact your local MountainHeart office for forms to enroll.
- Q: When are checks considered late?
- A: Checks are not considered late until the 26th of the month. There is no guaranteed date as to when you should expect to get your check.
- Q: What are some new policies that providers should be aware of?
- A: Policy 6.5.2.3 states “ If there is substantiated misrepresentation by the provider, the provider shall be prohibited from future participation in the Certificate Program. However, if the provider makes full restitution, a one time waiver may be considered. The provider must request the waiver in writing, and the R&R shall forward the request to the Division of Early Care and Education for approval/denial.”

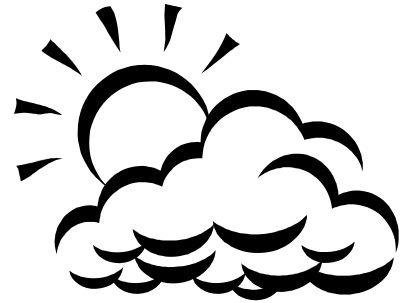
FUN IN THE SUN

by Janet Aitchison and Cheryl Wolfe

Active play is as important to a child's health and well being as providing a balanced diet and stimulating their cognitive development. Sixty minutes a day of outdoor play goes a long way to a happy, healthy child.

Active outdoor play can:

- increase energy and endurance
- help boost confidence
- help kids sleep better
- help relieve stress and anxiety
- teach good sportsmanship
- help lower the risk of type-2 diabetes



Now that we know that being outdoors is important, what do we do while we are out there? You can play:

- **Sharks and Minnows**, a variation of tag, requires a large open space. Have the children, minnows, line up in a row. Choose one child to be the shark. She stands in the middle of the space and when she shouts 'swim', the minnows race to the opposite side without being tagged. If a minnow is tagged, he becomes a shark. Play continues until all minnows become sharks.
 - **Jumping Jack Flash**. On the first day do five jumping jacks and record it on a chart. Add five jumping jacks a day until you can do 25 with ease. Now add a second exercise like toe touching and record it on your chart. Continue adding repetitions and exercises .
 - **Potato Relay**. Players put a potato on a spoon and quickly move to an empty bucket. One point is scored for each potato placed in the bucket during the set time period.
 - **Tennis Shoe Kick**. Each player must loosen one of their shoes and see how far they can kick it for distance.
 - **Newspaper Relay**. Each player in this competition must move across a masking tape line and back while only standing on newspaper. Each player is given two sheets of newspaper. They stand on one, and place the other in front of them to stand on. Each child must reach back, pick up the first sheet of newspaper and place that one in front to stand on. This continues until each player crosses the line and comes back to the starting position. The player who completes the track the fastest earns five points. All other players receive one point.
 - **American Tail Grab**. Divide the group into any number of equal chains (a line of people in which each person grips the wrist of the one in front of him.) The last person in the chain has a handkerchief tucked into the waistband of their pants hanging out behind them like a tail. The object of the game is for the first person in the chain to snatch the tail from the last person of another chain. The object of the game is to maneuver to get another chain's tail while trying to keep your own chain's tail.
 - **Wheelbarrow Racing**. Children divide into teams of two. One person stands holding on to the feet of the other person who keeps their hands on the ground. At a signal, all teams race toward the finish line. The first team to cross the finish line wins.
- Don't forget to include the games you played outdoors as a child like freeze tag, hop scotch, jump rope and four square. Also keep in mind that exercise is as beneficial to adults as it is to children. We want happy and healthy providers too.



MountainHeart Offices

Martinsburg 1-888-915-7653

Grafton 1-877-811-5437

Weston 1-866-232-9227

Elkins 1-877-862-3103

Petersburg 1-877-211-5437

Postmaster: Please deliver to address or current resident

VISIT MOUNTAINHEART ON THE WEB AT:

www.mountain-heart.org/ccsnorth

Providers: Sign In/Sign out sheets are available on our website under the “Provider” tab and also through TRAILS

RECALLS:

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

TRAILS TIPS

By: Janet Aitchison

Do you ever find yourself looking at the schedule and going blank. The schedule says music and you were not specific about what songs you had planned to sing. Make a 3x5 card notebook of songs. On each card write the name of a song and if there is a verse you always forget, jot down the words and perhaps a clue to the tune. You can punch a hole in one corner and collect them in a large metal ring or buy a 3 ring 3x5 binder. Another possibility might be a song jar. Cover a coffee can with contact paper or construction paper and add some musical notes. Put strips of sturdy paper inside, one song per piece of paper. The children can take turns drawing the song you will sing. This also works with outdoor or indoor games or stories. Children like to be involved in the choices of the day.



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